



PONDA EDUCATION SOCIETY'S
RAJARAM AND TARABAI BANDEKAR
COLLEGE OF PHARMACY
FARMAGUDI, PONDA-GOIA



PHARMASPAK 2020



Management, Staff and Students of
P.E.S's Rajaram and Tarabai Bandekar College
of Pharmacy

Farmagudi, Ponda-Goa

With deep sense of gratitude
to our benefactors



Late Shri. Rajaram Bandekar
And
Late Smt. Tarabai Bandekar



Pharmacist's Oath

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

I shall uphold the laws and standards governing my profession.

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

I shall follow the system which I consider best for pharmaceutical care and counselling of patients.

I shall endeavour to discover and manufacture drugs of quality to alleviate sufferings of humanity.

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

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

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

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



**P.E. S's RAJARAM AND TARABAI BANDEKAR
COLLEGE OF PHARMACY**

VISION, MISSION AND PROGRAM EDUCATIONAL OBJECTIVES

Vision

To be a premier institution imparting quality education in the field of Pharmacy.

Mission

1. To create an environment that will produce competent pharmacy professionals, catering to the needs of the academia, research, regulators, industry and society.
2. To enhance creativity and innovation in pharmacy education through advanced technical updates that propel the students towards professional excellence.
3. To inspire and sustain the students to be sensitive towards social needs and contribute to the wellbeing of society.

Program Educational Objectives (PEOs)

Upon completion of the program, the students will be:

PEO1: Competent and proficient in all aspects of drug manufacturing and its usage, including practical knowledge towards fulfillment of their career goals.

PEO2: Professionals with adequate pharmacy skills and will make a valuable contribution towards pharmacy practice, research and innovations.

PEO3: Able to serve the community and society with high standards of professional ethics and in the best interest of patients and the community.

FROM THE

PRESIDENT'S DESK



THE PRESIDENT'S MESSAGE

Dear Readers,

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”-
Socrates

It is a matter of great pride for me to pen down the message for the annual college magazine ‘PharmaSpark 2019-2020’. Our institution always strives for excellence in imparting education to the students. Our students have once again brought laurels to the college by their excellent performance in academics as well as co-curricular and extra-curricular activities. We all together have accepted this difficult COVID 19 pandemic time as a challenge. This year we are exhibiting our positivity and resilience through this electronic platform. I am extremely proud of the progress and dedication our students have shown throughout this pre and post lockdown period.

The college magazine is a medium for the students to express their creativity and originality. The magazine content reflects the wonderful creative and artistic work of our students.

I extend my warm wishes to the Principal, Staff, and Students in their pursuit of excellence.

We are grateful to all our sponsors and well-wishers for their support.

Shri. Ravi S. Naik, M.L.A
President
Ponda Education Society, Ponda- Goa

FROM THE

PRINCIPAL'S DESK



THE PRINCIPAL MESSAGE

The gift of knowledge is the highest gift in the world - Swami Vivekananda

P.E.S's Rajaram and Tarabai Bandekar College of Pharmacy for the past 13 years is imparting quality education and spreading the knowledge of medicine and well-being to the students in particular and society at large.

It was one more glorious year for all of us at P.E.S's Rajaram and Tarabai Bandekar College of Pharmacy, with 02 Gold medals and all the subsequent ranks declared by Goa University. My sincere thanks to Shri Ravi S. Naik Sir and all the members of the Management of Ponda Education Society, colleagues (both teaching and non teaching), students and their parents for this achievement.

Seven of our students and one teacher Mrs. Soniya Naik Fadte, Assistant Professor (a rare feat of qualifying for the second time) have qualified GPAT 2020.

The year 2019-2020 was all round performance by our students winning several medals and trophies in sports and cultural activities. Our Institute under Ponda Education Society has prospered in all aspects in a short period of time and Pharma Spark 2020 is a showpiece of talents of our students in the literary department. I would also extent my gratitude to magazine committee, editorial board for their meticulous planning and designing of this magazine.

Happy Reading

Dr. S.N Mamle Desai

**Principal,
P.E.S's Rajaram and Tarabai Bandekar College of Pharmacy**

THE EDITORIAL COMMITTEE.



Magazine committee:

Ms. Gauri Pai Angle, Mrs. Sarika Kerkar, Ms. Kamakshi R.S. Kunkolienker, Mrs. Saumya S. Vernekar and Dr. Mrs. Nilambari S. Gurav.

Magazine secretary: Mast. Suresh Prabhuram Mandora

Assistant Magazine Secretary: Mast Purnay

General Secretary: Miss Srushti Choughule

Cultural Secretary: Miss Shruti Shirodkar

Sports Secretary: Mast Harsh Patel

Ladies Representative: Miss Shiksha Divkar

Photography: Mast Rudresh Dessai, Mast. Siddhant Sardesai.

Layout and design: Mast. Suresh Mandora.

Class representative: 1st Year-Miss Sanjali Prabhudessai

2nd Year- Miss Shweta Prabhu

3rd Year- Mast Rudresh Desai

4th Year- Mast Gagan Priolkar

M.Pharm. Chemistry 1st Year-Mast Rohit Raut

M.Pharm. Pharmaceutics 1st Year- Mast Aprant Karbotkar

M.Pharm. Chemistry 2nd Year- Mast Shubham Joshi

M.Pharm. Pharmaceutics 2nd Year- Mast Gaurang

Magazine Secretary's Report.



Hello guys,

It is wisely said "Thoughts move logic. Emotions move feelings. Motivation moves us into action." I always had leadership and multitasking ability and thus I took up the challenge of bringing out this wonderful magazine of my college, THE PHARMASPARK 2020. My curiosity lead me to start this journey and gave an opportunity for a great learning experience.

Our magazine, PHARMASPARK channelizes the talent and the skills of budding pharmacists of our college as a writer, artist, photographer, poet and so on.

Our annual magazine brings you various sections including Technical, English and Vernacular section. In addition to literature, it also provides a platform to showcase our skills, achievements in various curricular, co-curricular and extra-curricular activities in various intra and inter college events. We also have a rankers' section to appreciate the students who have achieved great success in their respective examinations. We are very much inspired having mentioned their sincerity, hard work and determination in PHARMASPARK 2020, such things add a great value to our college magazine and also shows how much dedicated our teachers are towards their students.

I am very much overwhelmed about the fact that our magazine will be released, for the first time, in the form of an E- magazine. It would be an amazing experience for all of us.

It's my honor to be a part of Students' Council for the year 2019-2020. I would like to thank everyone who have contributed towards this magazine and helped me to complete it on time.

I would like to thank the Chairman, Shri. Ravi S. Naik, and entire Management team, Ponda Education Society for their encouragement. My heartfelt thanks are owed to Dr. S.N. Mamle Desai, Principal, Rajaram and Tarabai Bandekar College of Pharmacy and the Magazine Committee members, Ms. Gauri Pai Angle, Mrs. Sarika Kerkar, Ms. Kamakshi R.S. Kunkolienker, Mrs. Saumya S. Vernekar and Dr. Mrs. Nilambari S. Gurav.

I was also pleased to have such a helpful assistant magazine secretary Mast. Purnay. Also a big thanks to Mast. Rudresh Desai, Mast. Siddhant Sardessai, Mast. Rudresh Kamat for capturing the colourful moments of our students. My sincere thanks to my friends, classmates and entire team for massive support and help.

Last but not the least, may Lord Krishna help and be with you and me, all the time.

"Now lending this magazine to you.....Happy reading."

Mast. Suresh Mandora

General Secretary Report.



“As rightly said, self-belief and hard work will always earn you success” always motivated me and kept my confidence boosted throughout my tenure as the General Secretary for the year 2019-2020. I took the oath as the General Secretary at the inauguration of students' council. It was a year full of responsibilities, patience and hard-work.

Various cultural events were organised throughout the year beginning with freshers' party, Teacher's day celebration as a token of gratitude to all our dear teachers. On the occasion of Navratri, dandiya event was organised and various competitions like diya decoration, dandiya stick decoration, rangoli, fashion show etc were organised.

Our students also participated in Patient Counselling camp organised at Kurtarkar Pharmacy, Ponda on account of World Pharmacist Day on 25th September 2019. In the month of January we arranged a blood donation camp in our college in association with Goa Medical College blood bank.

We participated in an inter college event – '*Brahmastra*' organised by Government College of Arts, Science and Commerce, Quepem in which we won 3rd place in fashion show, 2nd place in meme contest, 3rd place in photography and 4th place in PUBG. We also participated in the Mock Parliament organised by Goa Government. Students have participated in various state level essay writing and debate competitions which brought laurels to our college.

We had organised 'Inspire – Bridging 2020' an interclass event to mark the celebration of Pharmacy day. Our annual interclass cultural event 'Radicals' was in the month of March. The winners were final year B.Pharm. while the second year B.Pharm. class gave a good competition and emerged as runners up for the event.

Thanks to all the members of students' council, all my friends, seniors as well as juniors for their active participation and timely help. Special thanks to all the teachers for always believing in me and encouraging me. My sincere thanks to our beloved Principal Dr. S. N. Mamle Desai Sir for his constant support during my tenure as the General Secretary.

Thank you everyone

- Ms. Srushti Choughule

Cultural Secretary Report.



Dear Readers,

"A ship is always safe at the shore, but that's not what it's built for- Albert Einstein" This quote was a true inspiration for me to take all the responsibilities when I took the oath as cultural secretary for the year 2019-2020. It has been a delightful learning experience throughout the year organizing various cultural events.

We had a great start to the year with the celebration of Teachers day – a mark of honour and respect towards our beloved teachers. Various challenges and games were organized by students of third year B. Pharm, wherein all the teachers participated with full enthusiasm and also enjoyed and created memories to cherish throughout their life.

On October 7, 2019, Dandiya day was celebrated which included various on stage and off-stage competitions like Fashion show, Mr. & Miss. Dandiya, Dandiya stick decoration, Rangoli making and Diya decoration. The day was ended with everybody enjoying and dancing to the beats of Navratri music.

The "Inspire 2020- Creation of Future Pharmacist" encouraged the students and also was a great learning experience. Many competitions like poster presentation, pharma model making, power point presentation and a special event named 'Bridging 2020: An Initiative for UG PG Interaction' was organised on January 31, 2020 where students from different semesters were grouped together and it was totally a fun and interactive quiz session between these groups of students.

In the month of February, we participated in the intercollege event '*Brahmastra*' organized by Government College of Arts, Science and Commerce, Quepem and won many prizes. We also participated for the Mock Parliament competition held at the Secretariat, Porvorim-Goa.

In the month of March, we organized our interclass event, 'Radicals 2020- Halloween witchfest'. It was a great success and we got to see various talents of our fellow pharmacos. The ultimate winners of Radical 2020 were students of Fourth year B. Pharm and the runner up were Second year students.

As soon as we wrapped up with our Radical event, WHO announced COVID-19 breakout as a Pandemic. All the colleges were shut and lined up events were cancelled. Though we missed out on few events, overall it was a great experience handling the responsibilities and tasks given to me as cultural secretary.

I would like to thank the Chairman, Shri. Ravi S. Naik, and entire Management team, Ponda Education Society for their encouragement. My heartfelt thanks are owed to Dr. S.N. Mamle Desai, Principal, Rajaram and Tarabai Bandekar College of Pharmacy, and teaching, non-teaching staff, entire student's council and my fellow pharmacos for accepting and believing in me. Thanks to the cultural committee teachers for helping me and guiding me throughout my tenure. The truth is teamwork is at the heart of great achievement, thank you to all my classmates of Third year for always helping, co-ordinating and supporting me at every step that I took. Special thanks to my parents, close friends and Miss. Shikha Divkar for their consistent moral support.

It was an amazing journey so far that I would always cherish.

Thank you one and all!!

Miss shruti Shirodkar

Sports Secretary Report.



Hello Friends!

I would like to start with a wonderful quote which says "Individually, we are one drop. Together, we are an ocean." This quote reminds me that without my fellow teammates whose support and efforts, this year wouldn't have been as amazing as it was. I was elected as the Sports Secretary of PES'S Rajaram and Tarabai Bandekar College of Pharmacy for the year 2019-20. This year we have achieved great heights in the field of sports.

With the help, support and encouragement from our Principal Dr. S.N.Mamle Desai, sports committee, teachers, administrative staff, and our very enthusiastic students who made it possible. This year we had participated in various event organised by Goa University such as football, volleyball, badminton, athletics, cricket and many more. Not only participation one of our students Ms. Rohishma Naik (2nd year) secured 3rd place in discus throw.

Our college also participated in the paramedical tournament organised by the Homeopathic Medical College, Shiroda. We won the boys Tie Breaker and our boys cricket team made it to the semi-finals. Mast. Rahul Parihar (4th year) won in badminton singles boys and Ms. Manjushri Raut (1st year) was the runner up in the badminton singles girls and they both won badminton mix- doubles together. In badminton doubles(boys) Mast. Rahul Parihar and Mast. Saifudeen Khan (3rd year) were the runners up. And finally, we were the overall champions of the tournament.

The annual intercollege sports event "Armageddon" was organised on 2nd and 3rd March by the students of S.Y.B.Pharm. This event received great response from all the students of our college. The Fourth Year were the winners of the event followed by the S.Y.B.Pharm and T.Y.B.Pharm. I would like to express my gratitude to my classmates who made this event possible.

At last I would specially like to thank our Principal Sir Dr. S.N.Mamle Desai, Mr. Pankaj Gajare sir and Mr. B.S. Biradar sir for their constant support. I would specially like to thank Mr. Sawpnil Bhaip our sports sir for his constant support, guidance and efforts. I would like to thank the students council and my class S.Y.B.Pharm for their support.

It was a wonderful year for me as a sports secretary, thank you one and all.

-Mast. Harsh Patel

Rank Holders : 2018-19

1st YEAR B.PHARM



Urja S.Nadkarni



Rakshanda Sawant



Harsh Patel

2ND YEAR B.PHARM



Vaishnavi Kapdi



Krutuja Chougule



Vaidehi Nabar

3RD YEAR B.PHARM



Padmashree Pednekar



Ishani Naik



Siddi Nagzkerkar

4TH YEAR B.PHARM



Chinmayi Dhavalikar



Reena Sharma



Shilpa Tawde

1ST YEAR M.PHARM (PHARMACEUTICAL CHEMISTRY)



Prachita Dessai



Shivani Prabhudessai



Salina Fernandes

2ND YEAR M.PHARM (PHARMACEUTICAL CHEMISTRY)



Priyanka Tiwari



Shalaka Naik



Sanket Naik

1ST YEAR M.PHARM (PHARMACEUTICS)



Ankita Bhangudi

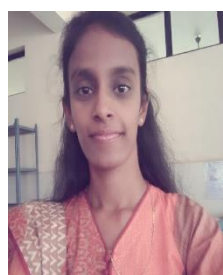


Aishwarya Parvatkar



Vivek Naik

2ND YEAR M.PHARM (PHARMACEUTICS)



Saishraddha shirodker



Audi Neha



Pooja Lawande

GPAT QUALIFIER'S 2019-2020

Sam Noronha



Ishani Vishwas Naik



Vishwani Vishwanath Naik



Padmashree Ulhas Pednekar

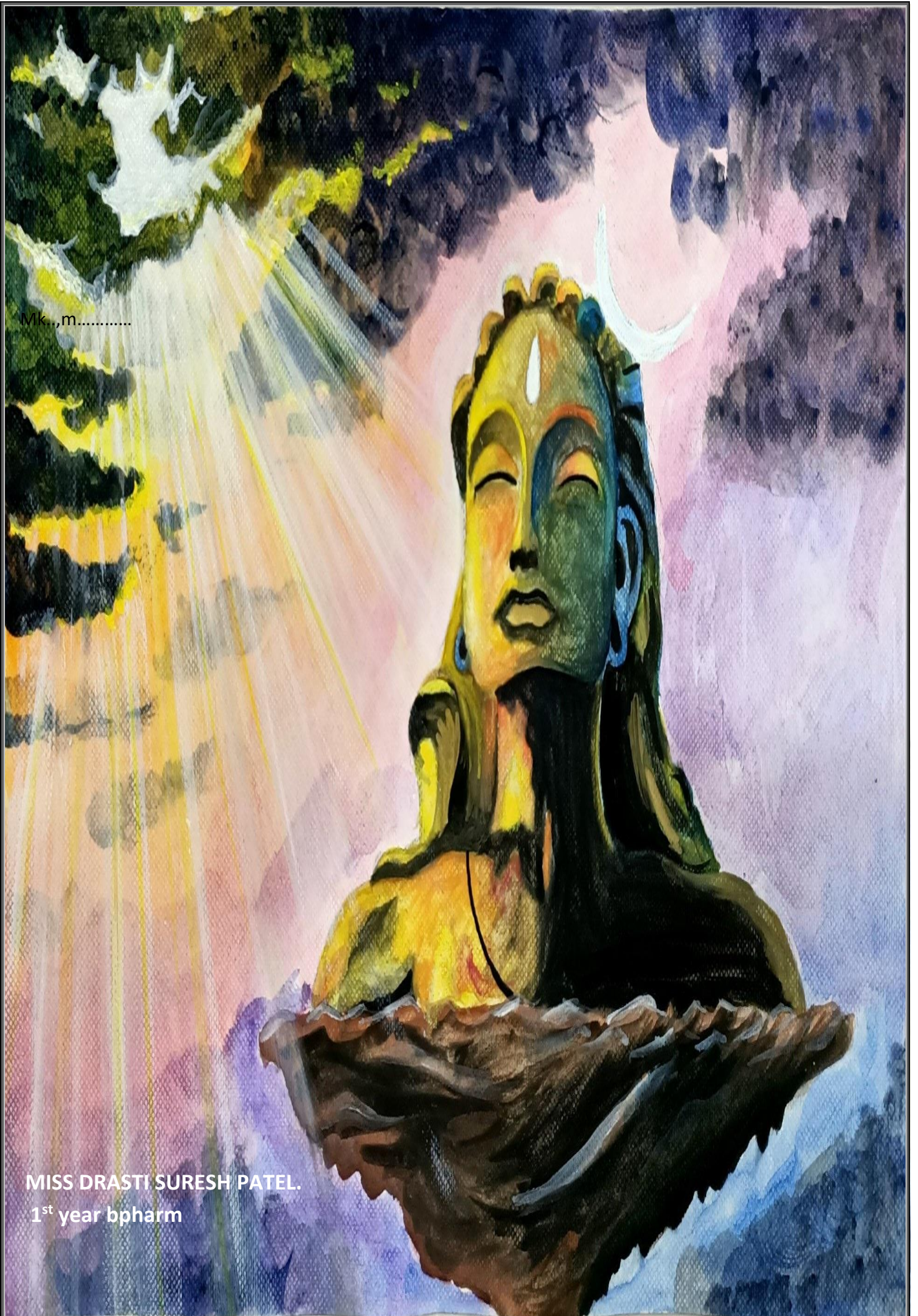


Ryvon Fernandes



Siddhi Subhash Nagzkerkar





Mk.,m.....

MISS DRASTI SURESH PATEL.
1st year bpharm



MISS AMISHA VAIGANKAR
2ND YEAR B.PHARM

*Amisha
Vaigankar*

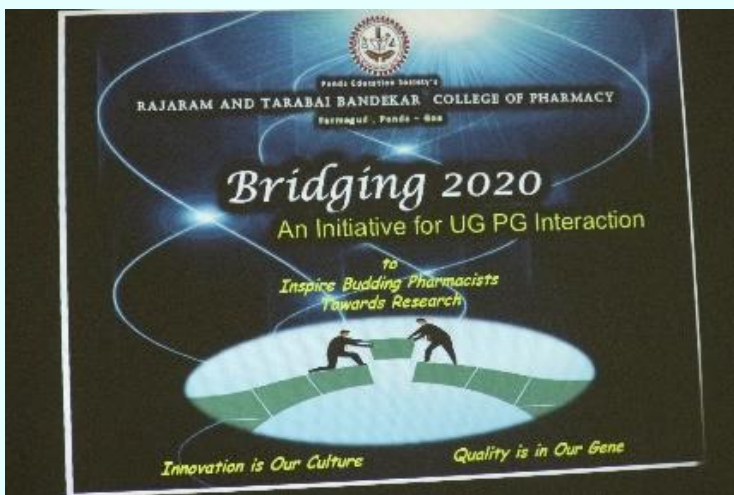
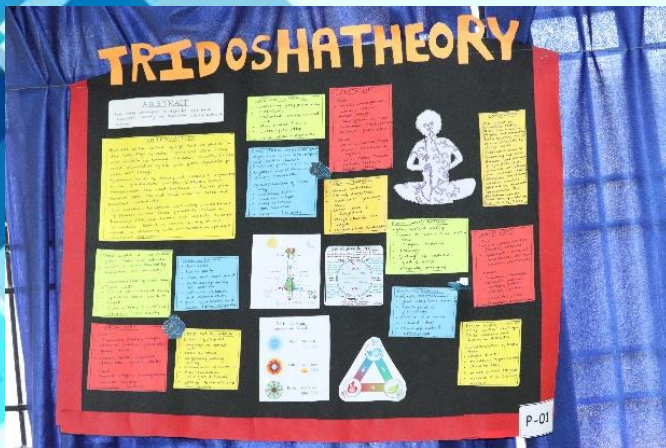
Fresher's Day.





Inspire.





Dandiya.





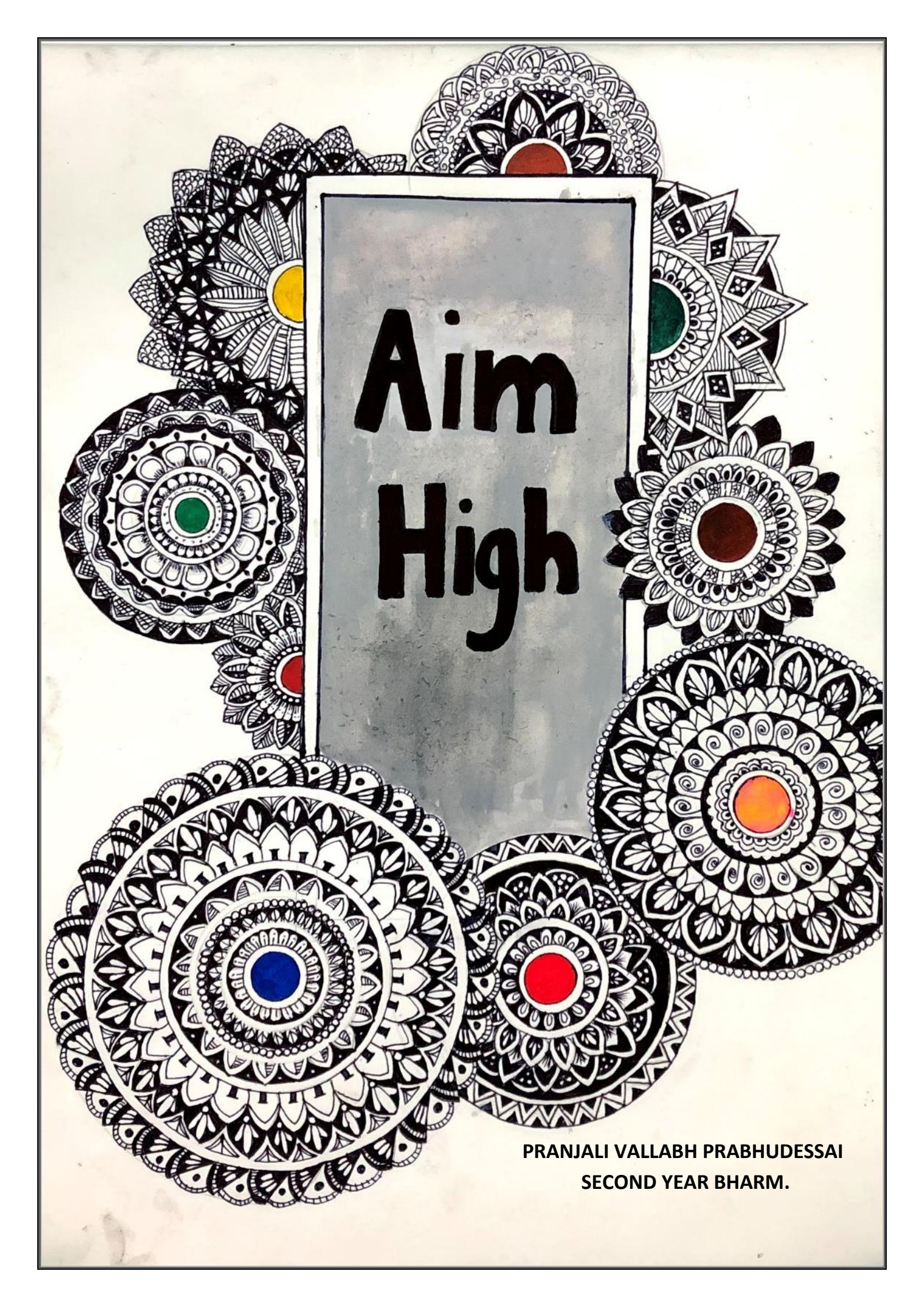
Teachers day celebration.





Technical Section.





**Aim
High**

**PRANJALI VALLABH PRABHUDESSAI
SECOND YEAR BHARM.**

WHY SHOULD I VOTE?

A ballot is more powerful than a bullet.

People have fought for years to get the right to vote, to be independent and democratic.

Today we enjoy the privileges because of the campaigns fought by them.

The most important question people have today is why should I vote? Is my vote going to be really counted? Forget it, who will take the trouble to stand in a queue and vote. Instead people prefer to enjoy the holiday and plan a picnic on day of voting.

The same people do stand in a queue to get a starbucks coffee why because your name is going to come on it. But remember voting is very important. If you don't vote you lose your voice. If you don't vote someone else is going to vote for you and choose your leader. Your power is in your vote.

Elections have consequences. You have the power to decide the quality of life you want to live. It's your money. You pay taxes, but do you know how your money is being used? Most people don't know. Voting is your chance to choose how to use your funds. The community depends on you, make sure you stand for the change you want to see.

It has become a common ritual to talk bitter about any leader especially in urban areas. By sitting at home idle doing nothing you cannot play the blame game on leaders. Voting is a sense of pride. Even if you don't wish to vote the leaders whose names come up, you even got the option to choose none of the above (NOTA). So make sure you use your voting right because that is what a democracy of the people, for the people and by the people means.

Be the change makers. Isn't it interesting that a person at the age of 18 can choose the leader of our country? Vote today for your better tomorrow

- Srushti Choughule
- Third year B.Pharm

THE STORY OF CHRISTMAS

Christmas, often viewed as a western festival, actually has modest eastern roots. East or west, the message is the same, Christmas is a day of love, sharing and caring.

Every year in the month of December, millions of homes all around the world are decorated with Christmas cribs, Christmas trees, lights, and candles. It is time for carols, gifts and family gatherings. Christmas celebrates the birth of Jesus Christ. Over the years Christmas has become a time of gift giving and rejoicing. Christians celebrate Christmas on December 25. On this day, many go to church, where they take part in special religious services. The word Christmas comes from 'Cristes Maesse', an early English phrase that means Mass of Christ. 'Christ' means 'Messiah' or 'Anointed One'-the title given to Jesus – and 'Mass', a public celebration of the Eucharist. The story of Christmas comes chiefly from the gospels of Luke, an angel appeared to the shepherds outside the town of Bethlehem in Israel and told them of birth of the messiah, prophesised by the prophets. Matthew narrates how the wise men, called 'Magi' (wise men and seers of Persia), followed a bright star that led them to Jesus.

In the late 300's, after more than two centuries of public persecution, the Roman Empire declared Christianity to be a tolerant religion. The Christian faith gradually gained prominence. The first mention of December 25 as the birth date of Jesus occurred in AD 336 in an early roman calendar.

The origin of 'Santa Clause' goes back to the 4th century Turkish Bishop of Myra, Saint Nicholas. By all accounts, St. Nicholas was a generous man, particularly devoted to children. By 1100, Christmas had become the most important religious festival in Europe, and Saint Nicholas (Santa Claus) was a symbol of gift giving in many European countries. During the 1400's and 1500's, many artists painted scenes of the Nativity, the birth of Jesus. In the 1800's, two more Christmas customs became popular- decorating Christmas trees and sending Christmas cards to relatives and friends.

Also, many well-known Christmas carols, including "Silent Night" and "Hark the Herald Angels Sing" were composed during this period.

Today as we look upon years of Christian history, we see that Christmas is for joy, for giving and sharing, for laughter, for coming up together with family and friends, for gifts and brightly decorated packages... But mostly, Christmas is for love. It was this love for which Jesus came to this world and sacrificed himself, to give us everlasting life.

By:- Greato Dias

2nd year B.Pharm.

Pharmacist.

ken you dabble in drugs
in a constructive way
Filling prescription
Most of the day
Painkillers and pills
To make us well,
Antibiotics that make
Our ankles swell,
Your pharmaceutical know
How helps us understand,
And you save us money
With your own brand.

Suwendu Mahapatra
2nd Year B.Pharm.

LIFESTYLE DISEASES

In our day today hustle bustle life we are competing with each other making the best use of our resources and trying to attain that position as a person which everybody desires to be.

Everyone seeks to be successful in their respective streams and do die hard work for it. But at what cost? We are forgetting the basic fundamentals of life and living just for earning money and that's where we are losing. we changed the way we live, we left all our great grandma's fairy tale stories behind and just started running for money and that's how it started THE LIFESTYLE DISEASES by showing careless attitude towards our health.

The life which our previous generation lived followed a principle known as health is wealth and the principle our current generation is following paper notes are the only wealth and nothing conquer us if we have money.

This kind of thoughts in mind changed the good way of living the life and started welcoming all kinds of diseases which completely change our life and art of living it.

Lifestyle diseases are those diseases which affect our way of living and cause harm to our health. These diseases are basically results of our careless attitude towards health and most of the time because of our diet. Few diseases which change our lifestyle:-**obesity, hypertension, diabetes, addictions etc.**

ADDICTIONS- over usage of mobiles, smoking, drinking, doing drugs all these come under addiction

- **Smoking**: - smoking cigarettes and similar drugs are very harmful for our health they cause harm to our lungs because smoking reduces our lung capacity to take up oxygen and increases the heart rate and later on may lead to heart diseases which may not be curable.
- **Drinking** :- consumption alcohol in extensive amount may result in damage of kidney and liver failure most of the time people consuming alcohol may not be knowing the purpose of drinking and later on they get addicted to it and spoil their lives as well as the people who depend on them.
- **Drugs**: - doing drugs is the most harmful addiction from the above things because it develops a physic behavior in people and over consuming may also result in death.
- **Mobile addiction**: - ever since technology evolved so much that it started connecting people from different parts of the world which was a big milestone for technology. As where there is a good there is a bad, in the same way mobile in present days has its own disadvantages and the major one is addiction youngsters are destroying their lives with this mobile addiction people are losing their lives which is the major disadvantage of mobile phones and technology.

OBESITY: - It's a disorder because of excessive fat that increases the risk of health problems. The main reason for obesity is intake of more calories than they should actually consume.

- **Causes for obesity**: - overeating, physical inactivity, sometimes genetic, etc.
- **Treatment**: - proper diet, exercise, therapies such as liposuction, etc.
This disorder is life changing because it's completely shifts the daily life cycle into upside down.

HYPERTENSION: - Mostly known as b.p it's a very common disorder among the mid-thirties in present days. Majorly because of less physical activity as well as improper lifestyle.

- **Causes for hypertension**:- mainly smoking, lack of exercise, stress, etc.
- **Treatment**:-quitting cigarettes, using antihypertensive tablets, etc.

DIABETES:- it's a well known disorder amongst all age groups because the diet and daily routine which our current generation is following is are the main reasons and diabetes is India's most leading disorder as per the new data which has been analyzed.

Their are basically 2 types of diabetes

- 1) Insulin dependent- type 1

2) Insulin independent – type2

Symptoms of diabetes include- Increased thirst and urination, increased hunger, blurred vision, numbness or tingling in the feet or hands.

Prevention

There is no known preventive measure for type 1 diabetes. Type 2 diabetes—which accounts for 85–90% of all cases worldwide—can often be prevented or delayed by maintaining a normal body weight, engaging in physical activity, and eating a healthy diet.

Other diseases like atherosclerosis, seizures, arthritis and many more are life changing diseases.

These diseases were mostly genetic in earlier days and were very rare, but from the past decade they are inherited just because of our metro lifestyle and improper diet. By looking at the consequences we must now try to reshape our lifestyles by doing some physical activities and have a proper overview on the body status, we can see ourselves in a good position with a good health in upcoming days which is very helpful as well as a good sign for salubrious growth of our next generation .

“HEALTH IS WEALTH”

BY: - T.MOULI KRISHNA

2nd year B.Pharm.

Yoga

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. The beginnings of yoga were developed by Indus saraswati civilization in Northern India 5000 years ago. The word yoga was first mentioned in the oldest sacred text, the Rig-Veda. Yoga is not just about bending or twisting the body and holding the breath, it is a mechanism to bring you into a state where you see and experience the reality just the way it is.

What are the benefits of yoga?

1. Yoga positively affects the person both physically and mentally.
2. Some asanas could be more effective in reducing pain and improving moods.
3. Some yoga programs can reduce anxiety and heighten brain chemicals that help to combat depression and anxiety related disorders.
4. It can make the bones stronger, help to get healthy weight, lower risk of heart disease, improve brain function, lower stress levels, alter gene expression, increase flexibility, improve lung capacity etc.

Some internal health benefits of yoga

1. Enhanced circulation - occurs because of better transportation of oxygen and nutrients throughout the body leading to healthier organs and glowing skin.
2. Lowered respiratory rate - it fills the lungs to full capacity, thus allowing them to work efficiently.
3. Improvement in GI Health - Digestive system is activated, indigestion, gas and other stomach related diseases are eliminated.
4. Increased immunity - yoga works towards healing and enhancing every cell in the body thus building immunity.
5. Improving sleep - helps relax the mind, works on unnecessary tension and facilitates sleep.

Akanksha Dessai
4th Year, B.Pharm.

India a dream destination....

India is one of the beautiful holiday paradises of the world which has precious vacation spot. India has a marvellous beauty which attracts tourists from every corner of the world. India is the land of beautiful monuments, beaches and wildlife.

Yoga, Ayurveda and Natural health resorts also attracts tourists. There are very beautiful places to visit in India. India is famous for snow covered mountains, deserts and beaches. India is one of the best tourist attraction places. Every year many of the nature, culture, history and adventure lovers visit India.

India is famous for its forts and palaces. There are many popular historical attractions to visit. India is also famous for mountains covered with snow, sightseeing attractions. There are many beautiful temples to visit and many new places to discover in India.

So, visit India for beautiful beaches, temples and monuments and explore India to know the best places about it.

Urja Nadkarni.
2nd Year B. Pharm.

GOOD MANUFACTURING PRACTICES (GMP)

Good Manufacturing Practices is a set of regulation codes and guidelines for manufacture of drug substances and drug products, medical devices, *in vivo* and *in vitro* diagnostic products and food items. It is very important tool in manufacturing world today.

Need or Importance

- ❖ To assure public that all manufacturing and testing equipments have been qualified for suitable use.
- ❖ All operational methodologies and procedures such as manufacturing, cleaning and analytical testing utilized in drug manufacturing process have been validated.
- ❖ To ensure raw materials used in manufacture of drugs are authentic, of prescribed quality and are free from contamination.
- ❖ Manufacturing process has been prescribed to maintain standards and to prevent mislabeling and adulteration.
 - **Principles of GMP**
 - 1) Design and construct facilities and equipments properly.
 - 2) Follow written procedures and instructions.
 - 3) Document and validate work.
 - 4) Monitor facilities and equipments.
 - 5) Write step by step operating procedures and work on instructions.
 - 6) Design, develop and demonstrate job competence.
 - 7) Protect against contamination.
 - 8) Conduct plan and periodic audits.
- **DOCUMENTATION:-** Good documentation is essential part of Quality Assurance and should exist for all aspects of GMP.
 - Its aims are to define specification and procedures for all materials and methods of manufacture and control.
 - To ensure that all personnel concerned with manufacture know what to do and when to do it.
 - To ensure that authorized persons have all information necessary to decide whether or not to release a batch of drug for sale.
 - To ensure existence of documented evidence, traceability and to provide records and an audit trail that will permit investigation.

Documents are required for

1. Labels
2. Testing procedures
3. Specifications for starting and packaging materials for intermediate and bulk products and for finished products.
4. Master formulae and Batch Processing Records.
5. Packaging instructions.

6. Standard Operating Procedures (SOPs) and records.

- **VALIDATION**:- It is process of establishing documented evidence which provides a high degree of assurance that a specific process, procedure or activity carried out in testing and then production maintains desired level of compliance at all stages.
- **Objectives**:-
- To establish a record keeping system that considers all concept of manufacturing process which includes controlled testing.
- To evaluate all possible sources of variation in process.
- To identify all sources of variation those are possible from materials, machines, methods and men.
- Results must demonstrate that process meets pre-determined specification under normal conditions.

Mohit Bokade
2nd Year B.Pharm.

Planet earth during covid 19 pandemic.

In the late 2019, a novel infection disease with human to human transmission, covid 19 was identified in Wuhan China. But now this is turned into a global pandemic. The virus has spread at a tremendous rate. No country in the world is able to stop it from entering into its states. The whole of planet earth is now under its attack. This outbreak was declared a public health Emergency of International concern by WHO on 30 Jan 2020.

As the days passed by, the situation was out of control and all the countries decided to impose a nationwide lockdown. India, on 25 march 2020 announced its largest nationwide lockdown. But to mother earth, this world wide lockdown came to be a big boon.

To our earth this was like 'Blessing in disguise'. The whole world literally was brought to halt due to this pandemic. Nearly everything was affected in both positive and negative way. The planet has a more of positive side and the human race is now under a curse. To earth this is a beneficial moment as all the activities of *Homo sapiens* are literally stopped completely.

When we are panicking in this covid 19 pandemic, mother earth is healing. Lockdown is certainly a boon for nature and gives Nature a chance to repair herself while giving her rivers, soil, animals a little reprieve from the constant pounding and beating that humans subject them to. With the stoppage of all the activities which were harmful to environment, performed by human race, our planet once again has a golden chance to be back on its track. This lockdown has brought upon some unprecedented changes on Earth which proves to be 'silver lining of the pandemic'. We enter Earth Day 2020 with a much cleaner environment, a healing ozone layer, and a rise in the number of animals foraging into 'human spaces.' Indiscriminate deforestation, mining, pollution of rivers and oceans, and consumption of wild animals has resulted in this pandemic without doubt. Within few weeks of lock down, the pollution level in all areas subsided to a great level. The animals, birds started to enjoy their freedom in clean environment. The pollution of beaches reduced to a great extent and thus it was reported that the turtles came and laid their eggs peacefully and their next generation was safe to come. At the same time, water bodies are also being cleaned and rivers like Yamuna and Ganga have shown significant improvements since the implementation of a nationwide lockout.

May, which typically records peak carbon emissions due to leaf decomposition, recorded minimum levels of pollutants in the air. Not only India, but China and Northern Italy have also recorded a significant reduction in nitrogen dioxide levels, according to the NASA 2020 and ESA 2020 released photos, this was thus proved. Now, lockdown may not be the ideal way to reduce pollution, but in the present condition it proves that air and water pollution is manmade. Short-term climate pollutants - including black carbon, methane, hydrofluorocarbons, and tropospheric ozone - are all-powerful climate cancers that promote global warming and due to this pandemic, this are slightly under control. As countries went into lockdown the industries activities shut down globally. The transport is completely stopped. Road and air transport were brought to standstill. With this the air pollution was greatly under control.

Environmental noise is one of the main sources of discomfort for the population and the environment, causing problem. Imposition of quarantine measures by most govt has caused people to stay at home. With this the use of private and public transport has decreased significantly.

While the covid 19 pandemic and subsequent drop in the industrial activity and talks of the Earth healing itself, a new threat to the climate was set in motion with single use plastic making a re-entry in our lives. PPE, masks, gloves and face shield have now become a regular feature in the 'new normal'. This has led to re-rise in irresponsible discarding of plastic waste across streets and public places in cities. The drawback is that the waste management plants run by humans are stopped and such thing can hamper the natures cleaning process.

Earth has lucky moment to renew its resources. Covid 19 is not the first or last pandemic of its kind, but our environment is changing and we must also try to do so. The non-renewable resources have got a moment to replenish themselves. With human activities coming to cease, the planet has now started its activity to expand its wellness to every being. Now we see that nature can be so peaceful but because of our exploitation it was in turmoil.

Not only India but whole world had a large hit on their economy. This phase is a call by our nature to us that, use the environment sustainably. Chandra Bhushan, CEO International forum of EST, in his interview said that, this boon to earth is temporary and to make it permanent in the post pandemic, we must adopt to sustainable growth. The only way to this is to be on the path of green economy.

Nature and wildlife don't need people; people need nature. Nature will go on. She will evolve. Humans cannot survive without nature. Wildlife and nature are intrinsic and essential to human survival.

The current situation offers us a valuable moment to think. The pandemic lockdowns have us that we can do with less – we actually need only our essentials and not multiple brands. With this in mind, we can expand our consciousness to rethink our entire consumption patterns now. We can make choices that heal our planet while healing our own bodies and minds. We can think of ourselves as being Earth's citizens instead of just consumers. We can recall our own innovative capacities- and we can even help to regenerate the Earth, while it still supports our existence.

Mast Suresh Mandora.
2nd Year B.Pharm.



MAST SHAUNEK NATEKAR
4th year Bpharm.

INTRA COLLEGE CULTURAL EVENTS AND STUDENTS ACHIEVEMENTS.

1. MIT SOG Your Swabhiman Review National debate on reservation was held at G. R. Kare College Of Law on 23rd September 2019, Miss. Srushti Choughule And Mast. Laxman Kavitar got first place for exemplary review writing skills and were selected in top 6 teams to qualify for zonal round at Pune.
2. Essay writing competition organized by chief electoral officer goa on account of voters day, Miss. Srushti Choughule secured third place in essay writing at intercollege state level under technical education- degree institution category.
3. Our students also participated for the Mock Student's Parliament competition held at the Secretariat, Porvorim.
4. Government College of arts, science and commerce Quepem, organised an intercollege event "BRAHMASTRA". Our students won the following prizes
 1. Fashion show – 3rd place -Miss Gautami Khalap and Group.
 2. MR. BRAHMASTRA- Mast. Aman Shaikh.

INTRA COLLEGE CULTURAL EVENTS AND STUDENTS ACHIEVEMENTS

NAVRATRI CELEBRATION

DANDIYA DECORATION

1st place – Miss. Shayna Rodrigues and Miss. Shefali Phadte (final year B.Pharm)

2nd place - Miss. Roshan Gawade and Miss. Ishika Kurade (second year B.Pharm)

3rd place - Miss. Riya Lolyekar and Miss. Gautami Khalap (final year B.Pharm)

RANGOLI COMPETITION

1st place - Miss. Vishwani Naik and Miss. Sailee Naik (Final Year B.Pharm)

2nd place - Miss. Sujal Chari and Miss. Sneha Govekar (Third Year B.Pharm)

3rd place – Miss. Arti Velip and Miss. Aishwarya Naik (Second Year B.Pharm)

DIYA DECORATION

1st place - Miss. Larissa Gomes and Miss. Rishita singh (third year b.pharm)

2nd place - Miss. Pallavi Chopdekar and Miss. Deepti Halarnekar (first year b.pharm)

3rd place - Miss. Akanksha and Mast. Gagan Priolkar (final year b.pharm)

FASHION SHOW

1st place – FINAL YEAR B.PHARM

2nd place – SECOND YEAR B.PHARM

3rd place – THIRD YEAR B.PHARM

MISS. DANDIYA 2020 – Miss. Shruti Shirodkar (third year b.pharm)

MR. DANDIYA 2020 – Mast. Suresh Mandora (second year b.pharm)

Radicals

Winner of Radical 2020 - Forth Year B.Pharm.

Runners up of Radical 2020 - Second Year B.Pharm.

1. MR. AND MS. RADICALS 2020

MR. Aniket Narvekar

MS. Osleen Pinto

2. GROUP DANCE

1st place – Final Year B.Pharm.

2nd place - Second Year B.Pharm.

3rd place – Final Year B.Pharm.

3. STREET PLAY

1st place – Second Year B.Pharm.

4. SOLO SINGING

1st place –Miss. Sailee Naik (Final Year B.Pharm.)

2nd place -Mast. Vasant Marathe (Third Year B.Pharm.)

3rd place – Miss. Osleen Pinto (Final Year B.Pharm.)

5. PHOTOGRAPHY

1st place – Mast. Rudresh Kamat (Second Year B.Pharm.)

2nd place - Mast. Flencio D'costa (Third Year B.Pharm.)

3rd place – Mast. Ashwesh Bhandari (First Year B.Pharm.)

6. BEAT THE CLOCK

1st place - Second Year B.Pharm.

2nd place - First Year B.Pharm.

3rd place – Third Year B.Pharm.

7. DEBATE

1st place - Mast. Siddhant Sardessai (Final Year B.Pharm.)

2nd place - Mast. Laxman Kavitkar(Final Year B.Pharm.)

3rd place – Mast. Harsh Patel(Second Year B.Pharm.)

8. QUIZ

1st place – Mast. Saifudeen Khan and Mast. Arbaz Khan (Third Year B.Pharm.)

2nd place – Mast. Anurag Naik and Mast. Ruchil Jalora (First Year B.Pharm.)
3rd place – Mast. Siddhant Sardesai and Mast. Laxman Kavitkar(Final Year B.Pharm.)

9. YOLO (YOU ONLY LAUGH ONCE)

1st place – Mast. Gagan Priolkar(Final Year B.Pharm.)
2nd place – Miss. Mrunali Mayekar(Third Year B.Pharm.)
3rd place – Mast. Piyush Chakraborty(First Year B.Pharm.) & Mast. Mouli Krishna (Second Year B.Pharm.)

10. SOLO DANCE

1st place – Miss. Zeefa Sayed (Second Year B.Pharm.)
2nd place – Miss. Shreya Hinde (Final Year B.Pharm.)
3rd place – Miss. Pratiksha Mayekar (Third Year B.Pharm.)

11. MAD-AD

1st place - Second Year B.Pharm.
2nd place – Final Year B.Pharm.

12. TREASURE HUNT

1st place – Mast. Saifudeen Khan and Miss. Saisha Khambi (Third Year B.Pharm.)
2nd place – Mast. Gagan Priolkar and Miss. Himanshi Anil Kaushik (Final Year B.Pharm.)
3rd place – Mast. Ruchil Jalora and Miss. Onaswi Mulvi (First Year B.Pharm.)

13. MOVIE DUBBING

1st place - Second Year B.Pharm.
2nd place - Final Year B.Pharm.
3rd place – Third Year B.Pharm.

14. FASHION SHOW

1st place –Final Year B.Pharm.
2nd place – Second Year B.Pharm.
3rd place – M.Pharm.

15. ANTAKSHARI

1st place - Third Year B.Pharm.
2nd place - First Year B.Pharm.
3rd place – Second Year B.Pharm. & Final Year B.Pharm.

16. FLOWER ARRANGEMENT

1st place - Miss. Rishanka Kolvekar and Miss. Depthi Naik (Final Year B.Pharm.)
2nd place - Miss. Shreya hinde and Miss. Prachi (Final Year B.Pharm.)
3rd place – Miss. Ishika Kurade and Miss. Shevonne Valeska Gracias (Second Year B.Pharm.)

17. FACE PAINTING

1st place - Miss. Siddhi Naik and Miss. Gautami Khalap (Final Year B.Pharm.)
2nd place - Miss. Amisha Vaigankar and Miss. Sweta Prabhu (Second Year B.Pharm.)
3rd place – Miss. Sujal Chari and Miss. Sanika Naik (Third Year B.Pharm.)

18. MEHENDI

1st place - Miss. Sujal Chari and Miss. Vaidehi Nabar (Third Year B.Pharm.)
2nd place - Miss. Aneka Sangavkar and Miss. Sharva Shenvi Priolkar(Final Year B.Pharm.)
3rd place – Miss. Pratiksha Mayekar and Miss. Frazia Moraes (Third Year B.Pharm.)

19. VEGETABLE AND FRUIT CARVING

- 1st place - Miss. Aneka Sangavkar and Miss. Shyna Rodrigues (Final Year B.Pharm.)
2nd place - Miss. Deepti Halarneker and Miss. Pallavi Chopdekar (First Year B.Pharm.) & Miss. Nidhi Kanekar and Mast. Shaunak Natekar(Final Year B.Pharm.)
3rd place – Miss. Manjiri Parab and Miss. Christine Mendonca (First Year B.Pharm.) & Miss. Asvita Silva and Miss. Akanxa Naik (Final Year B.Pharm.)

20. GARMENT DESIGNING

- 1st place - Miss. Prachita Gauns Dessai, Miss. Renuka Dabholkar and Miss. sanelly (M.Pharm.)
2nd place - Miss. Zeefa Sayed, Miss. Shrujal Naik and Miss. Tejaswini Satarkar (Second Year B.Pharm.)
3rd place – Miss. Sneha Govekar, Miss. Daneshwari Bhusannavar and Miss. Saisha Khambi (Third Year B.Pharm.)

21. DUMBSHARAZ

- 1st place - Final Year B.Pharm.
2nd place - Second Year B.Pharm.
3rd place – Third Year B.Pharm.

22. MAKE-UP

- 1st place – Miss. Kalinda Shetye and Miss. Riya Lolyekar(Final Year B.Pharm.)
2nd place - Miss. Shrujal Naik and Miss. Tejaswini Satarkar (Second Year B.Pharm.)
3rd place – Miss. Daneshwari Bhusannavar and Miss. Shraddha Naik(Third Year B.Pharm.)

23. SKETCHING

- 1st place – Miss. Siddhi Naik (Final Year B.Pharm) & Miss. Aquilla Menezes (First Year B.Pharm.)
2nd place - Miss. Drashti Patel(First Year B.Pharm.)
3rd place – Miss. Vishwani Naik (Final Year B.Pharm.)

24. MENDICOAT

- 1st place -Mast. Ranil karapurkar and Miss. Siddhi Manerikar (M.Pharm.)
2nd place - Miss. Shweta Narvekar and Miss. Tanushka Sangodkar(Second Year B.Pharm.)
3rd place – Mast. Gagan Priolkar and Mast. Bhikraj Naik Gaonkar(Final Year B.Pharm.)

25. BEST OUT OF WASTE

- 1st place - Miss. Ankita and Miss. Sanelly (M.Pharm.)
2nd place - Miss. Shreya Hinde and Miss. Siddhi Naik (Final Year B.Pharm.)
3rd place – Miss. Ishika Kurade and Miss. Roshan Gawade(Second Year B.Pharm.) & Miss. Vanessa Gracias and Miss. Rakshanda Khorjuwenkar (Final Year B.Pharm.)

26. BAZAAR

- 1st place - Final Year B.Pharm.
2nd place – M.Pharm.
3rd place –M.Pharm.

27. COOKING

- 1st place – Miss. Prachita Gauns Dessai and Miss. Renuka Dabholkar (M.Pharm) & Miss. Ajmeda Carvalho and Miss. Bhakti Parmekar (Second Year B.Pharm.)
2nd place - Miss. Osleen Pinto and Miss. Shyna Rodrigues(Final Year B.Pharm.) & Miss. Shefali Phadte and Miss. Sailee Naik (Final Year B.Pharm.)
3rd place – Miss. Asvita Silva and Miss. Akanxa Naik (Final Year B.Pharm.)

28. SLOW BIKING

1st place – Mast. Bhikraj Naik Gaonkar (Final Year B.Pharm.)

2nd place – Mast. Rudresh Kamat (Second Year B.Pharm.)

3rd place – Mast. Anish Sawaikar (First Year B.Pharm.)

29. NAIL ART

1st place - Miss. Aneka Sangavkar and Miss. Vanessa Gracias (Final Year B.Pharm.)

2nd place - Miss. Neetisha Dessai and Miss. Pravina Naik (Second Year B.Pharm.)

3rd place – Miss. Shreya Hinde and Miss. Bhakti Naik (Final Year B.Pharm.)

30. QUILLING

1st place – Mast. Aprant Karbotkar and Miss. Prassana (M.Pharm.)

2nd place - Miss. Shweta Narvekar and Miss. Aishwarya Prabhu (Second Year B.Pharm.)

3rd place – Miss. Melani Fernandes and Miss. Kirti Madkaikar (First Year B.Pharm.)

31. FABRIC PAINTING

1st place - Miss. Vishwani Naik (Final Year B.Pharm.)

2nd place - Miss. Siddhi Naik (Final Year B.Pharm.)

3rd place – Miss. Alfia Rodrigues (Third Year B.Pharm.), Miss. Larissa Gomes (Third Year B.Pharm.), Miss. Sujal Chari (Third Year B.Pharm.), Miss. Samanta Mandrekar (First Year B.Pharm.)

32. MANNEQUIN CHALLENGE

1st place – Second Year B.Pharm. & Final Year B.Pharm.

ARMAGEDDON 2020

BADMINTON

Girl's singles

First Place: Miss. Manjushree Raut

First Year B.Pharm.

Second Place: Miss. Himanshi Kaushik

Final Year B.Pharm.

Third Place: Miss Akansha Desai

Final Year B.Pharm.

Boys's Singles

First Place: Mast. Rahul Parihar

Final Year B.Pharm.

Second Place: Mast. Siddhant Sardesai

Final Year B.Pharm.

Third Place: Mast. Kommokdy Mohammad
Saipudeen Hassainar

Third Year B.Pharm.

Girl's Doubles

First Place: Miss Manjushree Raut

First Year B.Pharm.

Miss Drashti Patel

Second Place: Miss Kirti

First Year B.Pharm.

Miss Melonie

Third Place: Miss Gautami Khalap

Final Year B.Pharm.

Miss Akansha Desai

Boy's Doubles

First Place: Mast. Siddhant Sardesai Mast. Laxman Kavitar	Final Year B.Pharm.
Second Place: Mast. Anish Sawaikar Mast. Kommokdy Mohammad Saipudeen Hassainar	Third Year B.Pharm.
Third Place: Mast. Aprant Karbotkar Mast. Rishabh Shet Teli	M.Pharm.

Mix Doubles

First Place: Miss. Manjushree Raut Mast. Piyush Chakroborty	First Year B.Pharm.
Second Place: Miss. Riya Lolayekar Mast. Siddhant Sardesai	Final Year B.Pharm.
Third Year: Miss Himanshi Kaushik Mast. Rahul Parihar	Final Year B.Pharm.

TABLE TENNIS

Girl's singles

First Place: Miss Aneka Shenvi Sangavkar	Final Year B.Pharm.
Second Place: Miss Gautami Khalap	Final Year B.Pharm.
Third Place: Miss Bhakti Parmikar	Final Year B.Pharm.

Boy's singles

First Place: Mast. Piyush Chakroborty	First Year B.Pharm.
Second Place: Mast. Rahul Parihar	Final Year B.Pharm.
Third Place: Mast. Ruchil Jalora	First Year B.Pharm.

Girl's doubles

First Place: Miss Aneka Shenvi Sangavkar Miss. Gautami Khalap	Final Year B,Pharm.
Second Place: Miss Sweta Prabhu Miss Bhakti Parmikar	Second Year B.Pharm.
Third Place: Miss Himanshi Kaushik Miss Akansha Desai	Final Year B.Pharm.

Boy's doubles

First Place: Mast. Omkar Parab Mast. Joel	First Year B.Pharm.
Second Place: Mast. Rahul Parihar Mast. Ryvon Fernandes	Final Year B.Pharm.
Third Place: Mast. Anish Sawikar Mast. Prasad Desai	Third Year B.Pharm.

Mix Doubles

First Place: Miss Aneka Shenvi Sangavkar Mast. Rahul Parihar	Final year B.Pharm.
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Second Place: Miss. Bhakti Parmikar
Mast. Harsh Patel

Second Year B.Pharm.

Third Place: Miss Gautami Khalap
Mast. Ryvon Fernandes

Final Year B.Pharm.

Chess

Girl's Singles

First Place: Miss Aarti Velip

Second Year B.Pharm.

Second Place: Miss Shilpa Twade

M.Pharm.

Third Place: Miss Vaidehi Nabhar

Third Year B.Pharm.

Boys Singles

First Place: Mast. Kassim Shaikh

Second Year B.Pharm.

Second Place: Mast. Ruchil Jalora

First Year B.Pharm.

Third Place: Mast. Tanesh Tari

Third Year B.Pharm.

Carrom

Girl's singles

First Place- Miss Arti Velip

Second Year B.Pharm.

Second Place- Juleka Verlekar

First Year B.Pharm.

Third Place- Rohisma Naik

Second Year B.Pharm.

Boy's Singles

First Place- Mukesh Gaude

M.Pharm.

Second Place- Stanley Vaz

First Year B.Pharm.

Third Place- Mayur Gawde

First Year B.Pharm.

Girl's Doubles

First Place- Miss Juleka Verlekar

Third Year B.Pharm.

Miss Sujal Chari

Second Place- Miss Tanushka Sangoadkar

Second Year B.Pharm.

Miss Arti Velip

Third Place- Miss Priyanka

First Year B.Pharm.

Miss Sadhna

Boy's Singles

First Place- Mast. Ketan Gad

Third Year B.Pharm.

Mast. Rudresh Dessai

Second Place Mast. Aprant Karbotkar

M.Pharm.

Mast. Mukesh Gaude

Third Place- Mast. Omkar Parab

First Year B.Pharm.

Mast. Gauresh

Athletics

Girl's 100 M

First Place: Miss Julekha Verlekar

Third Year B.Pharm.

Second Place: Miss Arti Velip

Second Year B.Pharm.

Third Place: Miss Aishwariya Prabhu

Second Year B.Pharm.

Girl's 200 M

First Place: Miss Aarti Velip

Year B.Pharm.

Second Place: Miss Aishwariya Prabhu

Second Year B.Pharm.

Third Place: Miss Purva Shirodkar

Third Year Second B.Pharm.

Girl's 4 X100 M Relay

First Place: Miss Aarti Velip
Miss Aishwariya Prabhu
Miss Tanushaka Sangoadkar
Miss Ishika Kurade

Second Year B.Pharm.

Second Place: Miss Purva Shiroadkar
Miss Murnali Mayekar
Miss Alfia Rodriguez
Miss Julekha Verlekar

Third Year B.Pharm.

Third Place: Miss Manjushree Raut
Miss Sana
Miss Tejal
Miss Samantha

First Year B.Pharm.

Boy's 100 M

First Place: Mast. Arbaz Khan
Second Place: Mast. Laxman Kavitkar
Third Place: Mast. Priyanshu Kumar

Third Year B.Pharm.
Second Year B.Pharm.
First Year B.Pharm.

Boy's 200 M

First Place: Mast. Priyanshu Kumar
Second Place: Mast. Rudresh Kamat
Third Place: Mast. Paritosh Guade

First Year B.Pharm.
Second Year B.Pharm.
First Year B.Pharm.

Boy's 4 X100 M Relay

First Place: Mast. Arbaz Khan
Mast. Paritosh Gaude
Mast. Pratik Naik Goankar
Mast. Rudresh Dessai
Second Place: Mast. Siddhant Sardessai
Mast. Laxman Kavitkar
Mast. Gokuldas Kamat
Mast. Ryvon Fernandes

Third Year B.Pharm.

Third Place: Mast. Rudresh Kamat
Mast. Suresh Mandona
Mast. Suvenu Mahapatra
Mast. Mouli Krishna

Second Year B.Pharm.

Cricket`

First Place : Third Year B.Pharm.
Second Place: M.Pharm.
Third Place : First Year B.Pharm.

Control Cricket

First Place : Third Year B.Pharm.
Second Place: Final Year B.Pharm.
Third Place : First Year B.Pharm.

PUBG

First Place: Final Year B.Pharm
Second Place: First Year B.Pharm
Third Place: Third Year B.Pharm

TENNIKOIT

First Place : Second Year B.Pharm

Second Place: First Year B.Pharm
Third Place : M.Pharm

VOLLEYBALL

Girls

First Place Third Year B.Pharm
Second Place: Final Year B.Pharm
Third Place : First Year B.Pharm

Boys

First Place : Second Year B.Pharm
Second Place: Final Year B.Pharm
Third Place : First Year B.Pharm

TUG OF WAR

Boys

First Place : Third Year B.Pharm
Second Place: Second Year B.Pharm
Third Place : First Year B.Pharm

Girls

First Place : Final Year B.Pharm
Second Place: Second Year B.Pharm
Third Place : First Year B.Pharm



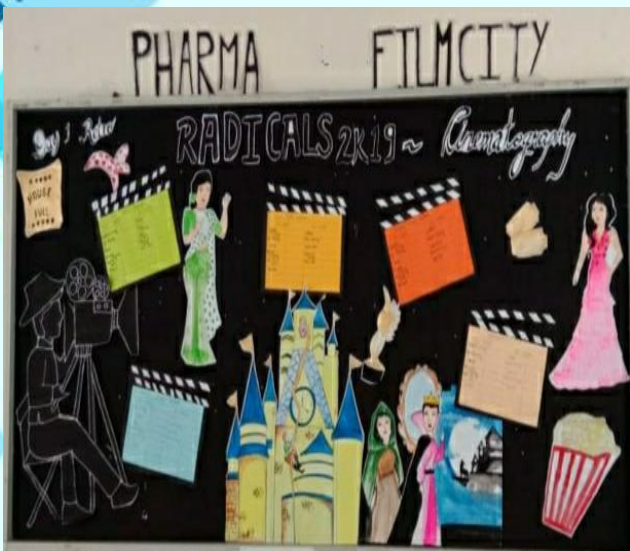
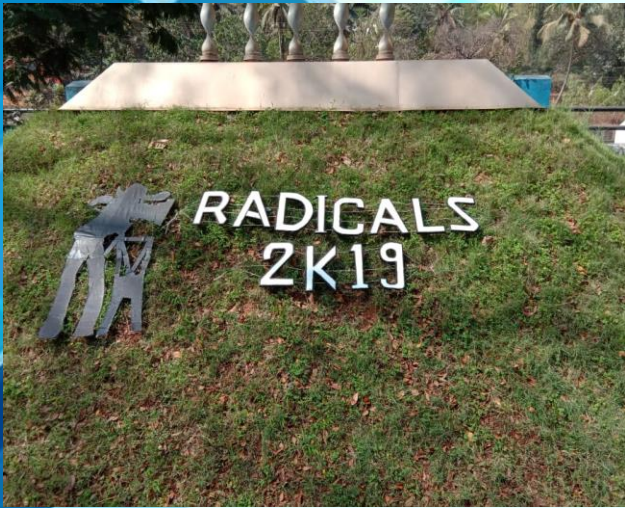
AJMIDA CARVALO 2nd year B.Pharm.

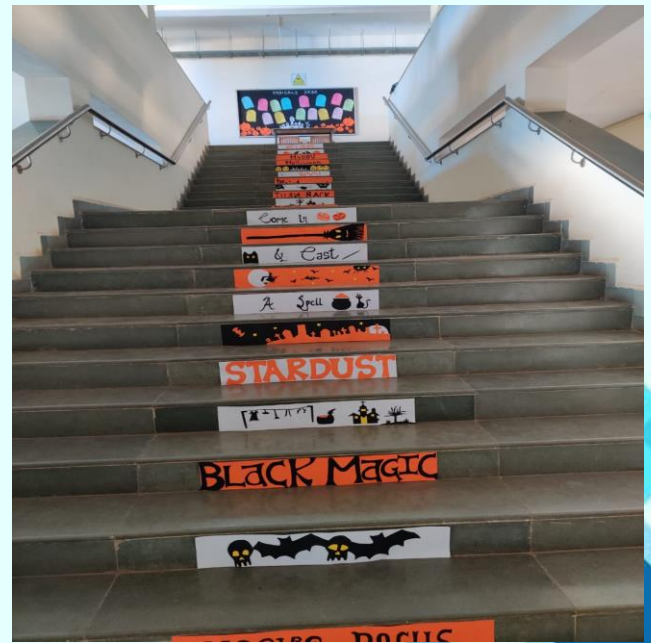
Ajmida

Vanamohatsav.



Radicals.





Book Release By Our Own Teachers.





THE CHALLENGES OF URBANIZATION IN GOA.

Introduction

Urban areas have been recognized as “engines of inclusive economic growth”. Of the 121 crore Indians, 88.3 crore live in rural areas while 37.7 crore stay in urban areas that is 32% of the population. The census of India, 2011 defines urban settlement as:

All the places which have Municipality Corporation, cantonment board or notified town area committee.

All the other places which satisfy following criteria:

- a. A minimum population of 5000 persons;
- b. At least 75% of male main working population engaged in non-agricultural pursuits;
- c. A density of population of at least 400 persons per square kilometer

The first category of urban units is known as statutory town. These town are notified under law by respective state/UT government and have local bodies like municipal corporation, municipality etc.

The second category of town is known as census town. These are identified on the basis of 2001 census data. Cities are urban areas with more than 100,000 are called towns in India

Similarly census of India defines: -

Urban Agglomeration: - An Urban Agglomeration is continuous urban spread consisting of a town and its adjoining outgrowth. An urban agglomeration must

consist of at least a statutory town and its total population should be not less than 20,000 as per 2001 census.

Out growths: An out growth is viable unit such as village or a hamlet or an enumeration block made up of such village or hamlet and clearly identifiable in terms of its boundaries and locations. Some of the examples are railway colony, university campus, port area, military camps.

At the central level, nodal agencies which look after program and policies for urban development are ministry of housing and urban poverty alleviation (MoHUPA) and ministry of urban development.

Urban areas are managed by local bodies (ULBs), who look after the service delivery and grievance redressal of citizens.

Migration is the key process underlying growth of urbanization. Rural to urban migration is by far the major component of urbanization and is the chief mechanism by which urbanization trends all the world-over has been accomplished.

After independence, urbanization in India is increasing at very high pace, but at the same time there are some problem which is becoming barriers for balance, equitable and inclusive and development.

Urbanization has positive as well as negative impact in society. Urbanization in India has great impact on our economy or on gross development product (GDP). Urbanization is the major reason for India's development.

It also has some negative effect for example overpopulation, diminishes in natural resources etc.

Urbanization in India

Although India is one of the less urbanized countries of the world with only 27.78 percent of her population living in agglomeration/towns this country is facing serious crisis of urban growth at the present time. Whereas urbanization has been an instrument of economic, social and political progress, it has led to serious socio-economic problems. The sheer magnitude of the urban population, haphazard and unplanned growth of urban areas and a desperate lack of

infrastructure are the main cause of such a situation. The rapid growth of urban population both natural and through migration, has put heavy pressure on public utilities like housing, sanitation, transport, water, electricity, health, education and so on.

Poverty unemployment under employment among the rural immigrants, beggary, thefts, dacoities, burglaries and other social evils are on rampage. Urban sprawl is rapidly encroaching the precious agricultural land. The urban population of India had already crossed the 285 million mark by 2001. By 2030, more than 50 percent of India's population is expected to live in urban areas.

Some of the major problems of urbanization in India are urban sprawl, overcrowding, housing, unemployment, slums and squatter settlement, transport, water, sewerage problem, trash disposal, urban crimes and problems of urban pollution.

Advantages of urbanization

Industrial growth and growth in industrial productions: with the increase in hands in urban cities which are located near industrial areas the production of different industrial sectors generally sees a boom and this much growth is helping the country's economic growth. This also results in the export increase. High growth in trade and commerce field: Urbanization helps and aids a number of business sectors, but trade and commerce is the one that has gained a lot because of it. This sector has been good growth after industrial revolution as people come to urban cities and town with their goods. Improvement in science, culture and other similar things: urban places act as a meeting point for all the good customs from various localities. Science, education and technology developments also occur because of urbanization, and all this eventually helps in improving society.

Disadvantages of urbanization

Development of slums in urban cities is a byproduct of urbanization. The rapid flow of population from rural areas to urban areas gives rise to housing problem, and this issue takes the form of a difficult to tackle the problem of the slums. The movement of population from rural area to urban area results in the shortage of workers in rural areas which in turn affects the agricultural productions. The population increase in urban cities and towns puts extra pressure on water and sanitation facilities which result in health hazards, environmental pollution, etc. The increased number of workers also results in unemployment which in turn gives rise to corruption and criminal activities.

Challenges of urbanization in Goa

Goa is India's one of the most urbanized states which result in migration of people from rural area of other states to Goa for better opportunity to earn money or for business purpose. Goa provides all facilities which are expected from urbanized states. By geographical point of view Goa is smallest states as major of its area is covered by mountains and it makes much smaller states in terms of area. Goa population is very less but people from other states migrates to Goa for better employment and makes Goa over populated. Goa is improving upon its industrial sector so it provide good opportunity for the people from rural area to earn money Goa also has a role in India's economical growth as it has more than 62 Pharmaceutical industry. Goa is also known as "Pharm hub" it provide good scope for pharmacist of the states of Goa and pharmacist from other states like pharmaceutical industry it also have various industry. Most of the migrants of Goa are originated from northern India migration of people from other states to Goa makes Goa densely populated first only it is smaller state in terms of area. Urbanization of Goa leads Housing problem as number of people increases there are challenges in shelter illegally people have occupied government area as few national highways passes through Goa but it is very

narrow as compared to other national highways of other states which leads to traffic in which there is waste of time and air pollution rises because of burning of fuel and noise pollution because of horns sound. Due to narrow road there is accidental opportunity.

There is no proper disposal of garbage and industrial waste which leads to soil pollution, air pollution, water pollution etc. As most of the migrant are less educated so they spit tobacco on road and throw garbage actually the educated people also do the same thing which is not expected from literate society. Goa is known for the place for peace but urbanization in Goa is increasing day by day which is disturbing Goa's peaceful environment and There are tons garbage's are seen in Goa's beaches which is because of increased urbanization the garbage's are harmful for marine lives the fishes feed to these plastic garbage's and fish is main source of nutrition for Goa's people and these fishes they eat there is rise in various disease such as cancer and all. Urbanization in Goa leads to less agricultural by product because people from rural area is shifted to urban area and there is no scope for agriculture in Goa as compared to other states in other states there is balanced between agriculture and urbanization.

Urbanization also leads to deforestation in Goa: forest is cut as many developmental projects are put forward which rises to low rain fall or some time high rain fall leads to floods and many more natural calamities. Urbanization also leads to high level of unemployment in Goa as the population increases by migration or naturally there is more competition and there is less scope for job. Urbanization also affects the education as urbanization increases but number of educational institution remains the same it make an great impact on education which could result in decrease in literacy rate in Goa. Urbanization in Goa also lead to increase in crimes day by day which is a serious case which is to be controlled.

Urbanization will helps to increase our economy but it will give many negative effect also urbanization is good it will help to developed but people should not forget tradition our tradition teach us many things which we can use in urbanization. It does not mean to become urbanized people should migration.

Instead of migrating and overcrowding, why can't we make rural area to urban area? It is government duty to convert all the rural area of the country to urban so the challenges arising can be tackled. Urbanization is good but literacy is required to effectively carry out urbanization process successfully.

So it is each and individual job to see we are urbanized but at the same time we should over check the problem arises because of urbanization if the problem arise from urbanization is counter act no can stop India becoming developed country from developing country.

So urbanization will play major role for India becoming one of the largest developed country of the world.

Suwendu Mahapatra

2nd year B.Pharm.

पदर

©मृणाल देसाई

सखे...

सगळ्यांना हल्ली "तुझा" पदर दिसतो.पण "तुझे" पदर दिसत नाहीत.

या सहा वार साडीत तू लपेटून घेतेस आपला देह...त्या साठी करकचून बांधतेस आधी आपला परकर,आणि त्याच्या आवळण्याचे वळ उठतात तुझ्याच कमरेवर. .

पण.

फक्त तुझी लचकणारी कंबर दिसते,ते वळ दिसत नाहीत.

त्या पायघोळ साडीच्या मागे लपून जातात तुझे पाय.चालत आलीस ओल्या जमिनीवरून... तरी पावलांचे ठसे सुद्धा उरत नाहीत मागे.

पण.

अडखळलीस एखादवेळ...तर तुझं अडखळणं दिसतं,त्या पायघोळा मागे असलेल्या पावलांची धडपड नाही.

एक मीटर कापड घेऊन,त्याचे तू दहा तुकडे कापतेस..त्यांची चोळी शिवतेस.आणि पुरेपूर काळजी घेतेस अंगाचा इंच इंच झाकला जाईल याची.

पण.

घाणेरड्या नजरा जातात त्याच्या ही आरपार,त्यांची नजर अगदी काहीही बघते.तुझी मापं घेऊन शिवलेली चोळी त्यांना अडवत नाही.

एखाद्या दिवशी छान चकचकीत साडी नेसतेस तू.काठ असलेली. सोनेरी जरी असलेली.

पण.

ती सोनेरी जरी दिसते फक्त,तिचं आतल्या आत अंगाला टोचणं दिसत नाही,पदर-निऱ्या-इथे-तिथे लावलेल्या पिना... त्यांचं खुपणं दिसत नाही.

फुलं, नक्षी आणि पिसारा फुलवलेला मोर असलेला पदर ती अगदी हौसेने मिरवते.

पण.

ते मिरवणं आवडतं. तो पदर आवडतो. पण म्हणूनच सखे...सगळ्यांना हल्ली "तुझा" पदर दिसतो.पण "तुझे" पदर दिसत नाहीत.

पण साडी सुद्धा तुझ्याच सारखी आहे.तुला सोडून ती कुठेच जात नाही.पिना टोचल्यावर आवाज करत नाही.पदराला काही पुसल्यावर चिडत नाही.आणि वापरून झाल्यावर पायपुसणं केलं तरीही काही म्हणत नाही.तिचे पदर,सगळ्यांना दिसून सुद्धा दिसत नाहीत.

म्हण ना गं आता,एकदाच तुझं नेहेमीचं वाक्य..

"अगं चहा घे पटापट,तुझं कधीच लवकर आवरत नाही...माझी काळजी करू नकोस...मला काही होत नाही.."

Mrunal Dessai M.Pharm.

PICK UP

Choose neither money
nor gold

Pick up happiness
and a hand to hold

Be no teller of untruths
nor a guarantor of falsehood

Pick up honesty
it will go long way through

Get rid of self-desires
and envy too

For no greed has won
a battle or two

Wash off all the pride
and all the ego

Let humility dwell
and love overflow

Witness no violence
nor bloodshed
For it will bring no good
a disaster instead

Choose not to bound to sin
nor lust

Pick up righteousness
it shall forever last

-By: Greato Dias

life is a gift

Life is a risky journey
It can be short as a seed
or tall as a tree.
It's beauty is admirable,
But it's pain is unbearable.

Life is too short
to wake up with regrets.
Cherish the good times
and the people you met.
Forget the past that makes you cry
and focus on present that makes you smile.

Life has been good
and I don't fear the night.
It's a part of god's plan
and I know it's all right.

Onaswi Mulvi(F.Y. B.Pharm.)

Kavita.

दिवसभराचा स्वैपाक आणि मोरीतली उष्टी भांडी..
तू जेव्हां आजारी,नेमकी त्याच दिवशी मोलकरणीची दांडी..
मग खराटा भर ताटं घासताना कंबर तुझी दुखत नाही...
मी घराबाहेर पडताना सांगतेस,तू बिनधास्त जा,मला काही होत नाही..

रोज सकाळी प्रत्येकालाच घाई
खरं सांगू तुला?
तुझी साथ तेव्हां कुणालाच पुरत नाही...
हजार लेकरं तुझी आणि तू एकटी सगळ्यांची आई..
बसलीस मटकन दमून खाली तरी पाणी विचारायला कुणी नाही...
पण तरीही नेहेमी तेच म्हणतेस..
"उशीर होतोय तुला, तुला कळत कसं नाही...माझी काळजी करू नकोस...मला काही होत नाही..."

कुणाला फुलका,कुणाला चपाती..
कुणाला तुपाच्या,तर कुणाला बोट्यांच्या वाती..
पण देवघरातला दिवा सुद्धा आई,तुझ्यापेक्षा जास्त जळत नाही..
काय होतंय असं विचारलं की म्हणतेस,
"तुम्ही आहात की घट्ट, मला काही होत नाही..."

नवा ड्रेस, नवे कपडे,छोटे मोठे दागिने आणि आरश्यांचे तुकडे..
सजवशील मला नखशिखांत आणि लावशील काळी तीटही,
पण हे सगळं करताना एकदाही स्वतःला आरश्यात न्याहाळत नाहीस..
"पदर कर ना नीट"असं सांगितल्यावर म्हणतेस..
"तू दिसतेयस ना छान, आता मला कुणि बघत नाही....."

वाढ गं आणखी थोडं,म्हणत रहातं एक एक तोंड..
मग पोट भरल्यावर समोरच्याचं, भूक तुला उरत नाही..
"डाग कसला आहे गं हातावर?" म्हणताच पुन्हा तू तेच म्हणतेस...
"तवा लागला गं जरा...पण मला काही होत नाही..."

प्रत्येकाची औषधं आणि खाण्याच्या वेळा..
माणसं चार आणि नखरे सोळा..
सगळ्याच्या तालावर नाचूनही तिचा,संध्याकाळचा दिवा चुकत नाही..
"सगळ्यांचं भलं कर म्हणतेस, "सगळ्यांचं" म्हणते कारण तिला काही होत नाही..."

सवय झाली बरीच याची, घट्ट उभी मागे आई..
म्हणून आता मला कशाचीच भीती,जरा सुद्धा वाटत नाही...
मान्य आता मी सुद्धा केलंय..
की तिला काही होत नाही..

म्हणून आता अजून वाटतं
रुग्णाच्या खाटेवर..आईचा देह अजिबात शोभत नाही..
उठून बस नेहेमीप्रमाणेच आणि म्हण की एकदाच...
"इथे कशाला आलोत आपण? निघुया चल...मला काही होत नाही..."

Mrunal Dessai M.Pharm.

Kavita.

नको जाणिवांचे खेळ
नको मुक्तीचे ही वेड
साद देते हळुवार
आता माहेराची ओढ

त्याच ओढीने बांधते
गोड इमले स्वप्नांचे
पावलांना येते बळ
मग शंभर हातांचे

त्याच तांबड्या मातीचा
रंग माझ्या ही मनाला
उतरता उतरेना
राही उगाच साथीला

देवळाच्या परीसरी
जसा झाडाखाली पार
तसा माझ्या माहेराला
माझ्या आईचा पदर

पदरात बांधलेल्या
माझ्या आठवांच्या गाठी
गेल्या गेल्या ओवाळती
तिच्या आसवांच्या वाती

तिच्या हाताला आलेल्या
मऊ मऊ सुरकुत्या
मला आठवती मग
जुन्या रडावल्या मिठ्या

ओलांडून उंबरा मी
मग पाऊल टाकते
काही क्षण का होईना
माझी मला मी भेटते.

ती

नव्या वहिला येणारा वास आठवतो..?

आत्ता तुझ्या मिठीत जर विसावले तर त्याचीच आठवण होईल मला....

पहिल्या पानावर काढलेल्या चित्राचे ठसे उमटून राहतात..

प्रत्येक पानावर..

कुठे गडद, कुठे पुसट...

चित्रं काढता काढता..

ती रंगवता रंगवता...

तो नवा कोरा वास....?

त्याचं काय होईल..?

हरवून जाईल का तो...?

तो हरावणार असेल तर मी चित्रच काढणार नाही...

नकोत ते रंग...

पेन्सिली...

काही काही नको...

हवा आहे तो गंध...

मी तुला मिठी मारल्यावर..

तुझी दाढी माझ्या कपाळाला घासल्यावर...

मी बरीच बुटकी आहे तुझ्यापेक्षा...

म्हणून टाचा उंचावून जेव्हा मी खोटी खोटी उंच होते...

तुझ्या डोळ्यांतलं आभाळ शोधायच्या नादात..

तुझ्या मानेला गुरफटलेला तो गंध भेटतो...

डोळ्यांपर्यंत जावंसं वाटत नाही...

मानेपाशी समाधी लागते...

रातकिड्याचा आवाज ऐकत रात्रीला लागते तशी...

म्हणून म्हणते..

तो हवा आहे...

जसाच्या तसा...

मला नावं ठेऊ नकोस...

मी आधीच सांगून ठेवत्ये..

चित्र काढून जर गंध विरणार असेल..

तर वही कोरी राहूदेत...

तो

बाई म्हणे चंदनासारखी झुरते..

तू उदबत्ती आहेस..

झुरणार नाहीस..

जळशील...

पूर्ण जळून संपल्यावर काडी एवढी उरशील..

तेवढी सुद्धा मला पुरशील...

मी असं काही बोलल्यावर माझी टिंगल करशील...

खांद्यावर हात ठेवून मला ढकलल्या सारखं करशील...

आभाळात बघून खळखळून हसून घेशील...

तेव्हा कशी दिसशील...?

विहिरीच्या पाण्याने स्वच्छ भरलेल्या पितळी कळशीसारखी...

कळशी भरलेली आणि वही चितारलेली छान दिसते किनई...

मृणाल प्रदीप देसाई

पैकुळ सत्तरी गोवा

Mrunal Desai M. Pharm.

The of magic carpet of love.

“All love is expansion and all selfish is contraction”- *Swami Vivekananda*

LOVE- this four alphabets with great meaning , on which the whole of our world is depended. With out this our earth world have perished. You can say that love comprises of L-laughter we had along the way, O-optimism that we give every day, V- value to each biotic and abiotic thing, E-eternity alone that has no end. This long lasting bond may be towards our earth and its flora and fauna, with the first teacher – our parents, toward our brothers and sisters and a very strong bond of this love, to start their world with happiness, with close partner. Love is the faith which you try to create in the hearts of your loved ones. This is a type of relationship that thrive on acceptance and strangle on expectation. Love mean selflessness. When focus changes from acceptance to expectation, the focus is effectively shifting from ‘we’ to ‘me’ this is end of love.

As rightly quoted by swami Vivekananda, this faith will germinate like a seed if we try to expand it as much as possible. As we know that knowledge and creativity are the gift of grace. They should not be kept restricted but allowed to be shared with others. This sharing keeps knowledge fresh and fragrant whereas stores knowledge becomes stagnant and stale. In the similar way as we share and expand love, it blooms like a beautiful flower to which many bees are attracted to be blessed by the tasty nectar. If one is selfish, egoistic toward other, the same flower can rotten. An if such thing happen than one can no longer believe other.

‘Vichaar, aachaar and prachaar’ are the great basic words in Sanskrit which says a lot toward love. Ones thinking(vichaar)ability and acting(aachaar) on that thought should be always under equilibrium in love. One must give a thought on the words his going to speak. Because love fully depend on the thoughts and the action which you possess towards your loved ones. A good conduct(prachaar) is displayed to the world through this action.

The next important component which help in thriving love is ability to appreciate. Who can forget the great love between God Shree Krishna and Shreemati Rhadharani! Shree Krishna with his best friend ‘Shudahma’- give us a great lesson so as to how a friendship goes if one has great faith.

Appreciation is one magic carpet that takes you an upward spiral in you relationship. Love goes on and on if ones appreciation is continuous, constant and conscious. Appreciation is not a tactic to win hearts but to retain hearts which is more important. Just like snake voluntarily shed its old skin, similarly appreciation helps one to shed negativity to replace it with new glowing complexion of positivity. One should try to keep back all his selfishness and envy to appreciate with best words.

Love ripens by seeing commonalities, but rots by only seeing the difference.

The survival of any love in relationship depends on accepting people as they are and not how you want them to be. One should try to accept all the good and bad thing of the other. As days go they will both try to understand each other. The philosophy of 'Bible' and 'Mahabharat' circulates around the word love. This books give us a great deep meaning of love.

This bond becomes even more stronger when love is accompanied with sacrifice. A right lover is the one who knows what to and when to sacrifice for his/her partner or a sacrifice towards our beautiful mother earth or towards our parents. Not only they are happy but God also tries to help you out in all your bad situation because God just wants his devotees to offer him a fruit of love.

So is there a scale to measure love! Do kisses and hugs tell how much you love someone? Definitely not. This public display of love is often by private demonstration of hate. Rather than conditional gifts and kisses, a relationship requires unconditional love and sacrifice. The question to ask is not 'What can you do for me?' but 'What can I do for you?'

True love is measured by our eagerness to let go of our personal desires, opinion, and comforts. As stated by Napoleon hill in his book 'success through positive mental attitude' (author- w clement stone), one of the 17 success principle is love. So do spread love.

Suresh Mandora.
2nd year B.Pharm.

NBA induction programs.



Alumini meet. 3





Blood Donation Camp.



ARMAGEDDON 2020.



College Achievement's.



dvds



Credit: Amisha vaigankar, 2nd year bpharm.