

College Magazine: 2016-17

Ab Aeterno

From time immemorial

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Ab Aeterno

MCOPS



MANIPAL COLLEGE
OF PHARMACEUTICAL SCIENCES
MANIPAL

A constituent institution of Manipal University

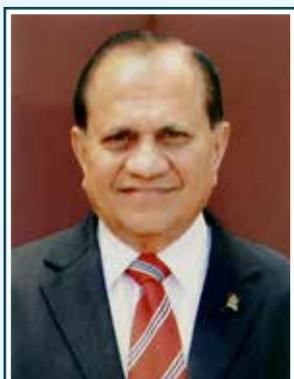
Padmashree Awardee
Dr T M A Pai
1898 - 1979



MANIPAL UNIVERSITY ASSOCIATION OF PHARMACY STUDENTS [MAPS]: 2016-17



Messages



Students have ample opportunities during their academic programme to not only participate in lecture-discussion groups but also engage themselves in extra-curricular activities, which enable them to step into their professional career with confidence and resoluteness. I believe the Annual Magazine of Manipal College of Pharmaceutical Sciences will give a good coverage to the accomplishments of the students demonstrating their skills and talents. I wish them a bright future.

Dr Ramdas M Pai
President & Chancellor
Manipal University

The time spent during student days is a golden opportunity made available to the students to lay a strong foundation for the development of their personality with the empowerment of the knowledge they earn which helps them to pursue their professional career with optimism. It is also an opportunity for the faculty to update themselves with recent advances in their area of specialty. The publication of the College Magazine is one of the main activities for the students to demonstrate their talents through interesting accounts of their student life. I have no doubt the Annual Magazine of the Manipal College of Pharmaceutical Sciences will come out very well in this regard. My greetings and best wishes to the students and the faculty.

Dr H S Ballal
Pro Chancellor
Manipal University



“Shoot for the moon. Even if you miss you’ll land among the stars”

It is heartening to know the students and faculty of MCOPS have been making concerted efforts to carry on the rich traditions built up over the years by successive batches of students and their teachers to make the college the pride of the nation. This magazine, I am sure, will be able to project the stupendous achievements of MCOPS family in enriching the pharmaceutical sciences both in the academic and research sectors.

The college magazine provides an opportunity to cherish the literary talents and also to bring out the creativity among the student.

I congratulate the student council, especially the members of the editorial board for their painstaking efforts in bringing out the college magazine.

With Best Wishes

Dr. Poornima Baliga B
Pro Vice Chancellor (Health Sciences)
Manipal University, Manipal



Messages



Another issue of MCOPS college magazine has been brought out, however, with a new name this time, 'Ab Aeterno'. Let me congratulate the editorial board for the splendid work that it had put-in to bring out this masterpiece, which comprises poetry, anecdotes, photography, artworks etc. The editor, Mr. Sushant Suresh, must be an elated man looking at the product of the hard work of his entire team. It is a fine moment for all of us in MCOPS. Let us join the editor and his team to share their happiness and cherish the moment. Honestly, 2016, indeed, was an eventful year in chronicles of Manipal College of Pharmaceutical Sciences. MCOPS bagged the Number-01 position in the first ever NIRF rankings in 2016. It was accredited by NAAC and NBA. It received MiA honour from IPSF for MAPS - first of its kind in our country. Besides, the students, research scholars and faculty members have published more than 125 research papers in various journals of repute with an average impact factor of more than 1.2. The h-index of our college has now crossed 50. For the first time, we secured a place in the QS world

rankings in the range 250-300 in the subject Pharmacy and Pharmacology. This perhaps is a record. This is a no mean feat of MCOPS in 2016, which is the sweat and toil of every member of the team MCOPS, not limiting to the staff and students. I think we all have loved our work and given our best to achieve this. Let's continue in this vein in future as well. I take this opportunity to congratulate the winners of the best literary awards of Ab Aeterno-2016, a concept which was introduced for the first time in this year to encourage the contributions to the magazine. I am sure these awards would be the impetus to promote good contributions from budding writers in the years to come.

My dear students, the society is waiting for your services in the capacity of pharmacists, teachers, scientists, entrepreneurs etc. While you are in the profession of your choice to excel, I want you to remember what Socrates says, "A strong mind discusses the issues, an average mind discusses the events, and a weak mind discusses the people". You are the proud products of MCOPS and Manipal University. Hence, I place you in the first category.

Good Luck and With Best Regards

Dr C Mallikarjuna Rao
Principal, MCOPS

I am delighted to write this message for the students of MCOPS, Manipal University. We at MCOPS are a privileged lot. Our institution continues to be at the top among all the pharmacy colleges of India. We not only encourage our students in their academics, but promote their other creative activities as well. This magazine is the culmination of the efforts of a number of highly talented and creative individuals. The magazine captures many of your activities and, years down the line, will bring to you the memories of a happy carefree life spent within the portals of MCOPS.

I congratulate all the persons involved in bringing out the magazine, especially Mr. Sushant Suresh, the editor and, Dr. Jayesh Mudgal, the staff advisor to the editorial committee.

Dr M Sreenivasa Reddy
Vice Principal, MCOPS



As every year, I am happy to learn that students of MCOPS are bringing out the college magazine. All the inspired students of MCOPS have showcase their talents and it is a reflection of their student life on the campus. It is a precious thing to be preserved for ever and is a repository of fond memories. Association of them with a quality campus like Manipal have given them confidence to meet all the challenges in their professional career. I place on records, the uncompromised efforts of the members of the editorial team to make the magazine possible. I whole heartedly congratulate them and wish all the students the very best.

Dr C S Shreedhara
Secretary, MAPS, MCOPS

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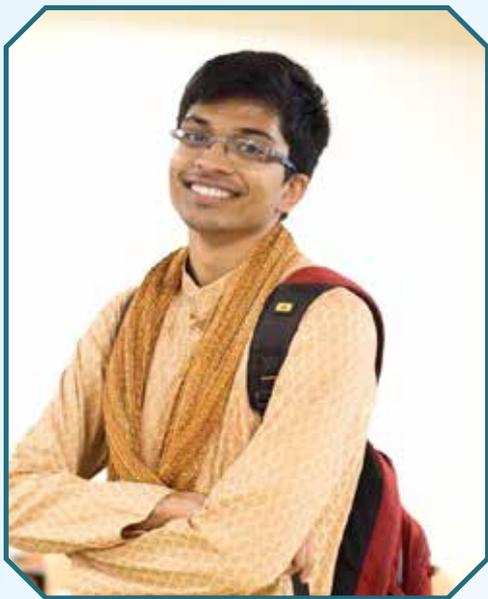
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The Editor - In - Chief Speaks



“With great power comes great responsibility”

Three years have flown by pretty fast. It seems like yesterday that my parents dropped me off in this culturally diverse land called Manipal. From being the class representative in my first year to the Editor-in-Chief, it has been a wonderful journey.

The first step to success is to have a well chalked out plan. The primary motive was to take the magazine forward by not repeating the mistakes of our past with the vision to expand our horizons. Being a part of the EdBoard, I have learnt the importance of time management. We, the EdBoard, have to constantly be on our toes. Being an underappreciated committee, the

immense happiness that we get with the occasional pat on the back is priceless.

This year saw the magazine get a new name. ‘Ab Aeterno’ which means “From time immemorial” is the new name that we have chosen. I hope that this name sticks for many more years to come. I would like to thank our Principal and Vice Principal for supporting us throughout.

Nothing is impossible when you have a talented bunch of editors by your side. I would like to thank Anushna, Ashutosh, Aayush, Rashmeen, Suhita, Raveena, Mrinalini, Arunika, Srivalli, Anitha, and Abishek for completing all their work on time and making our vision achievable. Though we made a very few board changes this year, we made some great memories brainstorming for creative ideas together.

My heartfelt gratitude to our Faculty advisor, Dr. Jayesh Mudgal, who not only supported us in every step, but was also available to us at any time of the day despite his busy schedule. Special thanks to our technical advisor, Khushboo, who did an amazing job with Incessant 2015-16.

It was wonderful to see the MAPS working hand in hand this year. It was a pleasure working with each and every member of the Executive Committee.

I hope I have lived up to my expectations and would now like to pass on the baton to the next Editor-in-Chief.

Don't stop here. Move forward. I'll leave you to it.

Sushant Suresh

Editor-in-Chief, MAPS

The President Speaks



The woods are lovely dark and deep and

I have promises to keep

And miles and miles to go before I sleep

And miles and miles to go before I sleep

This year can be characterized as emotional, educational and fun. It has been eye opener, and a golden experience where I have learnt that a leader is one who is able to accept every working member for who they are, see the silver lining in every situation and bind the committee

into a cohesive working unit. This has truly been an impalpable experience.

We have taken the first few steps in following our college's vision "marching with the times". With the success of the numerous events that have been organized to the monumental change in our election system, our council has functioned like a well-oiled machine.

I am a staunch believer in hard work and yet I feel that there should be a point when we all become smart workers. Not only have we achieved the status of the number one private college in India, we have become members of the International Pharmaceutical Student Federation. This is a product of not just our present council but also the one in the past.

Our lives are like story books. We are the authors travelling to the same destination. It matters not how fast or slow it takes to reach the goal; it's the journey in between that makes our stories truly memorable. So take your pens out, and feel free to make a mark.

Anusha Ganesh

President, MAPS

The Vice President Speaks



Before I start my story, I would like to thank all of you for being wonderful MCOPS students and co-operative college mates. Nobody on earth is perfect but you all helped me become a better person. I learnt a lot from each and every person I came across this year. They always inspired me to do more than what I was capable of. Leadership is not a day's work; it's a process that continues lifelong.

I started my journey as a class representative in my first year when I was not mature enough to understand what my seniors were going through when they bombarded us for our minor mistakes. Now that I am in their shoes, I have come to understand that they were doing everything for us and for our college. I respect them and I wish I can get more of their qualities and be a better person in life.

I would like to thank Dr. RS Jeyaprakash for his constant support throughout the year. I am extremely grateful to have been part of such an efficient and responsible core council. A special thank you to Anusha and Divya for being by my side at all times.

And to all my dear college mates, on behalf of the entire academic committee, I would like apologise if my council made any mistakes.

We exist for you and only you MCOPS and we will always do our best to keep MCOPS at the zenith.

Prerna Shah

Vice President, MAPS

The General Secretary Speaks



Somebody once said, “With great power comes great responsibility”. The ‘power’ referred to in the context is not exactly normal, yet the quote stands true. In spite of my experience as a Class Representative for two years, stepping into the post of General Secretary was more like a plunge.

The academic year 2016-2017 has been a roller coaster ride, starting with MCOPS becoming a member of IPSF thanks to the efforts of the secretary of Student Exchange Committee. The inauguration of the student council, ‘Genesis’ filled us all with the excitement and hope for a great year ahead. The next major event ‘Sanskriti’, our very own cultural fest was more of a celebration, thanks to the cultural council. The flood of new talent is always refreshing. The annual day was a rewarding event and was beautifully handled by the college administration. This was followed by ‘Athlos’, which was full of energy as all the batches battled it out for the coveted championship. Closely following was ‘Pharmaquora’, organised by the academic council which was an opportunity for students to showcase their research work and academic capabilities.

Divya K Shriyan

General Secretary, MAPS

The Cultural Secretary Speaks



As I sit down to write this report, I realize that it is impossible to pen down all the experiences that have enriched me in this year. It was definitely a roller coaster ride; a year filled with excitement and nervousness.

Our first event was the Student Council Inauguration – ‘GENESIS-16’. The cultural show witnessed huge participation from the amazingly talented first years. We also had the genesis of the official dance group of MCOPS- ‘D.M.X’.

‘SANSKRITI-16’ was a big task; teaching us how to face challenges in planning and organizing events. With more than 30 competitions, the amount of hard work and determination that had gone into making each and every moment precious is a story on its own. This Sanskriti saw a large participation from all the batches. Music and dance events were completely jam packed. Not to forget the best part - post Sanskriti shouting holidays.

‘DAAN UTSAV’ was celebrated in our college and our council organized games, dance and singing programs to entertain kids from Sri Balaniketan Orphanage. To me, this experience was divine. The smile and happiness on their faces made us believe that it was a job well done.

Our council also organized cultural events for ‘APTICON 2016’- All India Pharmacy Teacher’s meet as well as the Annual Day.

Phew! This wouldn’t have been half as exciting without the help of my fellow council members- Angsheeta, Proneel, Gayathri, Deva, Sanjana, Rasheeda, Rutu, Kalgi, Ravi, Shivani, Ruchira, Shreya, Rosella, Asif, Rahul, Meghna, Ashvita, Remya, Kavya, Teny and Oendrila. I would like to thank Vineeta, Dhaval, Sushant, Nabeel, Anushna and Ashutosh for extending their help during Sanskriti. I would also like to thank Alex sir and Angel ma’am for their constant guidance.

As they say, all good things come to an end. It has been a wonderful learning experience. It was a ‘once in a lifetime experience’ and I lived each and every moment to the fullest. It was not perfect, but maybe it’s good when it is not perfect, because that way you know it is real. This experience cannot be expressed in words. It can only be felt and cherished.

Akshay Rao

Cultural Secretary , MAPS

The Sports Secretary Speaks



Sports council is a place which taught me what real responsibility is. Being in the sports council for the last 4 years in various posts, I have realized that being the head of the council doesn't mean power, credit or anything else, but it means to be responsible for all the mistakes of the council. To be able to find a solution in time when a problem arises, to be able to teach juniors the responsibilities we have, and most importantly, to be yourself when we have to go through all kinds of situations – good or bad.

Never once throughout the year did I feel helpless or alone in facing challenges. In the last four years, this was the best council I had not because I was the secretary but because of the members in it. I have been extremely

lucky to have a very supporting and dedicated council without whom the success through the year would never have been possible. My Joint Secretaries Dhaval and Parth have helped me at each and every point; these two are extremely talented and have their own unique way of working. As a team of three, we were able to manage really well. Our sports advisor, Mr. Venkatesh Kamath, and our physical education director, Mr, Shreedhar, have been extremely helpful and guided me throughout the year.

This year MCL was a huge success. The PED staff has people who work behind the curtains to help us achieve success, and it is a matter of pride that we were able to give an appreciation award to them from the funds we collected from MCL.

Every year when I saw the old trophies and mementos in the hallway of our college corridors, I was reminded of the fact that our college had a strong participation in various all India and South Zone competitions. I promised myself that this year our college students should participate in inter-university sports at national and south zone level in large numbers and my wish came true. I am extremely proud of all the students. I would like to thank our beloved Principal, Vice principal, Sports Advisor and Physical Education Director who helped us achieve this.

I hope next year the list of participants and laurels in the university and intercollegiate events increase.

With love signing off

Alekhya Lavu

Sports Secretary, MAPS

The SEC Secretary Speaks



Two years ago, the Student Exchange Committee was framed from an assortment of people with diversified interests. Its sole purpose was to establish MAPS and MCOPS at an international platform. For two years we strived to attain international recognition by aiming to be the members-in-association (MiA) of International Pharmaceutical Students' Federation (IPSF). After two years of dashed hopes, in August 2016, MAPS was declared to be a MiA of IPSF. I started my mandate as the secretary of SEC with the greatest triumph we could hope for.

Since then, we have continued the traditions started by the founding members of SEC with little twists of our own. Some programmes we have taken from the preceding years and have managed to simplify it.

Winternship 2016-17 was an internal affair where students received the opportunity to work in research labs of the sister institutes of Manipal University. We had 12 interns working in Manipal Centre for Clinical Research, SOLS, Dept of Biotechnology (MIT), Dept of Atomic and Molecular Physics (MIT) and Dept of Public Health.

On the front of bilateral foreign internships, we hosted 5 students from University of Findlay in the month of June and 7 students from Griffith University in Australia. For the summer of 2016-2017 we have 18 outgoing interns from MAPS. This is the highest number of interns the SEC has had in the past two years. It is an indication that we are making strides in the right direction. The universities our students will be working in include University of Findlay (US), Griffith University (Australia), University of Brighton (UK), Taylor University (Malaysia), University of Airlangga (Indonesia). In addition to this, we have two students who will go on the IPSF Student Exchange Programme.

An association with IPSF was deemed necessary not only to improve the international relations but also to bring in IPSF campaigns and workshops to Manipal which could help us spread awareness among the public. While we have successfully done the former, the execution of the latter can be improved upon. SEC has the role of mediating relations between MAPS and IPSF and we are yet to configure ourselves to carry out this task to perfection. This is a target which the succeeding committee can look to achieve.

The team constituting SEC this year is rather young, with most of the veterans having retired. Yet they have taken up each task and crossed each milestone with enthusiasm and finesse. I can only thank them for their dedication and hope they will take this committee to new heights.

Spandana Kotian

Secretary, Student Exchange Committee, MAPS

The CDC Secretary Speaks



Coming from a hiatus of three years, leading the community development committee was a challenging task and little did I know what life had in store for me. The year that lay ahead gave me plenty of opportunities to learn, explore and give back to the community in as many ways as possible.

The CDC is one of the youngest committees of our college and as the name suggests it aims to educate the public and strengthen ties with the community. We, at the CDC, have worked round the clock to stand up to the goals that were set by us, and my team takes immense pride in the fact that we worked to the best of our abilities.

Our council kick started the year with the celebration of World Pharmacists' Day on 25th September, in collaboration with VSO-MUSC. The event was conducted over a period of two days i.e. 24th and 25th September. The aim of this event was to spread awareness regarding safe medication use as well as alcohol and nicotine abuse among people. This event holds a special place in my heart since this was the first event organized by my council. Participation in huge numbers was an indicator of this event's success, for which I would like to express my gratitude to the VSO-MUSC members, who were of great support and help. The success of this event was a boost to my council to organize many more events in the future.

At this juncture, I would like to express my warm gratitude to the Principal, Dr. C Mallikarjuna Rao and Vice-principal, Dr. Sreenivasa Reddy for having supported this council throughout the year. I have no words to thank Dr Kanav Khera (Faculty advisor, CDC), who gave me this opportunity and entrusted upon a novice like me with this great responsibility that helped me discover and explore my leadership abilities. His ideas and support have always been invaluable to the committee.

The year saw tremendous support and cooperation among the various councils of MAPS. I would like to thank all the councils and their members for the same.

A big shout out to Benitta, Florence, Sravani, Sushmita, Divya, Utkarsh and Tarunika. From being available at really short notices, to reaching each deadline before time, this team was a pleasure to work with. No event could have been possible without their incessant enthusiasm to give their best and boy, did they live up to everyone's expectations.

I would like to wish the upcoming council all the best!

B. Abhishek Shankar

Secretary, Community Development Committee, MAPS

The Editorial Squad



Aayush



Abishek



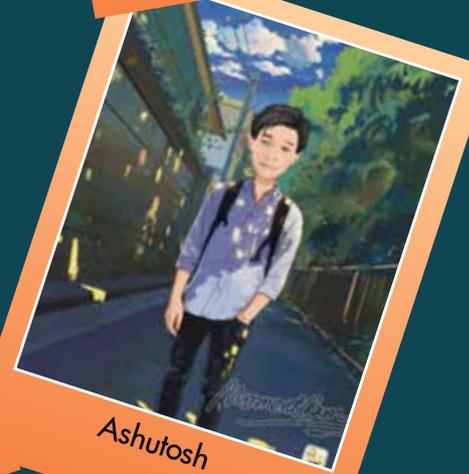
Anitha



Anushna Sen



Arunika



Ashutosh



Mrinalini



Rashmeen



Raveena



Srivalli



Suhita



Sushant

Azaadi Yaad Kare

The celebrations commemorating the 70th Independence Day started off with the Freedom Walk. It was held on the 21st August, 2017 at 5.00 PM. The Freedom Walk commenced from the gates of MCOPS and concluded at End Point. The students and staff of MCOPS participated in the event with great vigour and enthusiasm.

On the 22nd of August, the face painting and slogan writing competitions were held. The theme for the face painting competition was "freedom struggle". The students expressed this theme in a myriad of thought provoking ways which were beautiful. The participants of the slogan writing competition were successful in shaping their thoughts to convey their freedom message impact fully.

The celebrations were concluded on the 23rd of August at 11 AM with the echoes of the National Anthem ringing within the gates of MCOPS. The students and faculty took part in the event and made it unforgettable.



Genesis 2016-17



“It is paradoxical, yet true, to say, that the more we know, the more ignorant we become in the absolute sense, for it is only through enlightenment that we become conscious of our limitations. Precisely one of the most gratifying results of intellectual evolution is continuous opening up of new and greater prospects.”

The unflinching transience of life is a beautiful commentary in itself. Seldom are we swept by a deluge of emotions over anything than the prospect of change. And though Genesis was a celebration of a new beginning, it was also a celebration of our own transition into a new phase of our lives.



The event was graced with the eminent Dr. B Rajashekhar (Dean, SOAHS) along with our very own Principal, Dr. C Mallikarjuna Rao, Vice Principal, Dr. M Sreenivasa Reddy and Secretary of MAPS, Dr. CS Shreedhara.

Genesis commenced with a beautiful invocation ceremony wherein blessings of the divine were invoked, with a beautiful song and a mesmerizing classical dance. The dignitaries present concluded the invocation by lighting the lamp. Some wise words were then showered on the gathered, by the seated, reverend guests. MAPS 16-17 was officially inducted, as the President, Anusha Ganesh vowed to expand horizons without forgetting the fruits of the past.

After the formal section of the program concluded, the much awaited informal part of genesis began, as the students present danced to the tunes with the performers in unison, and clapped to the chorus of songs that were sung. The drama gave the evening the humorous tinge it needed as we chortled heartily and reveled in jubilation. As the evening concluded, all of us took to the dais and danced our hearts out. Memories of the day were made, and photographed, and as I write this, cherished.




GENESIS '16
Initium novum.



World Pharmacists Day



MAPS in collaboration with ISPOR-MUSC celebrated FIP World Pharmacists Day on 24th and 25th of September 2016. In accordance to the theme generated by FIP for 2016 (Pharmacists: Caring For You) we counselled patients in the Out Patient pharmacy of Kasturba Hospital and also at Manipal Drug House. 146 patients were counselled regarding their medication. Students of all

classes (around 48) helped in conducting the counselling session. Counselling sessions were carried out from 9:00 am to 5:00 pm.



On the same day at 5:30 pm an essay and cartooning competition was conducted. The topics were Importance of safe use of medicines and drug abuse respectively. 18 students took part in this event.

On 25th September, 30 students along with Dr. Kanav Khara and Dr. Girish

Thunga visited the Bijapur slum to spread awareness regarding alcohol abuse and smoking among the inhabitants of the slum. Information leaflets which contained information on the topic was distributed to the inhabitants.

A small skit depicting the ill-effects of alcohol and smoking was performed by the students. The skit was well appreciated by the audience.

With the efforts of the volunteers, the events were successfully conducted and World Pharmacists Day 2016 became a memorable day.



Sanskriti: A Cultural Fest

DAY 1

Sanskriti kicked off with all the grandeur of day 1. Many of our participants have showcased their talents with their bedazzling performances. All of them showed a perfect merger of music, dance and story-telling.

Both raga and tala are open frameworks for creativity and allow theoretically infinite number of possibilities, and all the participants sang wholeheartedly and brought out the true meaning of classical music.

An English poetry competition was held on the same day. The topics given to the students were 'Euphoria', 'War at our door-step' and 'An evening walk'. It was judged by Dr. Gopalan Kutty and Mrs. Usha Pai. The winners were:

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
English Poetry	Manas Kinra (PG)	Shania Sarabhai (4th PharmD)	Ruchira, Mapaseka Mavis (2nd BPharm)

The students turned up in good numbers to give a shape to their creative ideas in the painting competition. The judges were Dr Yogendra Nayak and Dr Usha Nayak.

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Painting	Shreya (3rd BPharm)	Shreelakshmi (PG)	Suneha (2nd BPharm) Payal (PG)



DAY 2

The second day of Sanskriti started off in the morning with the clay modelling competition. Using the right amount of clay and carving the right curves is difficult; but the participants have overcome that challenge and carved beautiful sculptures with beautiful meanings.

The Collage inter-batch competition was held on this day. Dr. Yogendra Nayak and Dr. Usha Nayak were the judges.

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Collage	Yaswitha, Apoorva, Prateeksha (1st BPharm)	Prajyot, Vineeta and Remya (4th BPharm) Gifty, Snigdha, Natasha (PG)	Elaine, Thomas, Prithvi (1st PharmD)
Clay Modelling	Divya, Nandini (3rd BPharm)	Nishank, Joel (2nd BPharm)	Aman, Meghna (3rd BPharm) & Sindhuja, Alekhya (4th PharmD)

A test not just of knowledge, but just as much of sheer observational skills, the General Quiz was conducted on the 23rd of October. Hosted by the quiz master, our very own Sushant Suresh, the general quiz consisted of numerous rounds. The results were as follows:

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Quiz	Saksham Parolia, Anish Pathak, Rahul Konapur (2nd BPharm)	Karanveer Singh, Nitin Dhillon, Akshat Chhabra (1st BPharm)	Natasha D'Silva, Reshma Susan Reji, Monica Shekhar - (PG)



DAY 3

The third day began with cartooning with students ready with their thinking caps on. The topic of cartooning was – Swacch Bharat. The objective of the topic was to spread awareness amongst people and fellow students related to importance of cleanliness in our Country. We also had installation on the same evening with participants creating beautiful 3D figures on cardboards and mount boards. The focus then turned to hindi poetry, TV show quiz finals and the much awaited mad ads.

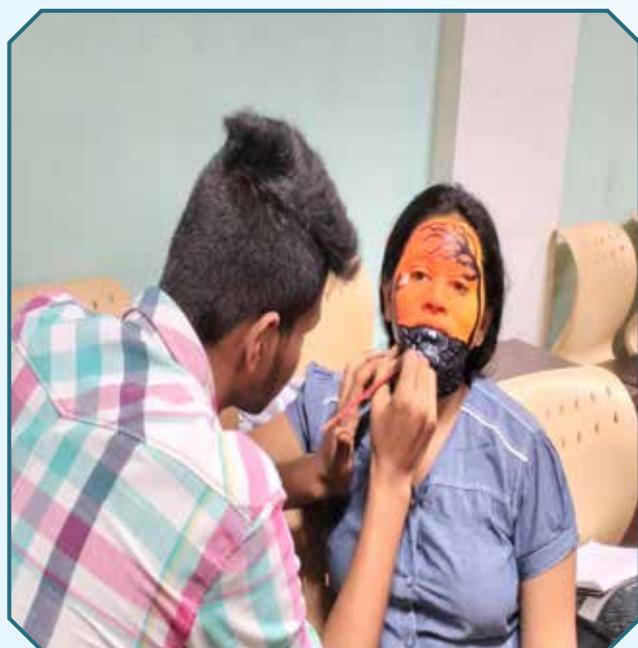
EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Cartooning	Tarunika (2nd BPharm)	Nitin Dhillon (1st BPharm)	Nehil R G (3rd BPharm)
Installation	Vineeta, Remya , Srinidhi (4th BPharm)	Kamesh, Suneha , Odile Singh (2nd BPharm)	
Hindi Poetry	Shreya Narayan (2nd PharmD)	Manas Kinra (PG)	Shania Sarabhai (4th PharmD) , Ankit Awasti (3rd BPharm)
TV Show Quiz	Aman Shah, Amritha Anand, Spandana Kotian (3rd BPharm)	Prateek Gautam, Niranjana Ganesh, Relta D'Souza (1st BPharm)	Raveena Kantamneni, Sanjana Shastri, Swapnil Raj (1st PharmD)
Mad Ads	3rd BPharm & PharmD 2nd BPharm & PharmD		



DAY 4

Day 4 of Sanskriti encouraged the students to bring out the Sanam Puris and Shirley Setias in the talented students of the college. We saw mind blowing performances in the eastern solo, eastern group and the duet sections. We also had the face painting competition where we saw true creativity. Finally, we had Potpourri: Quizzes, games, puzzles and general knowledge, a true mixed bag, hosted by Ashutosh Sinha and Anushna Sen.

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Eastern Solo	Songita Mukherjee (3rd BPharm)	Pawan Deshpande (4th BPharm)	Akshay VR (1st BPharm)
Duet Song	Tejaswini and Abhishek (PG)	Deepanjali and Yamini (2nd BPharm)	Akshay and Nishi (1st BPharm & PharmD)
Eastern Group	Vaibhav Sharma, Nishi, Maya T, Akshay VR Akash Shanbhag, Shikhar Arora, Aboli, Meera, Sahil (1st BPharm & PharmD)	Ranjitha, Swati Naik Rashmi Shetty, Amrutha Shetty, Reona Sahana Pai, Archana Pratheeksha (3rd BPharm)	Kufaila, Megha, Anusha Keerthana, Pooja (2nd BPharm)
Face Painting	Sreelaxmi, Chinnu (PG)	Rifa Rafiq, Odile Singh (2nd BPharm)	Deeksha And Ankit Awasthi (3rd BPharm) Swastika Maity And Padmashree (PG)
Potpourri	Sushant Suresh, Dhaval Patel, Nehil RG (3rd BPharm)	Karan Kaul, Vignesh Mohan, Abishek Wadhwa (3rd BPharm)	Harini Ramachandran, Vineeta Pathak, Srija M (4th BPharm)



DAY 5

Day 5 rolled off with the street play. Street play is a very effective medium when it comes to spreading messages. The visual appeal and dialogues spoken remain in the audience's memory. The cultural committee of MAPS conducted a street play during the Sanskriti week. The theme for the competition was related to some social evils haunting our society. On the very same day we also had the Western Vocals where the students sang some of their favourite international songs.

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Western Vocal (SOLO)	Rose Bobby Thomas (3rd PharmD)	Asanda (3rd BPharm)	Asif Mohammed (2nd PharmD) and Deepanjali Lobo (2nd BPharm)
Western Vocal (Group)	Rose Bobby Thomas, Rupal Aroza, Angsheeta Chakraborty and Samriddhi Shree (3rd PharmD)	Andrea Barboza, Suneha Banerjee, Mrinalini R and Srivalli Soumya (2nd BPharm & PharmD)	Ruchira Samadhar, Disha Shetty, Yamini Kedkar Deepanjali Lobo, Vanessa Marcia and Jemima (2nd BPharm)

DAY 6

DAY 6 was the final day of SANSKRITI 2016-17. It was successful and was undoubtedly a pompous affair. The students of MCOPS dazzled everyone with their moves and walks!

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
Western Solo Dance	Gopika (PG)	Deeksha (3rd BPharm)	Sindhuja (4th PharmD)
Western Group Dance	3rd BPharm & PharmD	4th BPharm & PharmD	1st BPharm & PharmD
Eastern Solo Dance	Deeksha (3rd BPharm)	Anna (PG)	
Eastern Group Dance	PG	2nd BPharm	
Duet Dance	Meghna and Pratheeksha (3rd BPharm)	Anushna and Avni (2nd BPharm)	Bharat and Kamesh (2nd BPharm)
Fashion Show	2nd BPharm & PharmD	3rd BPharm & PharmD	1st BPharm & PharmD

There was also a pledge on ANTI CORRUPTION where all the staff and students swore to make India a better place.

The prizes for Day 5 and Day 6 were distributed by the Principal Dr.Mallikarjuna Rao and the judges with cheer from the audience.

The overall trophies for SANSKRITI 2016-17 was bagged by the Third Year students while the runner ups were Second Years and the First Years secured Third place. The evening ended on a cheerful note with Diwali around the corner.



Rashtriya Ekta Diwas

Rashtriya Ekta Diwas also known as a National Unity Day is celebrated on the 31st of October to commemorate the birthday of Sardar Vallabhai Patel, the country's first home minister. Celebration of this occasion annually helps the youth of the country to be aware of and provides an opportunity to everyone to maintain the integral strength of the nation.

On the morning of the 31st the students of MCOPS, along with the staff, gathered outside the college to pay tribute to Sardar Vallabhai Patel who really unified the country. The staff and students took a pledge promising to preserve the unity, integrity, and security of the nation.



World Cancer Day

A walkathon was organised on 4th February 2017, on the occasion of World Cancer Day on the theme 'We Can, I Can' to explore how everyone, together or as individuals, can do their part to reduce the global burden of Cancer. On 6th February 2017, the Community Development Committee (CDC) organised a collage competition in college.

The topic was: 'Lifestyle and Cancer'.

Winners of the collage competition:

1st: Swapnil Raj and Liston Augustine (1st PharmD)

Reena Joseph Chacko and Reshma Susan Reji (5th PharmD)

2nd: Gifty James and Monica Shekhar (5th PharmD)

3rd: Kavitha Elsa Varghese and Ishmath Begum (5th PharmD)

The Treasure Hunt

Treasure Hunt 2017 was a contest organized by the Academic Committee. The event was on a sprawling Sunday, 26th of February, 2017, at 9.30A.M. As the students filled in to use their pirate minds to hunt the treasure down, the event kick-started. The hunt was in three stages, where the teams had to find their way through each stage in the given time to qualify to the subsequent stage. After solving each clue, the participants had to solve a riddle to move on to the next clue. Most of the teams made it to the final stage, which was held on the same evening. The finale was the highlight where the teams were given 5 minutes to solve the maze in the dark room with eerie music playing in the background. Soon the event came to an end, with three teams taking the prize home.

Annual Day

MCOPS celebrated its 54th Awards and Annual Day 2017 on Saturday, February 11, 2017 evening at TMA Pai Hall, KMC, Manipal. The function was presided by the Chief Guest Shri Ganesh Nayak, Cadila Healthcare Ltd., Ahmedabad. Dr George Patani, Director – Inga Laboratories Pvt. Ltd, Mumbai was a Guest of Honor.

Dr C Mallikarjuna Rao gave a brief account of the events of significance of the year 2016. He said it is the time for evaluation and reflection. Dr Vinod Bhat, Vice Chancellor, Manipal University graced the occasion with his presence. In his address, he appreciated the remarkable achievements of MCOPS in research output.

Shri Nayak said consistency of purpose, commitment to effort and responsibility for results are the three themes that lead the organization to top level. Further he added that competence, confidence, communication, consistency and consciousness are the keys for the success of an individual. He advised the students and the gathering, to give more importance to the purpose saying "Purpose is more important than need".

Dr M K Unnikrishnan (Professor and Head, Department of Pharmacy Practice, MCOPS) was given the 'Life Time Achievement Award' at the function for his long, distinguished service in MCOPS. Dr George Patani was conferred with the 'Outstanding Alumnus Award' for his success as a pharmaceutical researcher and administrator. Good Teacher Awards for excellence in teaching went to Dr K Sreedhara R Pai, Dr M Surulivel Rajan and Dr Alex Joseph. Dr Srinivasa Mutalik secured the "Teacher of the Year" Award. Ms. Shwetha Shetty received the "Best Supporting Staff" Award. Students who excelled in academics in various programs received endowment awards and certificates. Dr Pallavi Shetty received TMA Pai gold medal for the outstanding research paper.



PharmaQuora 2017

PharmaQuora 2017 is an annual academic event, organised by MCOPS for all the pharmacy students in and around Manipal. The event took place in MMMC and MCOPS on March 3rd and March 4th. The event was run and organised by the student body of MAPS Academic Committee, led by Ms. Anusha Ganesh, President, MAPS and Ms. Prerna Kumari, Vice-President, MAPS, under the guidance of Dr. R. S. Jeyaprakash, Faculty Co-ordinator, PharmaQuora.

Day 1: The event was held in MMMC. The students registered themselves for PharmaQuora 2017. The Chief Guest was Dr. Annamma Kurien, Associate Dean, MMMC. The event was inaugurated by the Chief Guest and dignitaries lighting the holy lamp. Dr. R. S. Jeyaprakash, rendered the welcome address, followed by the Chief Guest. This talk was followed by a key-note speech by Dr. Vinod Madhavan, TAPMI. A quiz was conducted where a team of 7 participated in a three-round level and the best teams emerged as the winner and runner-up. Post lunch, a lecture was delivered by a Nigerian speaker, Mr. Justin Ezekwen, T John College of Pharmacy, Bengaluru. Simultaneously, the oral presentations were conducted in MCOPS.

Day 2: The second day was held in MCOPS. The event began with a speech from Ms. Archana Awasthi, Assistant Professor, Sri Venkateshwara College of Pharmacy, Madhapur, Hyderabad. The students soon went on to present their posters. This was followed by a lecture by Dr. Sitaraju from Bengaluru, alumni of MCOPS. An interactive session was conducted with three of MCOPS' faculty members and a research scholar. With that, the event marched into the valedictory function. On a cheerful note, PharmaQuora 2017 came to an end with the promise of a better PharmaQuora 2018.

PharmaQuora Photos



Blood Donation Drive

In view of National Pharmacy Week, CDC, MAPS called for a Blood Donation Camp in association with Blood Bank of Kasturba Hospital in the college on 22nd November 2016.

The response to this call was excellent. 145 students and 3 Professors turned up for this noble cause, out of which 120 were found eligible to donate blood. This response greatly pleased the representatives of the blood bank.



Vince Lombardi once said " it's not whether you get knocked down, it's whether you get back up".

Sports is the epitome of hard-work and dedication. It not only keeps you physically fit but is a great way of releasing stress. Sports is an integral part of any student's college life. It relaxes the mind and soul. It completes an individual. Sports encourages comradery and helps people find the true meaning of sportsman spirit. This year has been a great year for MCOPS when it comes to sports. Our students have represented the University in the MU team in their respective sports.

Siddharth Jain and Dhaval Patel were part of Inter College Cross country team. They are also the founding members of the Manipal Runners Club, an institution of MCOPS origin.

Miss Amritha Anand and Miss Adwaetha Nambiar represented the university as part of the MU women's cricket team.

Upamanyu Mondal and Gopika Sreeraj were part of the university Chess team. Alekhya and Akansha.

MCOPS Cricket League



MCOPS Cricket League was held from 5th November 2016. It was a free-spirited fundraiser organized by the Sports Council, MAPS. Students and teachers participated in plenty. The opening match was played by the staff faculty of MCOPS and then the evening continued with various teams each having 5 players competing against each other based on random fixtures. Teams having a girl player had 3 runs in bonus. After competing and again

competing in re-entry, semifinals were held and then finals which had "The Bulldozers" competing against "Pitch-Smashers" . Bulldozers was a team of five comprising of Venkatesh Kamath Sir, Rohan Patra, Priyatam Ranjan, Sweeka Chandran and Dibya Ranjan and Pitch Smashers comprised of Mohd Zabiuddin Ahad, Akansha Kumar, Naval Roshan, PNVSRS Aditya, and Vineeth Ajaykumar. The tournament was won by Pitch-Smashers and that brought the successful event to a glorious end.

Swimming

The students of Manipal College of Pharmaceutical Sciences bagged a total of 5 medals at the Manipal University Intercollegiate Swimming event held on the 3rd & 4th September, 2016, at MIT, Manipal. The men's relay team comprising of Rahul Kamath, Nikhil Taurani, Abbas Dossa and Ratna Surendra won three silvers in various events under the relay section. Ratna Surendra bagged two bronze medals to his kitty in the individual event thus making it a total of 5 medals for MCOPS.



Table Tennis

The students of MCOPS ended their Table tennis campaign on a high by reaching the semifinals of the Manipal University Intercollegiate TT tournament held at Marena, Mangaluru campus on the 10th of September, 2016. The boys' team was led by Parth Gohil and included Sushant Suresh, Kamesh Keshri, Saksham Parolia and Gaurav Patel and the girls' team included Amritha Anand, Yamini Khedkar, Akansha Kumar, Srija Das and Garima Kango.



Chess



Manipal College of Pharmaceutical Sciences was given the responsibility to organise Manipal University Intercollegiate Chess Tournament on the 1st and 2nd of September, 2016. The inauguration of the tournament was held on September 1st 2016 at Dr T M A Pai halls with Dr H S Ballal, Pro Chancellor as the Chief guest. The inauguration began

with an invocation by Ms. Suneha Banerjee followed by welcome address by Dr Sreenivasa Reddy, Vice Principal, MCOPS, who introduced the chief guest to an august gathering of HODs, Sports advisors, directors of physical education and players from Manipal and Mangaluru campus. This was followed by the address of the chief guest Dr H S Ballal, who stressed on the importance of games like chess along with games like cricket. Dr H S Ballal also mentioned about the Asia pacific chess tournament that would be held in Manipal by Manipal University. The chief guest and other dignitaries were then introduced to the 16 teams. Dr Vinod Nayak, Secretary, Sports Council, Manipal University also graced the occasion. Mr Sridhar H, Director of Physical Education was instrumental in organising and coordinating the event. The vote of thanks was proposed by Mr. Venkatesh Kamath B, Sports advisor, MCOPS. The master of ceremony for the day's event was Ms. Mrinalini. MCOPS comprising of Naman Gupta, Upamanyu Mondal, Rahul Konapur, Gopika, Prateek Gautam and Parth stood at 8th position after the final round in an event comprising of 16 teams.

Squash

The Women's squash team of Manipal College of Pharmaceutical Sciences emerged Runners up at the Manipal University intercollegiate squash tournament. The Women's team comprised of Sravani Gupta, Alekhya Lavu, Akansha Kumar, and Shilpa Sundar. They were also a part of the Manipal University Squash team that represented the University in Chennai.

Football



Inter-Mahe Football tournament was organized by MUTD from 18th February to 20th February at end point, Manipal. All colleges of Manipal University participated and it was a knockout tournament. MCOPS football team headed by captain Obi Okezue won the first three matches against MIT-A, KMC and MIT-B respectively thus qualifying for the final match against WGSMA on 20th February. WGSMA was defeated 1-0 and

MCOPS lifted the overall championship trophy. The crowd support was immense the whole ground reverberated with the chants of MCOPS. MCOPS once again proved that they are masters not just in academics but on the field as well.

The team comprised of Obi, Abu, Joshua, Amit, Dhaval, Saumil, Karan, Vashish, Faisal, Rohit, Hari, Zamani, Siboniso, Sphelele, Mdumesini, Parth.

Badminton



The Inter-Mahe badminton tournament was organized the KMC Mangalore and was held from 6th to 7th February 2017 at the Mangalore Campus. Serve it! Smash it! Win it! Love it! This line surely does sum up badminton and it's experience. Our team comprising of Sushant Suresh, Vashish Mathura, Anujith Shekhar, Avichal khurana, Ahad, Gayatri.P, Amritha Anand, Sara Mathews and Shania Sarabhai participated in the tournament. The boys team went up till the semi-finals. The whole event was well-organized and the team displayed great sportsmanship. Kudos to the team for their wonderful performance.



Athletics

The MU Inter-collegiate athletics tournament was held at MIT ground on 16th and 17th February 2017. Our players displayed immense athletic prowess and brought laurels to the institution at the event. Miss Sneha won gold in triple jump and bronze in long jump, Alekhya won bronze in hammer throw, Victor won bronze in hammer throw, Thomas won bronze in 1500 m race and Siddharth secured the 4th

position in cross country(the first six were given certificates) . Kudos to all member of the athletics team!

Athlos-2017



Athlos 2017, is the Annual Inter-batch Sports event, organised by MCOPS for all the athletes in the college, proving that they don't let any skill hidden. The whole sports tournament goes on for one month which includes various sports like basketball, cricket etc with the track events being held on the last day. The last event took place in the MIT Athletics Ground, at 9.00 A.M., on March 1st. The event was run and organised by the student crew of MAPS Sports Council led by Ms. Alekhyia Lavu, under the excellent guidance of Mr. Venkatesh Kamath, Sports Advisor, MCOPS. With the athletes assembled onto their respective positions, the Chief Guest arrived, Dr. Vinod. C. Nayak, Secretary, MU Sports Council & HOD, Forensic Medicine. Following the inspection and introduction of all march past teams present, to the Chief Guest and the dignitaries respectively; started the magnificent march past by the teams. Then, came the thoroughly heart-welcoming words of Welcome Address from Dr. C. Mallikarjuna Rao, Principal, MCOPS. With that note of cheerful welcome, came the Chief Guest address followed by declaring the "ATHLOS 2016-17" meet open. Winners of various group and individual sport events conducted during 2016-17 were felicitated. The Athlos 2017 trophy was bagged by the Fourth Years, who held the record of winning the trophy, four years in a row and the runner up, being bagged by the third years, who gave a close chase for the fourth years. With the Vote of Thanks, rendered by the Sports Secretary, the event ended with the promises and hopes of a better Athlos 2018.

SWIMMING

CATEGORY	FIRST	SECOND	THIRD
33m FREESTYLE	Rahul Dinesh Kamath (PG)	Akshay (1st BPharm)	Abbas (Fourth BPharm)
33m BACK STROKE	Rahul Dinesh Kamath (PG)	Abbas (4th BPharm)	Shamshtarej Mulani (PG)
33m BREAST STROKE	Abbas (3rd BPharm)	Rahul Dinesh Kamath (PG)	Kamesh (2nd BPharm)
66m FREESTYLE	Rahul Dinesh Kamath (PG)	Nikhil (4th BPharm)	Akshay (1st BPharm)
66m BACK STROKE	Rahul Dinesh Kamath (PG)	Shamshtabrej Mulani (PG)	Kamesh (2nd BPharm)
66m BREAST STROKE	Rahul Dinesh Kamath (PG)	Abbas (3rd BPharm)	Kamesh (2nd BPharm)
4X33m FREESTYLE	3rd BPharm & PharmD	4th BPharm & PharmD	PG
4X66m FREESTYLE	PG	2nd BPharm & PharmD	3rd BPharm & PharmD
MEDLEY	PG	4th BPharm & PharmD	3rd BPharm & PharmD

FOOTBALL

CATEGORY	WINNER	RUNNER UP
WOMEN	3rd BPharm & PharmD	4th BPharm & PharmD
MEN	3rd BPharm & PharmD	2nd BPharm & PharmD

BASKETBALL

CATEGORY	WINNER	RUNNER UP
WOMEN	4th BPharm & PharmD	3rd BPharm & PharmD
MEN	4th BPharm & PharmD	3rd BPharm & PharmD

CRICKET

CATEGORY	WINNER	RUNNER UP
WOMEN	3rd BPharm & PharmD	2nd BPharm & PharmD
MEN	PG	4th BPharm & PharmD

THROWBALL

CATEGORY	WINNER	RUNNER UP
WOMEN	2nd BPharm & PharmD	3rd BPharm & PharmD

VOLLEYBALL

CATEGORY	WINNER	RUNNER UP
MEN	PG	4th BPharm & PharmD

TABLE TENNIS

CATEGORY	WINNER	RUNNER UP
SINGLES (MEN)	Garima Kango (1st BPharm)	Yamini (2nd BPharm)
SINGLES (WOMEN)	Aamir (PG)	Kamesh (2nd BPharm)
DOUBLES (MEN)	Parth and Sushant (3rd BPharm)	Kamesh and Saksham (2nd BPharm & PharmD)
DOUBLES (WOMEN)	Yamini and Manjiri (2nd BPharm)	Garima and Chaitali (1st BPharm)
MIXED DOUBLES	Garima and Vaibhav (1st BPharm)	Kamesh and Yamini (2nd BPharm)

BADMINTON

CATEGORY	WINNER	RUNNER UP
SINGLES (MEN)	Vashish Mathura (3rd BPharm)	Anujith (1st PharmD)
SINGLES (WOMEN)	Amritha Anand (3rd BPharm)	Sweeka (4th PharmD)
DOUBLES (MEN)	Vashish and Sushant (3rd BPharm)	Anujith and Akhil (1st BPharm & PharmD)
DOUBLES (WOMEN)	Sweeka and Poojitha (4th BPharm)	Sara Mathews and Anjali (2nd BPharm & PharmD)
MIXED DOUBLES	Gayatri and Anujith (1st BPharm & PharmD)	Sushant and Amrita (3rd BPharm)

CARROM

CATEGORY	WINNER	RUNNER UP
SINGLES (MEN)	Hari (PG)	Omer Farooq (PG)
SINGLES (WOMEN)	Soniya (PG)	Sindhuja (4th PharmD)

DOUBLES (MEN)	Hari and Vineeth (PG)	Priyatam and Sujayendra (4th BPharm & PharmD)
DOUBLES (WOMEN)	Sindhuja and Sravani (4th PharmD)	Amritha and Adwaetha (3rd BPharm)
MIXED DOUBLES	Hari and Sharvari (PG)	Karthik and Kirtana (PG)
CHESS		
CATEGORY	WINNER	RUNNER UP
SINGLES (MEN)	Upamanyu (3rd PharmD)	Suhas (4th BPharm)
SINGLES (WOMEN)	Shagun (2nd BPharm)	Shania Sarabai (4th PharmD)

TRACK AND FIELD EVENTS

4 X 100 Relay			
I	Parth, Karan, Abubakar, Obi okezue	III BPharm	53.41
II	Sujayendra Rao, Abbas, Ashley	IV BPharm & PharmD	54.69
III	Jesse, Manoj, Nithin, Karan Singh	I BPharm	55.03
3000 Meters			
1	Dhaval Patel	III BPharm	
2	Siddharth jain	IV BPharm	
3	Abhishek yadav	I BPharm	
TRIPLE JUMP			
1	Parth Gohil	III BPharm	9.99
2	Amit raviraj pillai	IV BPharm	9.76
3	Moosa	III BPharm	9.49
X 4000 Meters			
1	Thomas, Abhishek, Ashwani	I BPharm & PharmD	4:31.63
2	Parth, Vashish, Dhaval	III BPharm	4:41.19
3	Rahul K, Rajesh, Shiyaf, Bharat	II BPharm & PharmD	4:44.88

X400

1	Alisha , Gauthami, Aboli, Gayathri	I BPharm & PharmD	6:20.94
2	Adwaetha , Nandini, Gretta, FizeL	III BPharm & PharmD	6:23.63
3	Odile, Shagun, Anjali bhagat, Supriya	II BPharm	6:34.56

Section : Women

SL.NO	EVENTS	PLACE	NAME OF THE ATHLETE	YEAR	TIMINGS/ DISTANCE
1	100 meters	I	Sneha	IV BPharm	15.62 sec
		II	Chinnu P Roy	PG	16.59 sec
		III	Shoney	III BPharm	17.12 sec
2	200 mtrs	I	Sneha	IV BPharm	32.66
		II	Sara	II PharmD	35.63
		III	Gauthami	I BPharm	36.31
3	400 mtrs	I	Deeksha	III BPharm	1:36.56
		II	Shoney	III BPharm	1:37.50
		III	Namrutha	II BPharm	1:39.50
4	800 mtrs	I	Fezile Gumede	III BPharm	3:36.75
		II	Shoney Thomas	III BPharm	3:41.09
		III	Adwaetha Nambiar	III PharmD	3:51.02
5	1500 Mtrs	I	Aboli	I BPharm	7:46.41
		II	Anusha	IV BPharm	7:54.66
		III	Fezile	III BPharm	8:18.97

Section : Women

SL.NO	EVENTS	PLACE	NAME OF THE ATHLETE	YEAR	TIMINGS/ DISTANCE
1	Short put	I	Vyshnavi boodu	IV BPharm	9.13 mtrs
		II	Alekhya Lavu	IV PharmD	9.75 mtrs
		III	Chinnu P Roy	PG	7.73 mtrs
2	Discuss throw	I	Ayishathul Riza	II BPharm	19.85 mtrs
		II	Alekhya Lavu	IV PharmD	19.24 mtrs
		III	Swathi	II BPharm	16.99 mtrs
3	Javelin throw	I	Alekhya Lavu	IV PharmD	13.28 mtrs
		II	Chinnu P Roy	PG	12.38 mtrs
		III	Poojita	I BPharm	12.10 mtrs
4	Long jump	I	Sneha	IV BPharm	3.78 mtrs
		II	Chinnu P Roy	PG	3.35 mtrs
		III	Manisha Akkineni	IV PharmD	3.15 mtrs
5	High jump	I	Sara	II PharmD	1.10 mtrs
		II	Srujana	III PharmD	1.05 mtrs
		III	Adwaetha	III PharmD	1.05 mtrs
6	4X100mtrs relay	I	Sara, Odile, Apeksha Namrutha	IV	1:10.09
		II	Sneha, Manasa, Sindhuja, Anusha	IV	1:11.41
		III	Adwaetha, Amritha Gretta Shoney	III	1:11.49
7	4 X100 Mixed Relay	I	Sneha, Amit, Anusha, Sujendra	IV	59.25
		II	Apeksha, Sara, Bharat Nishank	II	1:00.96
		III	Thomas, Rahul Rajesh, Gayatri, Gauthami	I	1:02.00
8	Triple Jump	I	Sneha	IV BPharm	7.95 mtrs
		II	Manasa Akkineni	IV PharmD	6.46 mtrs
		III	Fezile	III BPharm	6.30 mtrs

Section : Men

SL.NO	EVENTS	PLACE	NAME OF THE ATHLETE	YEAR	TIMINGS/ DISTANCE
1	100 Mtrs	I	Sujendra	IV PharmD	12:31 sec
		II	Karan Kaul	III BPharm	12:69 sec
		III	Rohit	PG	12:90 sec
2	200 Mtrs	I	Amit Pillai	IV BPharm	26.07
		II	Karan Kaul	III BPharm	26.56
		III	Manoj	I BPharm	28.53
3	400 Mtrs	I	Amit Pillai	IV BPharm	1:04.44
		II	Ashwani	I BPharm	1:11.88
		III	Shrikar	IV BPharm	1:14.25
4	800 Mtrs	I	Thomas George	I PharmD	2:23.03
		II	Dhaval Patel	III BPharm	2:24.46
		III	Abhishek Yadav	I BPharm	2:34.75
5	1500 Mts	I	Thomas George	I PharmD	5:28.28
		II	Aayush Menon	I BPharm	5:47.22
		III	Rajesh Kumar	II BPharm	6:48.00

Section : Men

SL.NO	EVENTS	PLACE	NAME OF THE ATHLETE	YEAR	TIMINGS/ DISTANCE
6	Shortput	I	Victor	IV PharmD	8.93mtr
		II	Obi	III BPharm	8.20 mtr
		III	Moosa	III BPharm	8.09 mtrs
7	Discuss throw	I	Victor Okongwu	IV PharmD	23.77 mtrs
		II	Swapnil Raj	I BPharm	22.27 mtrs
		III	Ravi Savani	II BPharm	21.27 mtrs
8	Javelin throw	I	Naual	III PharmD	35.38
		II	Shiyaf	II PharmD	30.65
		III	Farooq	PG	29.15
9	Long Jump	I	Mitesh	I BPharm	4.85 mtrs
		II	Amit Pillai	IV BPharm	4.83 mtrs
		III	Nalanjan	PG	4.75 mtrs
10	High Jump	I	Parth Gohil	III BPharm	
		II	Moosa Gift	III BPharm	
		III	Amit Raviraj Pillai	IV BPharm	

Utsav - 2017

The annual cultural fest of Manipal University was held from 3rd-7th April 2017. It started off with the staff utsav.

Staff Utsav



Shreya Narayan secured the second position in Hindi Poetry and MCOPS came 3rd in Mad-Ads.



An Interview with Dr. M K Unnikrishnan



The editors of the magazine had a conversation with Dr. M K Unnikrishnan, the Professor and Head, Dept of Pharmacy Practice. As Dr. Unnikrishnan bids farewell to MCOPS after years of outstanding service, he shares with us, his thoughts on various topics.

On our system of education:

Our system is a quad-core processor running on DOS. The system is highly memory-driven, but a focus on scouting for talent is lacking. The entrance examinations define everything and

memory drills are perpetuated. Setting a syllabus is detrimental to innovation, for letting students refer to a wide spectrum of textbooks will increase not only their knowledge but also their curiosity. Manipal students, however, have an excellent opportunity to learn not just from their teachers but also outside the classroom.

On the influence of regulatory bodies on education:

Regulatory bodies can only maintain standards, not provide excellence. I understand the need for them and their role in our society. People need to be protected from fraud. Regulations are necessary, but the burden of over-regulation must not stifle our universities. Perhaps it is the historical distrust that the British had, during the colonial rule, for any independent educational institution that continues today, manifesting itself as the distrust

the system has in our teachers. We do suffer the burden of history. Academic leaders have knowledge, but no real power. Political leaders, on the other hand, have all the power but very little knowledge. There must be a way to find some middle ground.

On why Pharmacy Practice never took off in India:

When India gained independence, the priority was just making and distributing medicines. Today, medicines here are sold like grocery. Pharmacovigilance was never taken seriously in India, mostly because we never had a significant tragedy. The Thalidomide tragedy shook up the west, but we have never had such an issue. The role of a pharmacist is communicating with both, doctors and patients. However, here, since there is no money to be made in the latter, the communication is limited to the former. We learned how to copy a molecule economically, but not how to educate people about it.

On his time at MCOPS:

Our reputation has changed due to our solid work culture. Here, we have always tried to facilitate and aid the independent learner. I love my students, I really do. There is, however, one kind of student I cannot stand. The ones that fight over half a mark. Just take your marks, take how many ever you want. We try to teach so you actually learn something, not so you can carry around a certificate. Out in the real world, your half a mark has no significance. It is knowledge that does. So my dear students, don't let marks define you. Don't let others tell you who or what you are. You are all smart, bright and brilliant. Please believe in yourself.

From the Other Side of the Bench

Dr Rekha Shenoy

Lot of water has flown under the bridge, since the time I joined the then college of pharmaceutical sciences, affiliated to Rajiv Gandhi University of Health Sciences (Presently MCOPS). It was an arduous journey from Karkala to Manipal by bus [especially the 8 o' clock class]. When I look back at my BPharm days, countless memories flash. I consider myself lucky to be taught by some great professors whose constructive criticism shaped my personality. Teachers meant everything to us, unlike the current generation, where it is replaced by the word 'facilitator' or 'moderator'. This must be taken with a pinch of salt, since technology is changing the way we function. Extra-curricular activities were conducted, but not at the cost of academic session. I still remember a parent telling that we never had this many college activities during our period. Thanks to the usage of e-books now, few individuals go to the library to refer a book. In my opinion, the current generation is too sensitive, but at the same time very frank and outspoken. Gone are the days when students would approach their teacher, instead it is easier to refer the internet.

Teaching methods have changed immensely, since our time. Chalk and talk remains the gold standard for chemistry and mathematics. However, with power point presentations and informative videos, explanation has become lucid for other subjects

Physiology and pharmacology practical classes were fun doing the frog experiments [animal rights protection act not being stringent those days].

Presently, knowledge is exploding owing to vast information. Both students and teachers alike have tough time to keep abreast with the recent advances occurring at high speed.

Will this information help us in leading morally responsible lives? Be kind and good to people you meet on your way. Be optimistic in whatever you do.

I conclude by quoting Martin Luther King Jr's saying

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward"

Mr. Venkatesh Kamath

1. How do you think life has changed from student to teacher?

I certainly have to be a lot more responsible. Student life at Manipal is the best, teaching comes with a lot of responsibilities. I have been made happier each year by the students that have walked through these halls.

2. How has your perspective changed?

I think the students of today are perhaps much smarter than us. Also, they have much greater access to information. The library, the infrastructure has all gotten so much better.

3. What inspired you to be a teacher?

Our teachers had amazing discipline, and the respect they generated amongst students was immense. Just the way my teachers behaved, was inspiration enough. I try to emulate them every single day. We try to cultivate the same kind of behaviour in our students.

4. About The PHOTO:

Oh My God! I can name all of them. Name and roll number. Can you do that for your classmates? I think our gelling factor (Yes, he used a biochemistry term) was amazing. Each one of these wonderful people made my life so much better. We were a small batch, so we were a lot closer to each other than the classes today.



Jutting January

Pharmaceuticals UNITED to invest in KINGDOM

Pharmaceutical industry to invest in UK Universities. AstraZeneca, GSK and Johnson & Johnson have announced plans to create a US \$57 million research fund with Imperial College, London; University College, London; University of Cambridge, London.

Falling February

Mylan over Meda

Netherlands-based Mylan stock dropped 18%, after the generic pharmaceutical company's acquisition of \$7.2 billion on Swedish drugmaker Meda.

March-Out March

GlaxoSmithKline Chief marches his way out

GSK Chief Executive Officer, Sir Andrew Witty steps down after his 32 years of service.



Approval April

FDA approves Venclexta for some patients

AbbVie, Roche's Venclexta approved by FDA for some patients with chronic lymphocytic leukemia.

Malaria-nil May

Hybrid drug use prevents malarial resistance

Scientists from National University of Singapore, have developed a new drug to combat the rise of drug-resistant malaria.

Joining June

Dr.Reddy's joins hands with Gland Pharma to market 8 ANDAs in US.

Jubilant July

ART virtually eliminates HIV transmission

Antiretroviral Therapy virtually eliminates HIV transmission to an uninfected partner, claimed a study from UCL.

Announcing August

Probiodrug discloses reconstruction of its top-level

Probiodrug announces changes to the Supervisory Board and Executive Management.

Step-up September

GlaxoSmithKline earns a new CEO Emma Walmsley becomes the new CEO of pharmaceutical giant GlaxoSmithKline.



Overtaking October

Intas takes over Actavis

In a \$600 million deal, Intas Pharmaceuticals has acquired Actavis UK & Actavis Ireland from Teva Pharmaceutical Industries.

No Necrosis November

Drug reducing brain cell damage

Researchers from University of Manchester have announced the results of a study which shows an IL-1RA drug reducing the number of brain cells destroyed by a stroke, then helping to repair the damage through cell generation.



Dashing December

Australian students recreate Martin Shkreli price-hike drug in school lab Sydney Grammar students create HIV and Malaria drug Daraprim in their school laboratory, putting results online.



Best Creative Writing

First Prize

Sole Searching

Running seems easy enough. It's as easy as putting one foot in front of the other, as long as you can, as fast as you can. What if I said you're wrong? What if I told you there is a lot more to running than that? Due to the lack of physical complexity in the motions, running opens up your mind to a plethora of thoughts. Each run is right there screaming words of wisdom at you, you just need to listen. If you listen, running can teach you things about life and yourself like no one else can. The challenges, gifts and accomplishments we find in running parallel our everyday lives. As Oprah Winfrey said "Running is the greatest metaphor for life, because you get out of it what you put into it."

A few things running has taught me are:

If you work hard enough, you can achieve things you deemed impossible.

I hated running, I saw it as a form of punishment during cricket sessions I saw it as punishment and I literally ran away from it. The thought of someone wanting to run 21.1km baffled me and I was so sure I would vaporize somewhere after 3kms. But with a lot of encouragement from other runners, a deep driven desire to attempt it I achieved it, and I couldn't have been happier. It taught me that I can achieve a lot of things, I just have to work at it. "To achieve things I haven't before, I shall have to do things I haven't done before."

Rome cannot be built in a day.

Results don't happen overnight. Looking back at where I started running, and how much I can run now, I know I have come a long way. But this didn't happen suddenly, it was a slow progression. Training for an event like a half marathon teaches you that it's a slow progression, you begin to trust that the painful work you put in will eventually show the results. You make tiny improvements every day and one day you look back to see the miles you've covered.

Ask for help (and give back to others who need it)

I used to believe that asking for help meant admitting weakness. But I couldn't have been further off the mark. Asking for help needs a will to succeed, the courage to hear that you may be absolutely wrong, and an open mind. The comradery among the running community is absolutely amazing. And I would not have become a runner without the support of other more experienced runners. It teaches you that there will always be people better than you, but you should ask them for help so you can improve and learn

from them.

People better than you, should motivate you, not intimidate you.

I love to seek out people who are just a little faster than me. It helps push me to catch up to them. Emulating someone who has reached higher levels helps keep me excited about improving, and to remember to never be content with a stagnant life. If I want to become better, I need to surround myself with people who know how to get me there. After all, who better to show the way than those who have already been there before me?

Keep moving forward

Life isn't easy. But you cannot reach the finish line unless you start. If you focus on putting one foot in front of the other, you will eventually reach the finish line. There is something magical about deliberately moving forward that reminds you the mind is a very powerful thing, if you can train your mind to keep going even when your body wants to quit, you can achieve some incredible things. Put faith in the journey and the destination shall come. Even the Bhagavad-Gita teaches us this lesson "Karm karta ja, phal ki na soch."

Running parallels life in so many ways. That's probably one of the reasons why those who start running regularly once, do it for life. With each new mile I cover, I feel like I uncover just that little bit more about myself. I would like to sign off with an excerpt from "The Song of the Ungirt Runners" by Charles Hamilton Sorley

We know not whom we trust

Nor whitherward we fare,

But we run because we must

Through the great wide air.

Dhaval Patel

3rd BPharm



Second Prize

Fauji Brat

In my great nation, I'm a splendid incarnation, of diversity and of distinction. I have confidence in my stride, the Fauji legacy by my side. And if you give me wings, I would fly; Ready for anything under the sky.

I was born in the blue mountains of the Western Ghats. I did my schooling from 8 different schools. There's not one specific place I can say I grew up in. I visit my hometown once every year; I take a minute before answering questions like, "Where did you grow up", "Where is your hometown?". Home is where my family is (And where my books are.). I have learnt how to deal with losses. During the course of all of my parents' postings, I've lost great many things. I can literally live out of a bag (or a trunk, in my case.) People laugh at me when I speak to them for the first time. (Blame the accent I picked up from the previous posting). I can understand most languages of our country. (Barring the southern languages. Trust me, I've tried. But they're still Greek to me). I have no problem in making new friends. Adaptation is literally hard-wired into my system.

What does that make me?

I'm a hybrid. I'm a Fauji brat. I'm an integrant of the "Fauji Custard".

These defence forces of our country are the finest examples of 'Unity in Diversity'. You'll find all kinds of people posted in all kinds of places. How is this kind of variety and distinction not working against us you ask? Because that's just fauj. We enjoy this variety. If you pluck any one of us out of this lifestyle and subject us to the same place every day; force us to live and interact with the same people every day, we would just simply get bored. I mean where's the fun in that? Fun lies in meeting new people. Changing houses, shifting bases, joining schools in the middle of the year, learning different languages, dealing with the occasional cultural shocks, meeting country cousins in new stations and what not.

I'm a brat. And rightly named. BRAT stands for (Born, Raised and Transferred). We like this nomadic lifestyle.

But it gets tough too sometimes. Not seeing your parents for months together, being plucked out of schools in the middle of the year. Not knowing what to write next to 'permanent address'. There are a lot more things I can think of right now but I still would say that there are more perks of being a fauji brat.

The smell of Brasso in the morning. The sound of the alarm going off at 6 am every day. The squadron picnics. The ride home from school in Shaktimans instead of the conventional buses. The series of same pinches for that same old 'CSD wali watches'. The 'That's my parents you're speaking about right now!' on Army/Air Force days! The squad in every station. The divine MES furniture. The oh-so amazing party culture. Photographs in your parent's uniforms. Lovely cantonments. TFBT (The Fauji Brat Telepathy, The sense of immediately recognizing if the next person is a fellow brat.) Along with our parents, we undergo a constant grind. Tummies in. Shoulders out. Walk with our heads up high. We can literally survive in the wild, if the need be. (All hail Army/Air Force camps!). It's quite the adventure, our lives. Now some Fauji brats may complaint, "I never get to stay in a place long enough to make good friends and concrete memories." Okay. Given. But wherever we do go we make memories and friends. They may not be the best of our friends or the best of our memories but they are significant and that's all that matters. Being born to parents from the service background was the best thing that could have ever happened to me. Let's just say that not every Daddy goes to work in a suit and a tie. And I'm kind of glad that mine doesn't. "I have been handed over a legacy, A way of life, full of manners, class and bravery; And while my parents are out there protecting the country, I look at them touch the sky with glory!

Yes, I've been to places you didn't know existed; and hence I've managed to make friends across the country, Cuisines and delicacies of every kind I've tasted, I'm an incarnation of diversity!" We are like the different brands of fireworks that adorn the street shops around Diwali. We may have different 'compositions' but when we burn, we blaze the sky with the brightest yellow like Roman candles exploding across the sky like spiders. There's Unity in diversity they tell me.

I'm unity

This is my diversity.

**WHO NEEDS SUPER HEROES, WHEN I HAVE SOME LIKE MY DADDY PROTECTING
OUR COUNTRY
I'M PROUD TO BE A FAUJI BRAT!**

Ankit Awasthi

3rd BPharm



Third Prize Happiness

“What is ‘happily-ever-after?’” asked the five-year-old with wide innocent eyes.

“I don’t know.” Mother replied, as she gently pulled the “Fairy-tale Collections” out of his blanket. “It’s getting late. You should sleep”, she said solemnly.

“No! First tell me what ‘happily-ever-after’ is!” pressed the child, a staunch adamance crossing his face.

“Living in a state of happiness forever, I guess,” Mother mused.

“What is happiness?” came forth the next question.

Mother sighed.

“It depends.” she said. “Happiness is defined differently by different people.”

“He is too young to comprehend what it is. Why am I even explaining to him?” she wondered aloud to herself.

“NO! You will explain everything to me. What is ‘happiness’ to you?” the stubborn heart probed again.

“You.” Mother simply smiled.

Discontented, the child pointed at the colourfully printed story-book.

The root of all suspicions, leading to this sudden array of questions, finally surfaced from the heart and made its way straight to Mother.

“It is written here that the Prince found his Princess and lived happily ever after. So, does that mean ‘Happiness’ comes only after finding a Princess?”

Mother looked exasperated.

“Listen son, I will explain it to you. ‘Happiness’ is being grateful for what you have in life. The eyes to see this world; the hands to hold this book; and a beautiful mind, which reads a story in it and also gets intrigued enough to ask questions – everything should make you immensely grateful and happy. No matter how insignificant these may seem to you, always remember that a healthy physique is a luxury which some people can only pray for.”

“You always turn philosophical and give me such long lectures,” pouted the child. He grabbed the pillow than turned to the other side.

Mother turned off the lights.

A sad smile crossed her face.

“What to do, my son? Not every story is a fairy-tale,” she sighed – as she adjusted the wheel-chair to leave the room.

Ruchira Samaddar
2nd BPharm



Third Prize

The Majestic Tigers Of Bandhavgarh

I had gone to Jabalpur along with my family for a vacation for a week's duration. During our stay at Jabalpur we also planned to visit the legendary tiger resort at Bandhavgarh, about 180 kms from Jabalpur, as a fitting finale to our fun filled vacations. It is located in the central state of India (Madhya Pradesh) famous for the Royal Bengal Tigers.

The chosen day finally arrived, with all of us eagerly looking forward to the trip. We left for Bandhavgarh in our car early in the morning, with latest Hindi film numbers blaring from the car stereo, kind courtesy my rather enthusiastic sister who had got her collection of latest 'filmi' Mp3 songs along with her. Visions of the majestic king of the jungle, with legendary tales lending it an aura of mystique, magnificence and awe had totally overpowered us, as we took in the scenic beauty along the route. However, the soothing draughts of wind blowing in soon lulled me in to overpowering slumber, in the realm of a fantasy world.

However, the rumblings of my hungry and complaining tummy rudely jolted me back to the harsh realities of life.. As I lay thinking about the mechanics of having breakfast, suddenly a decent looking road side dhaba loomed large on the horizon akin to heavenly intervention to ameliorate the plight of us mortals. I requested my father to pull up next to the dhaba for a bite. This certainly called for a photo op, with cheering faces being captured on reel, as a mark of remembrance of this lovely trip. The combination of delicious sandwiches and hot tea followed by this photo session made our spirits soar and charged us up for the next part of our trip.

As we wound our way via Umaria, sign boards of the tiger resort at Bandhavgarh with images of tigers staring at us started cropping up, resulting in a rush of adrenaline in all of us, as we braced ourselves for the treat lying ahead. As we approached our destination, the terrain gradually transformed from fields along the road to lush jungles, giving us a preview of things to come. An hour later, we finally reached Bandhavgarh. A number of tourist resorts and forest department buildings greeted our sight as we made our way to the MP Tourism Resort to work out the modalities of our jungle safari. While we cooled our heels in the car, my dad set about tying up our vehicles for the evening safari. Just then, our vehicles which we had booked for the evening (open top gypsies), pulled up next to us and we went to the forest department check post at the entrance to the forest reserve to get the necessary formalities done.

The massive gates covering the entrance were let open by the forest guards and it was time to go. The prized moment had finally arrived. We got into one such vehicle and got moving with bated breath in anticipation of a tryst with the king of the jungle, with our hands

gripping our cameras ready to shoot if the need arose. Our vehicle had a guide, who began acquainting us with the flora and fauna of the region and regaled us with tales of the tiger and history of the region dating back to ancient kings. We also saw some groups of tourists going around on elephant backs, perhaps with a view to tread in those areas where vehicular movement is not possible. As we moved ahead, we were welcomed to the jungle with sights of wild boar, spotted, barking and sambhar deer, langoors, peacocks and wild hens and quails, totally unmindful of our presence, as we drove along the jungle tracks. In the meantime, the guide kept us enthralled with his rather informative commentary on the state of affairs, with special reference to tell tale signs of presence of a tiger in the vicinity including incessant chattering of birds and monkeys on tree tops, nervous and hurried movements of herds of deer etc. Though all of us were relishing these moments, our eyes were actually on the look out for the king of the jungle.

The Bandhavgarh tiger resort is encased in a valley surrounded with mountains marked with dense forests. During the drive, an ancient fort dating back to hundreds of years, can be seen perched atop a mountain. We were also taken to a site where statues of lord Vishnu, Brahma and Mahesh, forming the trinity of creator, preserver and destroyer in Hindu mythology, were built alongside a small pond. These were carved out of stone and dated back to 6th century BC. Thereafter, we came across a dancing peacock next to a pond, resplendent with its feathers totally spread out. Its efforts were soon rewarded with the appearance of a female peacock at the site. In the mean time, fellow tourists, specially foreigners with their flashy cameras with big zoom lenses kept clicking away furiously, not wanting to miss out on a single piece of action. Well, without waiting for the efforts of the peacock to bear fruition, we moved ahead in our quest to encounter the tiger.

Time sped past, finally lady luck smiled on us and under a cluster of trees the majestic king of the jungle in all his splendour came on the horizon. Our vehicle came to a slow halt, with our guide motioning us to remain quiet. We absorbed the beauty of this splendid sight and remained wonder struck during our tryst with the tiger. We made full use of this opportunity to click pictures of the lord of the jungle, to carry back wonderful images of our fortunate encounter. Finally the time came to bid adieu to the forest reserve, with the visiting hours drawing to a close at 1900 hours. With a heavy heart and unable to extricate ourselves from this scene, we moved towards the entrance cum exit of the forest reserve, with hordes of equally awestruck fellow tourists. When we came out of the exit gate, we came across a signboard with a friendly looking tiger reminding us of our wonderful encounter. Finally, with a wistful look on our faces and a heavy heart we sped away in our car to Jabalpur, the forces of sleep overpowering me once again and transporting me to a world of fantasies with visions of another tryst with the king of the jungle.

Arunika Singh
2nd BPharm



Silence

He stood on the edge of the wall. It all looked so peaceful down there. A cat on the prowl, a bird drinking water, a couple sitting under a tree. A little bit of moss growing out from between the cracks in the tiles. It was all so perfect. Should he disturb that perfection? Should he disturb that perfection with a touch of red? Maybe a splash of red. Maybe that was all that it took to push him off the edge. That peaceful and perfect world he so craved, he so loved. The world he wanted to build but could not. "I should do it," he thought, "It'll all be better this way. Over with, once and for all."

A simple truth he'd told his family. Not to hurt them, not to shame them, but just so he could proudly be who he was, and be with who he wanted. "You're sick!" his father had said. "God did not mean for you to be this way!" Dadi had remarked. Mother seemed to understand perhaps, or was that just pity in her eyes? He wanted to get it off his chest. Tell the world who he was. He knew some would be pushed away but he'd hoped his own wouldn't; perhaps he was wrong.

He'd wished his parents would understand. He wasn't sick or twisted. He wasn't besmirching the family name or purposefully offending God. He was just being who he was. He wanted them to see that he was still their little boy. Just a tad grown up, with a choice different than one others made. He had walked into the hall one last time. His mother sat at the window, peeking through the louvre, his grandmother on her rocking chair and his father on the couch. "I am who I am, daddy. I am what I am. What more do you want from me?" The reply was yet fresh in his mind.

"Silence. There is nothing else I want from you. Be quiet and don't bring this up again. Silence is what I want from you." He saw the cat moving toward the bird now. The couple had already left. Perhaps there is no such thing as a perfect world. "I don't want to be a disgrace," he thought. And jumped.

"Silence is golden." They had taught him that, when he was a kid. Then why did everyone hate his silence now? Why did mother keep imploring him to say something? Why did Dad and Dadi have swollen eyes? He'd given them what they wanted. Silence.

There are secrets a person keeps that truly are the pillars of their palace of emotions. When they chose to tell someone these truly personal tales, they expect a shoulder that can lighten their load. However when the response to the hope for acceptance is the cold shoulder, those pillars of sand will crumble and their palace will collapse. So love people for who they are and all that they are. For we're all different in many ways and we're all broken in some. So let's stop clinging to our fantasy worlds of perfection.

Ashutosh Sinha
2nd BPharm



Is Change Good?

A lot of people have asked the question - Is Change Good? 2016 has been a roller coaster for everyone, no doubt. Americans, Indians, Europeans, no one was spared. 2016 has been a challenging year for me too. Originally aspiring to be a doctor, the entrance exams this year were a mess; the multiple decisions of the Court made my decision firm, I knew I wanted out of that rat race. So, my admission in Manipal was finalised. And soon my goodbyes were due.

Growing up, I didn't move around at all. My school and junior college were within walking distance from my home. My friends remained more or less the same. So this decision to move to Manipal came as a shocker, to me as well. Bidding adieu, I packed my suitcases, brushed off my tears and left. We landed after a rather turbulent flight and got into a car and drove to the campus. I got the keys to my new "home".

Setting up my new room took lesser time than I had expected. The pictures of my friends and family in Bombay were stuck on my cupboard door, their faces making me insecure about my decision to start anew here.

The orientation overwhelmed me too. It honestly was a lot to handle in such a small amount of time. Classes began, I got to know my classmates superficially, mostly trying to avoid them and spend as much time away from everything as I could.

During classes we were repeatedly asked to give introductions, which after a while became annoying, I have to admit. Slowly, I met and became closer to my classmates. My mother left after a couple of days and the loneliness really hit me then. I was staying alone in my room and had no roommate to talk to. That night, I made up my mind that I would make an effort to fit in.

Days turned to weeks, I made my solid circle of friends and I finally felt like I belonged here. Coming to manipal, I've realised that it's okay to be alone; but I've never felt lonely. My sense of independence has grown exponentially and I feel a lot more responsible. So according to me, yes, change is good.

Sanjana Shastri
1st PharmD



AN OPEN LETTER TO THE "MODERN" SOCIETY

While I was contemplating hard on the topic I wanted to write about, I came across a news article in which a famous personality was speaking about how women themselves are responsible for the crimes committed against them. Am I the only one to get furious when I listen to these people imparting their mindless "theory" "on why crimes against women happen? I hope not.

Anyways, it occurred to me as to why don't I share my thoughts on an issue that has been

plaguing this society since ages. I decided to write about some questions I always had in my mind ever since I was old enough to differentiate between good and bad.

For the starters, I would like to call myself a feminist. So, people who are reading this may find me openly ranting about the insensitivity of this society in respecting the fairer sex.

I always failed to comprehend the attitude our society has against women. Sure, we do call ourselves as modern and broad minded, but do we actually put it into practice? I don't think so.

From the time she is born, a girl is taught to act in a subdued way, dress decently, do not talk or laugh aloud. What she is not taught is, inspite of following what she is told, she has to get used to all those stares and comments that come her way, every day.

Somehow, I never understood this theory of how the length of the dress and make up can be a cause for a sexual assault. If a sixteen year old girl is blamed for provoking a man because of the knee-length skirt she wore, can someone explain to me as to what did a two year old girl do to get sexually abused?

We raise girls to have smaller goals and targets. We raise them to aspire to settle down and bear children. We raise them by teaching them that they should not outgrow a man. But, why don't we teach the boys the same? Why don't we teach them to treat women with respect?

Of course, I'm not implying that all men are insensitive to the plight of women. There are some who care and regard women without showing any ego or having the fear of losing their "mardaangi" just by showing some respect to a woman.

We follow a culture where we regard women as goddesses. We refer them to as goddess Lakshmi and goddess Durga. So my question is, is this the way goddesses are treated? I'm so tired of listening to the constant and monotonous statements like "men will be men" or "they are built that way" that is shoved on to my face when I express my anguish against the atrocities a woman faces every day. What I fail to apprehend is the subliminal defense our society offers to those perverts and vile men who get away with almost everything they do.

I, just like any other woman, would want to live in a society without being ogled at. I want to live in a society where I could walk down a lane without having to listen to the lewd and obnoxious comments. I want to live in a society where I'm not judged by the length of the dress I wear or by the way I style myself.

Is it too much to ask from this society? I need an answer.

P.R.Praneetha

1st MPharm
(Pharmaceutics)



RE-EVOLVE YOUR LIFE

Once a school teacher setup an assignment for the students and asked them to write what they would like to be when they grew up, some wrote down scientists and actors while others wrote down pharmacists and footballers. While she was marking the assignment papers she noticed that one of the boys wrote down the word 'happy'. So she went up to the boy and said, "I think you misunderstood the assignment?" and the boy replied, "Miss I think you misunderstood life."

Somewhere along the definition of success, the lines became blurred. It became about money, about pleasing other people and its funny how the desire of power and wealth increases at a speed by which we think that we actually need to work with or so that we can supersede our peers in the rat race.

In this regard I want to share a story that actually got me thinking.

Once upon a time a prince met very beautiful young girl. He visited her house to see her but she was very chaste. The prince wanted to marry this beautiful girl but she didn't want to marry him. So she said to him, if you want to marry me; you are attracted by my beauty meet me in ten days. So the prince agreed. Then the beautiful girl said, "If you still then want to take me as your wife then you can take me." The prince replied, "All right, I'll come back in ten days and certainly I'll take you as my wife my beautiful young maiden."

As soon he left the beautiful young girl started to take very strong purgatives [medicine which would cause her to vomit). She kept all the vomit in a big pot. She didn't eat anything, she was simply passing stool and vomiting, so within ten days her whole beautiful body was destroyed. She was a gray color, she was very skinny, very weak, and you couldn't recognize her as the same person.

After ten days the prince came back to visit the beautiful young girl. She opened the door for him. When the prince saw her he said, "I have come to see one very beautiful lady who I am about to marry." So the girl said, "I am that beautiful young lady." He replied, "No it isn't true. How could it be possible?" She said, "Yes I am that beautiful young lady, I have distilled my beauty, come and see it." She took the prince to the place where she was keeping the big pot containing all of her stool, vomit and urine and she said, "Here is my beauty."

Our society is simply going on the basis of this "skin disease." So we see so many people being unhappy. A man is being attracted to a woman on the basis of the skin. He thinks, "Oh, here is a very nice woman. She has very nice hair, a very beautiful complexion. She is a very beautiful woman." The woman is thinking in the same way, "This is a very handsome man; he is very strong he is a very attractive man."

Then they come together and for a short time enjoy sex life and soon there is some problem with the sex life, some difficulty, so they say, "I'm sorry it's just not working any more, the magic has gone from our relationship. I have to find somebody else." Then there is a divorce.

Everything is based on the skin, but the skin is temporary. We can never be satisfied, we can never be happy with a relationship based on the skin because our skin is a very temporary thing.

A beautiful girl is beautiful for a few years only, it is a fleeting moment only. Everybody gets old, everybody gets sick, and everybody dies. But we have to remember we have that spark within us all of bliss, knowledge and eternity. But currently the spark is covered by the body and we are misidentifying the body with the self. We think if we satisfy the body we will become satisfied. But, no matter how hard we try to satisfy the body, the spirit is never satisfied by any amount of so-called "pleasure."

If we are attracted by the skin only, the beauty of the skin, we're bound to be dissatisfied because the person, I, the self, is different from the body.

Let's not make happiness about the size of our homes but about the size of our hearts. Let's not make it about gratification but gratitude.

We always talk about being healthy, our well beings and change but we act more like human doings than human beings and therefore instead of making to do lists we should be making to be lists. Instead of thinking what to do we should be thinking what to be. Do you want to be more self aware? Do you want to be more conscious? Do you want to be the change you see in the world?

The three most common things that we forget before rushing out from our homes are our keys, wallets and Phones and it's absolutely funny how we run back and open all the drawers and sometimes make a mess. How many times do we realize it's in the back of our pockets sometimes just in our hands.

Happiness is so similar to this we run around trying to find it in absolutely every place but when we come back home we find it's within. Jim Carey once said, "Everyone should become rich and famous and to do everything they ever dreamed of just to realize it's not the answer"

What did he mean by that? We are searching for happiness out there but it is actually an inside job.



Movie Review – La La Land

La La Land is an ode to Hollywood and jazz. It's an ode to all the young dreamers out there who are trying to find their place in this punishing world and are failing miserably. Yet, they continue trying. It tells us the story of two such dreamers, Mia (Emma Stone), who wants to be an actress and Sebastian (Ryan Gosling), a jazz pianist who wants to start his own club. Mia struggles with auditions and rejections, like every young woman who has ever wanted to be an actress. Sebastian is passionate about his music, but has to play uninteresting christmas jingles in small pubs to pay his bills. And he gets fired from there as well. So the fact is, our two protagonists do not get the respect and recognition they deserve. It's a relatable tale for everyone, we all at some point have experienced this feeling of failure. But amidst their toils and agony is a blooming romance between the two, that sets the screen ablaze. They support each other, no matter what. And then comes that moment when they are forced to decide whether they want to pursue their dreams or be together.

I must admit that I was apprehensive about watching La La Land because I'm not a huge fan of musicals. But what I witnessed on screen was magical and surprising. Every element was really well constructed and balanced. To begin with, Emma Stone's expressive eyes are enough to keep the movie afloat. Her most captivating time on screen is when she sings 'The fools who dream' for an audition. Three minutes of that song, for me, capture the entire essence of the film. Throw in an honest performance from Ryan Gosling, and a Damien Chazelle-Justin Hurwitz direction-soundtrack combination, and La La Land sails like an unsinkable ship. 'City of stars' will linger in my memory for a long time. The duet by Mia and Sebastian is effortlessly sung by Stone and Gosling, with tiny improvisations like a bit of laughter here and there to keep it natural. Infact, the many imperfections in their style elevate the songs. The dialogues are crisp and the dance numbers are entertaining (but only to an extent). It's a familiar story but it's uniquely told.

It also touches upon the subject of jazz revival to remind us how the legacy of artists like Charlie Parker, Louis Armstrong and Miles Davis, to name a few, is dying. Traditionalists around the world are inclining to an electro-pop sound in order to adapt to the changing times, and the ones who aren't tend to get left behind. To attract a younger audience, many of them are evolving their music and therefore, a new genre of pseudo-jazz has begun to emerge. This creates a platform for debate and thought. If all the purists started playing jazz with crazy techno beats, who would keep the authentic jazz alive?

Damien Chazelle through his films highlights this theme time and again and exposes us to classics that many of us wouldn't have known about otherwise. Through movies like Whiplash, Guy and Madeline on a park bench and La La Land, it is clear that he wants to contribute in any way he can to saving and promoting the real jazz. And he has succeeded in making an impression all three times, although I would've liked if La La Land had delved a little deeper into the world of jazz like his other two films.

Sometimes all the music and dancing can get overbearing. Musicals are not for everyone. But Chazelle's long camera takes keep it real and he turns it into his own modern masterpiece. It's a cure for your heartbreaks but is a heartbreaker at the same time. Just when you start getting lost in its dreamy and elegant cinematography, it brings you back to reality. And the reality is bitter and crushing. That being said, La La Land managed to turn even a cynic like me into a dreamer and I'm sure I'm not the first person to have said this.

Yamini Khedkar
2nd BPharm



Movie Review - Arrival

I've come to realise that Denis Villeneuve's films are haunting and thought provoking gems that cannot be easily forgotten. They start off as one dimensional stories but end up being layered and complex. His latest release Arrival is no exception. The story of Arrival follows Louise Banks (Amy Adams), an expert linguist whose life changes when twelve extra-terrestrial spacecrafts mysteriously appear across the planet one day, causing widespread panic all over the globe. Recruited by the US military, she is brought to a camp near one of the crafts and is tasked to communicate with the extraterrestrials, decipher their language and determine if they come in peace or are a threat to humanity. But when patience amongst world leaders regarding the alien presence starts to wear thin, she is compelled to take a drastic step that will decide the fate of mankind.

It sounds like a clichéd narrative where aliens invade the planet and the hero (Amy Adams in this case) drives them away with machine guns and whatnot to save the world. But that isn't the case. Arrival is an intelligent film that unfolds slowly (a little too slowly, perhaps) but gives you a sense of enlightenment as it finishes. It is wholly invested in the journey of the protagonist; she is more mysterious than the heptapods (name given to the aliens). She learns to communicate with them by understanding their language. Her main objective is to find out their purpose on earth, but as the movie progresses, we realise that the story focuses more on finding out her purpose on earth. This is followed by an intriguing insight into the process of language development. It's all very exciting to watch.

The set designs are so incredible that they outshine the script at times, but Amy Adams compensates for this by giving an intense performance. She is supported by very talented actors who sadly have nothing much to do. The likes of Forest Whittaker and Michael Stuhlbarg are made to bark orders at anyone they see and that's all there is to their roles. What I found extremely amusing is Jeremy Renner's character Ian. He is a theoretical physicist who loves everything about science but is never shown doing anything scientific. [SPOILER: He is significant to the plot (revealed in the end), nevertheless he is unconvincing]. To be precise, Amy Adams steals the show.

Villeneuve's direction makes Arrival a surreal experience. He plays with a palette of white and grey to make the film look eerie. It would be unfair to not give credit to composer Jóhann Jóhannson, though. His background score is haunting. It made me cry. It is very effective, mainly during the climax. Even though the film is monotonous in the middle, it leaves a powerful impression because all's well that ends well and Arrival ends with a bang.

I like introspective science fiction. It's awfully fascinating. It tries to comprehend human nature more than the fantasy elements of its genre. Arrival uses the aliens as a backdrop to put forth questions about language, time paradoxes, the universe, grief and loss. Adapted from Ted Chiang's short story 'Story of your life', Arrival is a slow burn that waits for the right moment to unleash its pièce de résistance: an unforgettable climax that will make you question the very nature of your existence. It left me in a disturbed and philosophical state of mind. No matter how insignificant, we all have a purpose on earth. I wondered what mine was while that brooding background score played in my head.

Yamini Khedkar
2nd BPharm



PLIGHT OF A WRITER

I'm warning you never fall in love with a writer for they will make you believe that you're the centre of the universe whose magnificence is worshiped by all. They will look at you with shiny eyes as though you are all that they could love. They will say all the right words. They will make you feel so good about your pitiful existence with words that they have finely refined for you.

Being in love with them is a scary thing but the worst is when they too fall in love in you. Their emotions are too deep that you cannot find a place to put them. They will give you so much that you're suffocated.

For writers are beautiful yet misunderstood creatures they will give you all or nothing, there is no in between for them.

Priscilla Lalnuntluangi

1st BPharm



Mother

My mama never told me that she loves me, she never got me gifts on my birthday nor did she ever wish me goodnight. Ma never tried to hide the fact that we weren't rich and from an early age, I knew she worked really hard for us. She told me how imperfect and sometimes broken our family was; she never hid these things from me. Every word out of mama's lips was raw and uncensored.

Ma spent all that she had on me so that I could get an education, the kind she dreamt of as a child (for she never received one herself). Ma never bought new clothes for herself nor did she look like those pretty moms my friends had; she never had the time.

Ma was stronger than any woman that I have ever known but she cried with me when I told her that the kids at school made fun of my dresses as they weren't bought from stores rather stitched by mama's strong hands.

All that I am is because of her and all that I shall ever be shall be for her.

Priscilla Lalnuntluangi

1st BPharm



MY FIRST TIME IN INDIA (MANIPAL)

The day I was told I will be going to India to further my studies I could not contain my emotions. It was so overwhelming. Composed mostly of curiosity, I was curious regarding two things-India and Manipal. I began to paint pictures in my head of how my journey as well as how both places would look like. I have heard so many stories and tales about India; the fact that India is a subcontinent filled with different varieties of people, the Himalayas, the Taj Mahal to mention only a few made me impatient.

I began my first flight towards an unknown world; how curious I was to see a place different from home, filled with people having a very unique and diverse culture (different from mine). I slowly realized I was miles away from home; meters ran into kilometers, kilometers into miles, miles into countries and countries to continents.

The plane finally landed. My curiosity got reduced as I could see that country which I have always tried to paint in my head. Did what I paint actually become what I saw?

Most of the Indian movies I have seen depicted India as a country filled with dance, love and drama. I had expect to get a dance welcome by Salman Khan-“India is the home of dance”. I had wish to see a male and a female singing gracefully in love but I did not get any of those. I left the airport enjoying the company of my mom and we got to know we are in a place called Mumbai. My first step on the rich soil of Mumbai felt to me like “finally, it’s no turning back!” I was surrounded by a smell and I could not have enough of it, would I say it was refreshing or motivating. I just was unable to explain how that smell made me feel.

In Mumbai everything was different. The houses, the trees, the birds - the crows were different from the pigeons that populated my country- the soil and of course the people. My mission was not yet accomplished since I still have to figure out a way to get to Manipal- the second assignment. So many thoughts ran through my mind as to the best and affordable means to get to Manipal; by land or by air. I did not want to take a flight because I knew I will not get to see how diverse and huge India is. My option was stupid but deep inside I knew it was the best since I could fill my eyes and mind with lots of stories and experiences about India; I decided to use a taxi.

During the course of this thrilling journey to Manipal, my curiosity mixed with my inquisitiveness made me unable to relax and I felt I could outrun the taxi to Manipal-how impossible! We had to stop along the way for some refreshments, we had travel all day without food. I was scared to take a bite since the food was still new to my system so I decided to reserve my first taste of an Indian meal till I get to Manipal. Not far from the restaurant, I was privileged to see women dressed in sari for the first time. They were walking down the road chatting with one another, one of them gave me a facial

expression which I perceived to be a smile. Their saris were so colorful, combined with the flowers on their head I could only wish to take a snap of this wonderful sight.

India is a lot bigger than what I imagined. I saw the grasslands, which serve as a habitat to various living creatures. Industrious citizens working relentlessly forming a peaceful and conducive environment. The hills, rocky fields, mountain ranges; constituting the major biomes of the world's ecosystem. Prayer temples and religious gatherings. So exhilarating to watch. All these evoked a feeling of satisfaction and contentment.

The wait was finally over as I got to Manipal before dawn, at 3a.m. Having suffered from a jet lag coupled with the darkness I was unable to behold its beauty. The first stroke of light at dawn woke me up, how awe-inspiring it was to finally have this opportunity. My curiosity was no more! Enveloped by the fresh air which circulated my new environment I could not contain the feeling emanating deep from inside me. The perfect word to describe how I felt is "stunned". I decided to take a walk around this wonderful institution and for a moment I almost lost myself gazing at the beautiful pattern of flowers that created a boulevard of excitement as I walked down the footway. "What a nice construction of flowers", I thought to myself.

"Namaste!" was the only word in Hindi that I know. I learnt it from one of the Hindi movies I have seen. I said this word with a wide grin on my face to the first person I met who also replied me with the same word. So many faces, so many smiles, a new environment, a new home. This made me perplexed as I thought of my new class and the faces of my classmates. I was taken to the college of pharmaceutical sciences enjoying the help from a member of the staff, he told me all I needed to know about the college and that was the end. I got to see my class and my classmates.

It's amazing how the neurons in the human brain work to make learning and memorization easy. I was still unsure of my next steps, I wondered to myself how possible it would be to get familiar with my new environment; the complex infrastructures in Manipal puzzled my eyes seeming almost impossible to master my path. Within a week I was able to accomplish this feat.

It is now my sixth month in Manipal, words can't express my gratitude and happiness. Looking back from where I began till this point I can only thank my Lord Jesus for making me behold such lifetime experience and would want to have it again. The stories I heard about India were nothing compared to what I witnessed. Saris looked more beautiful than they appear on TV screens, the bindi seemed real with culture and religion that transcends every bit of my imaginations. I can only call India a second home.

Amarachi Jesse Anyaduba

1st BPharm



How It All Began

On October 16th thousands of people started running and everyone ran for a different reason. Some ran because they felt they needed to earn that slice of cake; others to feel alive. At that finish line on the 16th of October 2016, I saw 4135 different reasons.

At the starting point for my first half marathon, I was nervous. Nervous about whether I would finish or not, whether I would quit half way through. But seeing my team mates by my side, the thousands of excited marathoners waiting in tow for the buzzer to go off quickly made me remember why I started this madness. Why I started running at all. Then as the marathon began and everyone started running and I just set into the rhythm all these thoughts started clearing out. I got that feeling of ecstasy that only a run can provide. Sure, I was running with thousands of people around me, some ahead, some behind and some right next to me but in that moment, and during the entire 21.1 km I felt like I was all that mattered, it was just my thoughts and I. I felt like this time was completely mine, I was in complete control. I was in my own world, my special place, where no one could bother me, where I broke barriers I never knew existed. I felt the adrenaline flowing through me.

The crowd was just phenomenal, NCC cadets along the way egging us on, people in the streets cheering for us, giving us high fives and shouting out that “you’re doing a wonderful job”, “don’t stop now”. To see the light dancing on the Vidhan Soudha as the sun rose was a sight to behold. The atmosphere was like a complete carnival, DJs playing music every couple of kilometres, bandwala’s doing Bhangra to cheer you on. The energy was so contagious that a man who moves his shoulders like Sunny Deol (yours truly) also felt obliged to shake a shoulder or two while running. To find such support at 6 am was overwhelming. It showed me the camaraderie that the runners’ community possesses.

Don’t get me wrong though, the race was no walk in the park, at some point my mind did hit a wall, I did think why on earth I started this madness, why did I sign up for this? I remembered how I started running because I was upset at the loss of my father, and how this entire running journey began. I pushed through to proudly say that I set my sights to a target, worked for it and achieved it. I ran for that voice that kept saying “you can do it”. I just thought of how proud he’d be and pushed through. I ran for my dad. Not only did I finish but somehow found the gas in the tank to put an all-out sprint for the final 300m (The things adrenaline and a supportive crowd can do).

At that finish line I thought I would crumble and spontaneously combust – but I couldn’t help but smile – because even though I may not have beaten anyone else, I knew that I’d given absolutely everything and overcome a distance that a few months ago would have scared me out of my skin. I endured the pain, and misery. Found a certain pleasure in the sore feet, the rush of adrenaline and endorphins. I truly had a runners high and I learned a lot more about myself; and that 1 hour 47 minute and 39 seconds is simply the best time I’ve ever had, worth each and every one of those numerous hours spent in training.

WHAT’s more? After all that running you don’t even feel guilty about having a doughnut (you know that means two).

Dhaval Patel
3rd BPharm



The stopped clock!

Being an astrologer was not easy as the person could foresee his death. But that did not dishearten our Shirshendu Babu whose comparison could not be done with others in the same profession. He could be referred to as Nostradamus of 21st century! But he was never boastful about it. Starting from the boy next door to the Prime Minister of our country, his astrology never went in vain. But alas! No one knew about his extraordinary talent and hence he remained a ticket collector in the railways. Nevertheless, he was satisfied of the fact that his astrology would never be wrong and that thought would give him peace. Every morning he does a little bit of palmistry and foresees his day! One fine day after having his morning tea, he was relaxing on his favourite chair with the warm sunrays falling on his hands on a chilly winter day. Ramu, his servant, was a lazy lad who required constant check, had gone to get some vegetables. Shirshendu Babu would go for office as soon as he returns. He returned to his routine work of checking his palm to predict his day when he realised that he would breathe his last at 8:59 am on the same day! Rather than being upset our astrologer was amazed. He had in mind that till this day his predictions were never wrong and hence he would have a very satisfying and interesting death. The clock went on ticking from 8:45...8:50 so on... Only 9 MINUTES were left of his life, he had questions in mind about the reason of his death...whether an earthquake or a flood or a heart attack! The minute hand struck 59 minutes...it was the time.... Shirshendu Babu was eagerly waiting but nothing happened! Half an hour passed by and it was 9:29! Our perfectionist could not digest that fact of being incorrect in his astrology! In the last few moments of his life he could not create the record that he aspired for many years, being the most accurate astrologer! Depression struck him and he hung himself! Ramu was busy buying vegetables... he was cursing his master for being rude and not letting him out half an hour earlier for the market, so that he could meet the love of his life! But that particular day, Ramu was lucky as he had tricked our astrologer with his intelligence! "Thank God!" he thought, "I had set the clock half an hour earlier last night, or else the madman would have caught me again!" Our Ramu was so cautious that he didn't even forget to change the timings of his master's wrist watch which was checked by his master every morning.



RETICENCE OF THE SELF

The expanse of the human mind is never-ending. Different gears in it work in unison to make you, you. Thus, it is difficult to know an individual inside out. But do we know our own self? Isn't that the path to tread in our lifetime? But the irony is that we don't. We do everything in our power to avoid it. Why? Maybe because we are afraid to see what may lie in the depths of our own shadows. Yet, we want our companions to understand. But how? How can such a callous expectation be fulfilled when you yourself don't know yourself. The potential possessed by an individual is beyond measure. But so are the inhibitions. It is the vice which doesn't let us open, which doesn't let us trust ourselves.

RETICENCE can be of so many different kinds. One may be for our own self. We are our biggest enemy. We don't let ourselves grow. To accomplish anything we need us by our side. Surprisingly, that is the exact essence most of us miss. Each one of us should take a step back in life and wonder about who first thought of the feeling of inhibition. Was it Adam? Or was it Eve? Infidelity is a hidden part of human nature.

The second kind of Reticence is the inhibition to mingle. We all long for companionship and yet hesitate to take the first step. The mind works in mysterious ways indeed. Here comes the human characteristic of ego. Sigh. Where did all of this begin? Probably, when man started differentiating himself and feeling superior because of difference in capabilities.

The third kind is inhibition to confront. Why do we always keep people who hurt us in our lives? What are we afraid of? It is indeed difficult to cut off all ties. Difficult to face reality. It is definitely in the nature of the human psyche to detest change and create an air of apprehension.

Despite all these troubles we still manage to shine. We advance, we fail, we try again and we succeed. So the real and ultimate question of all is what does it take? What does it really take to achieve excellence? The answer lies in anti-reticence. Never bind yourself. Never become stagnant. Always think better of yourself. The law of attraction is the key and thus the whole universe works in unison for you.

What matters is not only the end but also the means. So, as Oliver Reed once said, "Give your inhibitions a bath every now and then".

Anushna Sen
2nd BPharm



Plate - Never Served

*I remember the day when I told my father,
"Daddy, I'm Hungry"*

And he told me "I don't have anything to serve you at the moment. But I can teach you something which will keep you fulfilled forever."

What he did was take me to a pond, place a net in my hand and said, "I love you my son."

Today, thirty years later, I realize what he meant. He did not serve me my platter but helped shape my plate. He taught me to live my life to the fullest.

He taught me to fly, when I thought I couldn't walk. My father did not give me food but opened up all the sources to get it. Today I'm a proud fisherman who serves fish to everyone's pan.

I have never looked back in my life, and I'm happy with my son and wife.

My son was never hungry because I fed him daily, but the proud father within me broke when my son asked, "Who am I? What am I? Why didn't you shape my life like you shaped yours?"

Without an answer I remembered the day when I told my father...

Manisha Lobo

1st BPharm



A Beautiful Illusion

You insist on having your own ways all the time and your ways are mostly into the dark streets where there is no light to guide you.

You're out in the dark all night and you break the dawn yourself.

You're an arrogant person on the outside but a beautiful soul inside. You don't acknowledge the fact that you are rude or the fact that you seek love the most.

You collapse in the dirt of your future and the stench of your past but why is it that you keep finding yourself the more you get lost?

You fall with wings that always land you safely even when they are broken and all out of love. The courage in you suppresses your fears and breaks through all your doubts. You try to look whole even when you are broken. You are never empty even when you have nothing. Only few can see the whole world in your smile; only few can see you make the universe rewind. Your smile makes heaven blush and all problems rush out of my mind.

It all seems like an illusion, it seems so unreal but your gentle touch takes away all my doubts and life seems like an open book with you in it yet it is so difficult to understand you.

Guess I'll never know; guess I'll always wonder how you can be such a beautiful paradox.

Divya Rosa

1st BPharm



A Silent Clamour: Patriotism versus Nationalism

“Loyalty to the Nation all the time, loyalty to the Government when it deserves it.”

-Mark Twain

Nationalism and patriotism are two words which are often used reciprocally. Are these identical words? Or are they mere ‘words’? NO, Nowise. And to the later these are not simply words they insinuate two distinct characteristics and outlooks. If we go through the pages of dictionary we will find two different meanings of these words. Though each individual has its own definition and approach towards the terms.

When I thought of writing article, it took almost no time in deciding this very topic. Considering the present scenario in India when every other individual is labeled as ‘anti-national’ the topic is quite relevant though and there is a need to ponder over. So not going in global perspective I will keep myself confined to India. While doing little research I went through many links and some books. All I can understand that there is no universal saying on these two.

First let us try to understand the difference between these two. There is a very fine line between Nationalism and Patriotism. Some say Patriotism is about protecting the land we live and nationalism is protecting the way we live while some see nationalism as rising from the love of one’s nation or ethnicity while patriotism as rising from the love of one’s country. According to majority’s opinion nationalism is patriotism transformed into a sentiment of superiority and aggression toward other countries. Nationalism is the poisonous idea that one’s country is superior to somebody else’s. Meanwhile George Orwell said “Nationalism is power hunger tempered by self-deception.”

There is a very famous quote of Sydney J. Harris “The Difference Between patriotism and nationalism is that the patriot is proud of his country for what it does, and the nationalist is proud of his country no matter what it does; the first attitude creates a feeling of responsibility while the second a feeling of blind arrogance that leads to a war” I don’t know whether he was right or wrong because every individual has its own definition and approach towards these terms.

Coming back to India, here something really funny happens. Here boycotting Chinese commodity is called patriotism. If you are not doing Yoga you are labeled as anti national. If you are not supporting Geeta as national book you are stamped anti national. We must understand the fact that patriotism is irrespective of religious beliefs. . If you logically oppose government’s policies you are bawled as anti-national. If you praise Misbah’s performance during Indo-Pak you are advised to board for Pakistan. And if you are protecting your culture and tradition you are hailed as radical and hence ‘Intolerance’ was coined.

The truth is nobody can question anyone’s love for his country. Love for the nation can’t be decided by the size of flag. It cannot either be decided by the platform of flag whether it

is at thousand feet of Siachin or on the terrace of individual's roof. A small clerk is equally patriot to the soldier at Radcliff, standing there at 50 degrees. You need not to join army to prove your affection for nation. Army men are lucky guys who are volunteered to do their job. Country does not want our sacrifice every time; it just wants us to be successful in our life.

We should introspect why our allegiance towards country awakens only during Indo-Pak matches or when watching Rang de Basanti/ Chak De India. These are subsidiaries. The principal thing for the country is our Education, Economy, Employment, Environment, Defense, Science and Technology, Agriculture, Poverty etc

We should comprehend the fact that our country is democratic. We have chosen a government not a tyrant. Everyone is free to criticize or praise government and its policies. But criticizing government in no way means you can raise anti national slogans. Doesn't matter how much you have dissent with government you have no right to disrespect national identities. Whether national anthem is played in theatre or vande matram being played at any mutual occasion. Article 19 (1) (a) of Indian Constitution has given freedom of speech and expression but that doesn't mean you can raise anti national slogans at some university campus or hail a convicted terrorist as hero on his funeral. Just as in case, during past few months plethora of morons are asking for the proof of surgical strike which India did on terrorist across border. You may be very intellectual but you can't question the credibility of armed forces. While some literates are questioning honorable Supreme court over verdict of death sentence of a convicted terrorist. Isn't that funny? And yes if they are called as anti national I don't mind. There is world of difference between being literate and being educated. You can't run your personal agenda behind the curtains of so called "Alternate-View".

The problem with most of our fellow citizens is that their thoughts are influenced by other's saying. We must not be just keyboard warriors and incarcerate ourselves in the boundary of e-patriotism. We often get carried away by the whatsapp forwards and countless hoaxes flying over social sites. We believe what we see on news channels. We should understand that Delhi Centered media is just running their agenda or better say propaganda behind the idiot boxes. They are distributing their views not news. Nowadays those jerks are arguing over the color of terrorism in their so called Prime time. Whether it is green or saffron? For their hunger of Breaking News and TRP they often compromise national security. Patriotism and Nationalism is not a matter of debate on tea stalls and over alcohols.

No one has tender to approve who is Pro-National and who is Anti-National. Every Indian except few is patriotic in his/her own way. They all are doing their bit for the nation. Extreme nationalism often leads to Chauvinism and ultimately Jingoism.

Ethics rationalizes the impacts of both, the state of prosperity and scarcity. If not done,

then prosperity usually leads to aggression and scarcity leads to depression. Both affects the traits of of humanity. Ethics sublimates humility and supports emotional intelligence. Emotional intelligence is the ability to go into the minds and hearts of those who surrounds you.

Both patriotism and nationalism are needed from time to time respectively . For instance pre independence era there was need of Nationalism but now there is a need of patriotism more than nationalism. We must not holler every time without knowing what we are hollering about. India lies on the principle of Unity and Diversity. For last many centuries our country has witnessed brutal Arabs to savage Mongols:from vicious mughals to shrewd british. Nevertheless India remains and even its culture glorified. Many travelers from Megasthanes to Marco Polo have chronicled India's rich heritage.The beauty of India lies in its snow capped mountains, desolate desert, dense forests, beautiful coasts ,marshy swamps and sanctified terrestrial land. The unity thousands of languages, hundreds of ethnics and millions of face colors make one India.

To build a country we need Nationalism but to maintain its dignity and prosperity we need Patriotism. Simply saying is that "Support the country you live in or live in the country you support". India is a cradle of the human race, birthplace of human speevcha, the mother of history, the grand mother of diversity and the great grand mother of tradition.Patriotism should never be froth because tricolor is not just a piece of cloth.

Utkarsh Chandra

3rd BPharm



Demonetization Drama

On 8 November 2016, The Government of India announced the Demonetization of all Rs.500 & Rs.1000 banknotes which were in circulation at that time. This sent the country into a state of economic coma. The day after the so called Great Indian Media was filled with articles ranging from "Making of a mammoth tragedy" to "Demonetization : Not a tragedy , but the remedy" over the next several days.

The sudden nature of the announcement and the prolonged cash shortages in the weeks that followed created significant disruption throughout the economy, threatening economic output of our great nation. It received mixed reactions by the people in power. The opposition criticized it while some bankers and international commentators acknowledge d and supported it. But one thing which stood out loud and clear was that the government was not ready for implementation of the decision on such a large scale in a country which has 1.34 billion and an economy of \$2.30 trillion.

The common masses being the people with their own household problems reacted in many ways. Some appreciate it while some criticized it. Some called it the Dehumanization & Demoralization process while praising the government for its bold efforts and decision making. The majority considered it as a bitter pill to cure the disease of “parallel black economy & corruption”.

Overall this executive decision of the Indian government led to about Rs. 14.18 trillion worth bank notes being replaced or recirculated. The new notes being a tad fancy with its colour combinations and the shape & sizes. On the brighter side though the Asset prices rose moderately, stocks are currently stable and the GDP is on road to a slow yet sturdy growth in the coming years. Whether Demonetization is a tragedy or a remedy, only time will tell...

Akash Shanbag
1st BPharm



Dreams: A weed or a flower

dri: m/ ; noun

A series of thoughts, images, and sensations occurring in a person’s mind during sleep. Life wouldn’t have been as we see it without our dreams. It makes us what we are, giving us the hope and push we need. There are many highs and lows in our life but that shouldn’t deter us. A little push can do wonders.

Dreams are what keep us going. They become our aspirations, our ambitions, and our goals. But an antagonist would beg to differ.

He says that a dream is like weed – undesirable and unwanted, especially one that grows profusely where it is not wanted. It is the devil of a garden, a corrupter of our lungs. In the same way, dreams may have tendencies to corrupt our minds, taking us down roads which should never be taken. Once lost, we are driven to the brink of insanity, causing us to take disastrous decisions.

But this doesn’t have to always be true. You just have to make your decisions wisely.

Don’t give up on your dreams. Dreams are magical.

“The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt

Sonika D
1st BPharm



If at first you don't succeed.....

Failure is an imperative part of one's life, no matter what one sets out to do. Success is knowing how to embrace it, and turn it to your advantage.

Albert Einstein was considered a failure when he was still very young—simply because he did not speak until he turned four, fluently, till he turned twelve. Instead of looking at it as his own egregious failing, Einstein flipped the coin and famously went on to say, “if you've never failed, you've never tried anything new.”

None of us are born with a Midas touch that makes us incurably immune to failure—and this itself is a reason for the inevitability that failure stands for. As much as ups and downs, good and evil and night and day are essential pieces of a puzzle, success and failure are just as important, if not more. The point, though, is to guarantee for oneself that neither should become overbearing on the way one loves their life. Failure should be viewed in the right vein, and should be embraced in a way that helps one evolve, and not tied down. Embracing failure is therefore a vital factor.

UNDERSTANDING FAILURE

To embrace failure, the first step is to really set the record straight on what failure means. It must be understood that the highly subjective nature of failure warrants that; what is failure for one may be another's idea of a step closer to success.

This automatically means that one's own standards for oneself are what they hold themselves with.

A SPRINGBOARD TO ACTION...

Failure is not about striking you down in a way that you stay down. It is about showing what went out of your hands and for what reason, in such a way that you get to introspect, explore and try a way to evolve. When you find yourself having failed despite working hard, it is a reminder that mere hard work is not enough—for smart work makes all the differences.

If you've checked all boxes and still find yourself failing, there's nothing wrong in accepting the fact that something is not meant to be. The right way, then is to approach failure as the thing that spurs you into action, to rise above the ashes like the proverbial phoenix, and to reorient yourself towards success.

NOT THE END OF THE ROAD.....

Life teaches us at every step “failure is not any reason to fret or be broken by. it is just another way in which the universe tells you that you are either not ready yet, or that something bigger and better is waiting on your way. Take every failure in your stride and life will go on smoothly.”

Manisha Panda

1st BPharm



Global Events of 2016

ZIKA!!

JANUARY 28th

People are confronted with heart-breaking news about the spread of the Zika virus in Brazil, where hundreds of babies are being born with severe brain injuries after their mothers were bitten by Zika-infected mosquitoes. Cue dozens of stories about Zika seeming to come from nowhere to threaten entire populations in Latin America, followed by how it will impact the rest of the world. By the end of January, the World Health Organisation declares the virus is spreading explosively.

BREXIT

JUNE 23rd

The world is left agape after Britons vote to quit the European Union. As per British elections in 2015, pollsters got it totally wrong with Brexit and with the Leave campaign. Leave campaigners announce the referendum result is “independence day” for Britain. Soon enough it becomes clear that the disunited kingdom has a lot of work ahead of it.

JUNO

JULY 5th

Juno is a NASA space probe orbiting the planet Jupiter. The spacecraft was launched from Cape Canaveral Station on August 5, 2016. It was launched to begin a scientific investigation of the planet. After completing its mission, Juno will be intentionally deorbited into Jupiter’s atmosphere.

OLYMPICS AND PARALYMPICS

OLYMPICS- AUGUST 5th-12th

PARALYMPICS-SEPTEMBER 8th-17th

OLYMPICS- The 2016 Olympics were held in Rio De Janerio, Brazil. It was kicked off with an excellent opening ceremony and went on for a week. The most number of medals were won by the U.S.A. India bagged 1 silver and 1 bronze.

PARALYMPICS - The Paralympics were held in September again in Rio De Janerio, Brazil. The most number of medals were won by China, while India bagged 2 gold, 1 silver and 1 bronze.

NUCLEAR TEST!

SEPTEMBER 9th

On September 9, North Korea conducted its fifth nuclear test, producing an explosive yield of 10 kilotons, the highest record so far!

IPHONE 7

SEPTEMBER 16th

Apple release the Iphone 7 in mid-September with significant camera improvements, a new glossy black color, better battery life, faster processors, and improved water resistance implemented through a click-less haptic home button and no headphone jack

TRUMP WINS. :(

NOVEMBER 9th

Donald Trump, real estate mogul and reality TV star, surprised everyone - reportedly even himself - by winning the 2016 US presidential elections after polls and experts tipped Hillary Clinton for the job. But on November 8, Americans elected him the 45th president of the United States. He now belongs to a select group: he is one of just 5 presidents to win the office while losing the popular vote. He is also the first president with no prior experience in the U.S. government or military.

Nobel Prizes

Chemistry – Ben Feringa, Jean-Pierre Sauvage, Fraser Stoddart

Physics – John M. Kosterlitz, Duncan Haldane, David J. Thouless

Physiology or Medicine – Yoshinori Ohsumi

Economics – Oliver Hart, Bengt R. Holmström

Literature – Bob Dylan

Peace – Juan Manuel Santos

Best Lyrical Writing

A Melancholic Fairytale (First Prize)

Out the window, I glared at the drops,
 Pouring down from the sky, in the market full of shops.
 Suddenly found myself recalling the recent past,
 Those happy days which went by too fast.

Brought forth to me her beautiful face,
 Accompanying a tormenting phase.
 My body stood still but my heart did sing,
 A melancholic fairytale, where I was the King.

A flashback musing in the form of a rhyme,
 Took me to my happier days, where life was at prime.
 Made me recall all those times we spattered
 Puddles accompanied with mindless chatters.

Along with all the trips that we took,
 And the best parts were not just in the corners and
 nooks.
 What we shared was a lot beyond elucidation,
 Our faces glowed with happiness, such illumination.

Reminiscing all 'somedays' that never came,
 The wild moments we could never tame.
 I was missing her already, the rains made it worse,
 I'd trade that one monsoon for my mummy's purse.

It was like a movie, but no retakes,
 Clocks don't go back, nor do mistakes.
 And suddenly I saw myself recalling why it ended,
 The reason my heart, till today feels offended.

So I snapped out of the magic, yet still in my thoughts,
 Recalled all the times I took the blame, without a fault.
 Apologized for nothing, and let myself down,
 Just so I could one day see her in a wedding gown.

Times were tough, she demanded too much,
 Not just my time, my money, attention or touch.
 I had surrendered my pride, ego and self-respect,
 But before it was too late, I did resurrect.

Being nice is one thing, but being a yes-man doesn't
 work,
 It was time to realize, it was toxic, less perks.

And sometimes, saying 'no' is the only way to grow,
 Fights, the need to please, seize, hence prevents loss
 of control.

I addressed my issues, looking for a workaround,
 Her beauty perhaps, had me spellbound.
 It was beyond repair, I chose to walk away instead,
 Unlike all the other times, now I was thinking with
 my head.

Began the quest to find myself again,
 Walking away from all the sufferings and pain.
 Stopped feeling sorry for myself, took matters into
 my own hands,
 I was the pilot of my life, driving across all lands.

Made up for the lost time, where I was my sloppy
 second,
 I shall always be my priority, to myself I did reckon.
 With that thought in my head, more like a reminder,
 I came back to reality, hoping never to find her.

I saw myself around a trove of happiness and pain,
 Yet a fear of history repeating again.
 With a coffee cup in my hand, her absence in the
 other,
 Darkness surrounded, felt suffocated and smothered.

Helpless I felt, unsavory, my plight,
 It wasn't just the sky that rained that night.
 I stared at the sky, with smile and sorrow,
 Learning lessons for a better tomorrow.

With a fear in my head, I will give love a second
 chance,
 To spin my world, and make me dance.
 One day I'll hopefully run into someone,
 Worthy of my sacrifices, care and concern.

Who wouldn't want to change me, yet stay by my
 side,
 Who wouldn't exaggerate, let the petty issues slide.
 Who will make me see a brighter side to this idea,
 Of selfless love and I shall call her "my dear".

Abishek Wadhwa (3rd BPharm)

Bucket List (Second Prize)

Braiding my hair and dressing up the barbies
Never really caught my interest
Instead the ball and video games
Brought me to a world of clashes and quests.
Why can't I do what my brother does?
Why can't I act like my kind?
I asked my mommy but she said,
"Desires are a state of mind."
The landscape from atop the hill
Was picture perfect for the scrapbook that
is torn
But before I could capture the memory
I was called for fulfilling the desires that
aren't even my own
The books filled with equations and reactions
Could never replace the lens
What he wants and what I need
Is why my desire is stuck within a fence
The flabby legs and protruding stomach
Has become a reason for office jokes
I hear the whispers and the criticism
From all of the society's blokes
Turning a blind eye is not so easy
Individuality is not a piece of cake
How can I just let it go
When I have a living to make?
A nine-to-five job for 24 years
Has squeezed the life out of me
My boss' expectations and overnight work
Adds to the constant bickering of my family
One day, just one day,
I wish I could be that pigeon in the sky

Carefree and my own captain for once
Flying, gliding and soaring high
Job and marriage happened too soon
Changed my dreams in the blink of an eye
But watching the 70 year old man with a stick
and a map
Brought back the feelings that were gone far away
The bucket list is filled to the rim
Not one has seen the green light
It's too late to start over though
The black glasses have made the world less
bright.

Shivani Karnik (2nd BPharm)

War Is At Our Doorstep (Third Prize)

"When will father come back home?"
Asked the stubborn eight year old.
Sulking in her usual stance
Pretending to ignore her mother's glance
"Can't I speak to him on the phone?"

Mother sighed! She picked up the bowl,
Which her daughter has just thrown.
"Why are you constantly refusing to eat?
Your father has been away only since a week.
It's not the first time for us to eat alone."

Staring at mother, the girl replied
"Tell me, when will he come back?
I overheard him speaking to you ;
He said if not within a week, he isn't going to return
soon."
Big tears welled up, and her voice began to crack.

Mother felt a lump in her throat
Her fists were clenched; her voice was choked.
"Why do you have to listen to us?
Everything is fine; do not create a fuss."
She said, trying in vain to console.

The daughter knew that something was wrong;
She knew that mother won't hold it for long.
So, she sat and waited patiently
Staring at her mother's trembling lips.
Until she gave in and broke down.

"Although I think , you are just a child
I will tell you because you have the right.
To ask me where your father is
And it's my duty to do so as you please."
Mother sobbed as she hugged her tight.

"Your father had left for the Army base.
And yes , he told me if in case

He does'nt return within a week
I have to assume that- War has been declared in
our country."
She said, as tears rolled down her sublime face.

Stunned and scared, the little girl asked
"What is the actual meaning of war?"
"War means guns", mother said.
"And tanks and rifles and bullets."
"War means soldiers killing each other."

"War means groups of heavily armed men ,
Blasting bombs and grenades in the open.
War means blood; War means insanity.
War means a total end to humanity."
Mother blurted, clutching her chest in pain.

"But why does father have to fight war?"
Screamed the daughter with disguised horror
Mother let out another sob;
"He will fight, because it is his job.
He will fight war for his Country's honour."

The daughter sat there , broken and torn
Looking into the eyes of her mother forlorn.
"Please calm down, Do not cry."
After all , she was a soldier's wife.
She knew that she had to be strong.

"Listen child, the Army is meant
To fight for the country, whenever it needs help.
They do not think about you and me
They think about the nation and so should we.
So, let us prepare – War is at our doorstep."

Ruchira Samaddar (2nd year BPharm)

The tale begins like an ordinary one,
A girl, a boy and their ocean of fun;
As happiness rained from above,
Their ocean began to flood with love.
Waves rose higher, touching the boy's heart,
But couldn't reach the girl who was a bit too far;
She witnessed him drowning, too-too deep,
But there were some promises she couldn't keep.
She smiled the same way as if she didn't have a clue,
While he carried his heart everywhere in blue.
Things remained same for the beautiful dove,
But everything changed for the one in love.

Bharat Arora, II BPharm

THE MIRROR OF LIFE

As the moon has two faces,
One illuminates,
That radiates, that embellishes,
But,
The other unseen,
Concealed by darkness.
We nestled in the magical touch of nature,
Where dusty desert and lush forest
Merge into one,
The vast ocean gives birth to the waves at the shore,
reflects its simplicity
But wind destroys all.
Every fluctuation in the universe,
Leads perfectly motifs life.
Rejoicing miscellany of flowers, trees and every part
of nature,
In the solemn ode of mother nature
The Life gleams.

Megha R Poojary (1st BPharm)

AN EVENING WALK

This way I salute you
My hand pulses to my inner jacket pocket
Or into my inner t-shirt pocket
For my past, my life
An evening walk
Time for joy, time for pain
Time for relaxation, time for stress
Oh! I see a mother coming from work, her face is as sad
as a tree that couldn't bear fruits
As she recalls that her children went to school with an
empty stomach
Oh! I see a beggar, knocking at every door, accepting
anything he's given
An evening walk
Ah! I see papa on the way, he's thrilled as he sees his
wife and children
Ah! I see an auto driver with a smile, whistling beep-
beep "can I take you somewhere?"
I see granny dropping her purse, there you go granny,
"Thank you child!"
An evening, an evening walk
Had it not been by you, would I have realised that the
world is indeed a big place
And I am but a dot in this vast space, there's a lot more
wrong in this world of ours
And to make things right it would take countless of
hours
An evening walk
Had it not been by you, where would I be?
Oh! An evening walk, thank you for making me
appreciate what I have
Be a helping hand to those in need
Be a monarch, not a dominator but a motivator
Not to compete but express the true image of unselfish
love to me and everybody else
An evening walk

Ramochema Mapaseka Mavis (2nd BPharm)

Venturing Around!

Early in the arrival
But late were you
Always on the run
On our bicycles
Rough was the road
But the rush was fun
Sometimes the train
Or the tyre was punctured
Reasons were always same
And the reasons were bought
'Cause the 'Sir' was lame
Still nothing can outrun
Those rides of fun

The storm of dust
The shimmering rain
Those troubles we took
To climb the lame
Those unknown turns
Those pretty pretty girls
Learning all on the run
Those were the rides of fun

Remember those Saturdays
When they were half days
But still home coming was late
'Cause we ventured on the roads
Unknown to fate
Remember that silence of tranquillity
Those samosas with chole or chutney
That crazier you and the happier me
Those were the days
When fun was free
Those were the days
When with you
I was me

Proneel Das (3rd BPharm)

Holi

In the midst of the scorching heat,
We played Holi.
We didn't even feel the heat of the sun,
But coloured ourselves in Holi.
The colours search for my face,
My naked face took all the colours.
Being so generous to my white clothes,
I bet you, I must take revenge on someone else.
The laughter on my lips,
Makes colour stay radiant.
I tried to smell the colours, but I couldn't
I could only feel them.
Is there something I like about Holi?
The colours stay longer,
Reminding you each day of Holi.
Impatient for the next celebration.
We pray that you fill us with colours,
Colours that add meaning to our lives.
I will sit and wait for the next Holi to come.

Amarachi Jesse Anyaduba (1st BPharm)

Never Forgotten

Hair like a net of silver wires,
And lips upturned, trembling and afraid,
Big doe eyes with a bloody iris,
Looked at me, silently seeking my aid.
I took her pruney fingers in mine,
"Hold on tight!" I screamed with all my might.
Saline filled her lungs, heavier she got;
Till slowly, diabolically, I saw her go down.
Hands pulled me back, on to the shore,
But I couldn't stop kicking and yelling out loud
"Save her, do something, pull her out!"
She had no one, she was forlorn.
Twenty years later, I return to the cage;
Hands shaking, my feet soaked again.
I try to recall that wilted face.
But only a glimpse of shadow remains.
Like epiphany, a thought just strikes,
Why eyes drowned in memory look so dazed.
No matter how much you wash it off,
The sand that sticks is the sand that stays.

Shivani Karnik (2nd BPharm)

Procrastination

Today comes with the sun and goes with the moon
I lay down on my bed watching this scenario
Hoping to get to work at the right time
When will the right time come?
I finally say tomorrow.
Tomorrow comes like today
I lay down on my bed watching how tomorrow goes
Hoping to get to work at the right time
When will the right time come?
I finally say tomorrow.
Today is the last day, my last tomorrow
I will finally get to work, I have learnt my lesson
What a deception!
I still lay on my bed watching today go
I finally say tomorrow.
Today and tomorrow, my best words
I fail to realize that today won't give me extra time
Time is not the problem but my mind.
Finally I am at work!
It takes me today and tomorrow to finish a work
which can only be done today.

Amarachi Jesse Anyaduba (1st BPharm)

Believe

I am not able to believe,
The day, where everything was lame
Grieve & guilt left me with shame
I found no lane, that show me the way
I don't even know, where do I stay
In the race of this freaking game

I am not able to believe,
why life is so tough?
& the way to succeed becomes so rough?
Day by day, subdue my fear
to gather hopes, it took me years!

I am not able to believe,
How did I manage to strain my brain?
It was just like being under shower of pain!
one by one, all the heckle that I tackled
was huddling around when I got fabled

I am not able to believe,
is there any need to pay heed?
but result would say all my deeds
Endeavour always surpassed me,
Boom is what I can only see!!

Shikha Singh (1st MPharm)

The Surmised Night

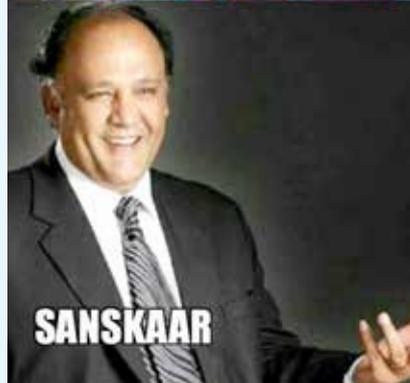
The day is bright,
Active and jubilant,
But the night ain't bright,
It's calm and silent,
They say it's dark,
But I see it shining,
I see the spark,
Stars gathered for dining,
Moon's aura glows in the dark,
Spreading its sheath of tranquillity,
I wonder why they say it's dark,
When the moon is shining like a deity.

Listen to the wind,
That drifts touching your skin
What I see didn't
Was the silence crawling, slowly and thin
Chirping of the insects
And howling of the dogs
The fear rusting that instant
Loneliness perhaps was the cause.

The right is enigmatic, grey and dark
Lost are voices in the backwoods of slumber
The path so known but still I lark
For the night dwindles, like cash
Cash that we can't encumber
All so found in the wilderness of the night
Last is all in the morning oblivion
Nocturnal am I, waking the night
Lost is all in the morning oblivion
Nocturnal am I, waking the night
Seeking the truth
Lost in the chiasms of the morning oblivion

Proneel Das (3rd BPharm)

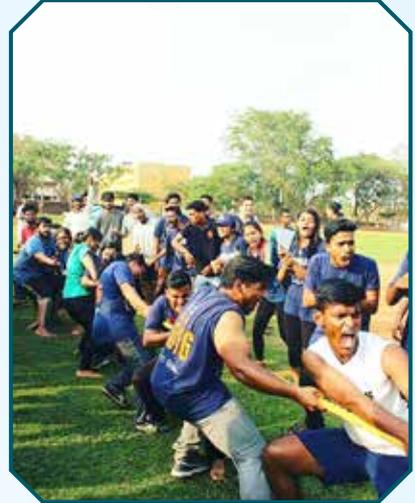
Memes



Moments

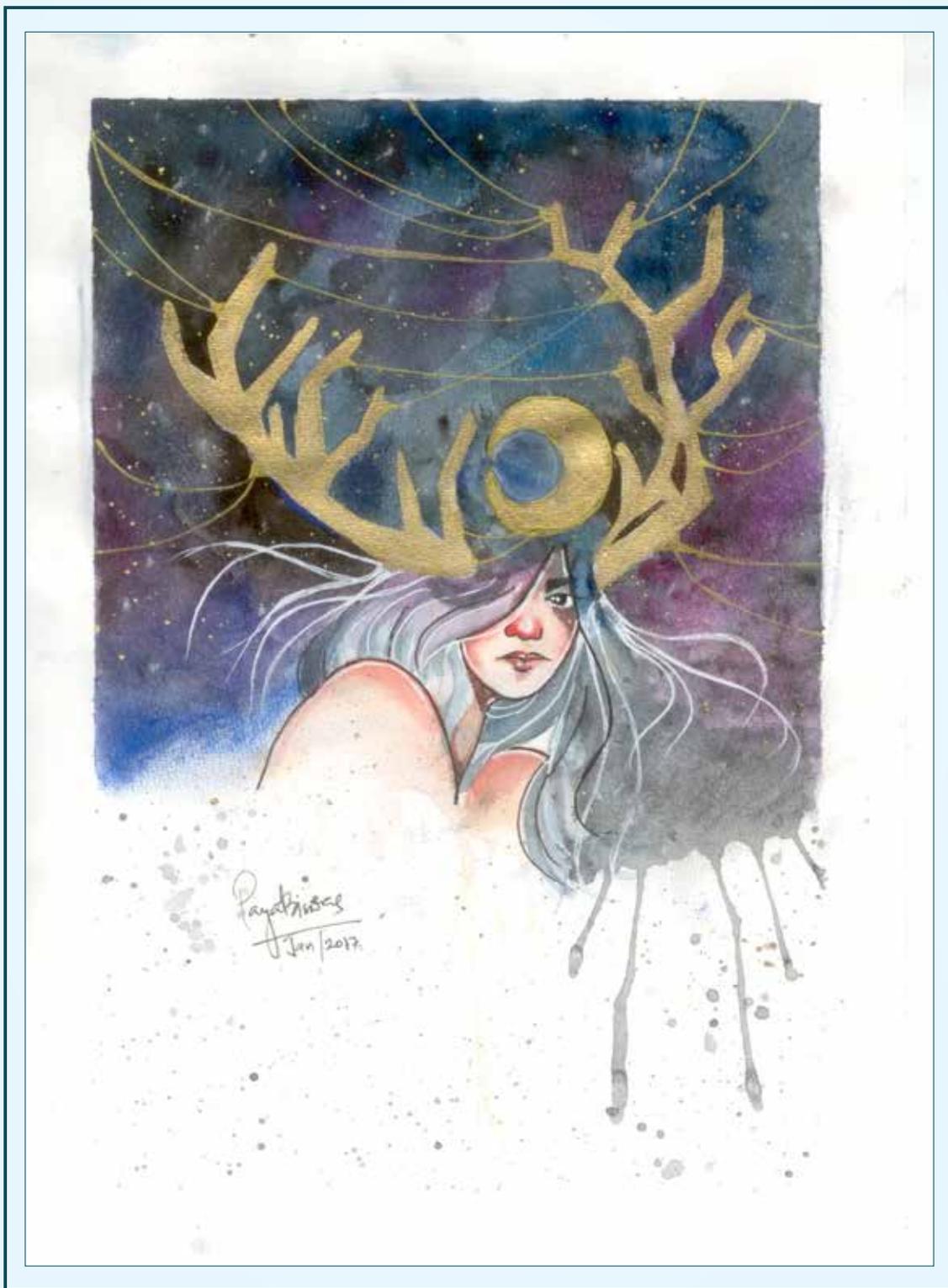


Moments



Sketches

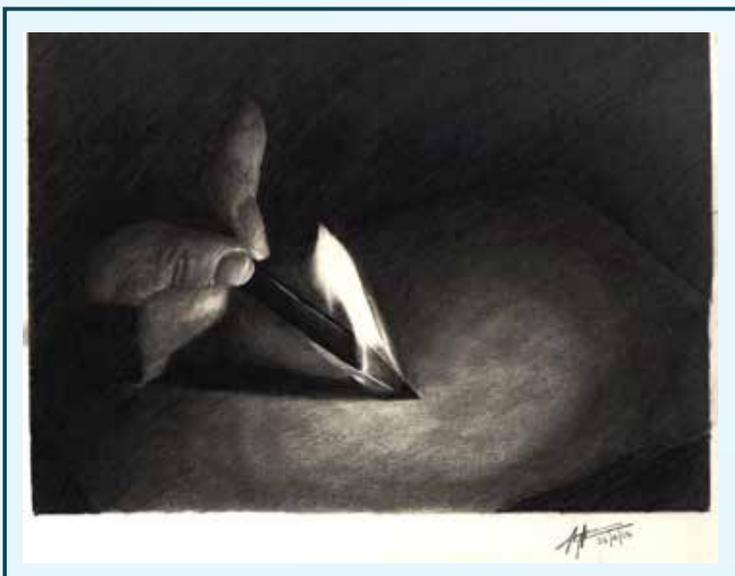
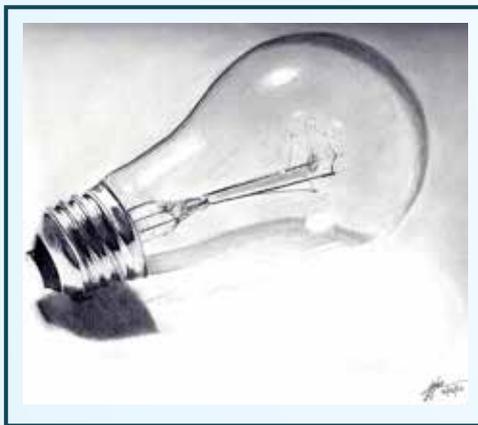
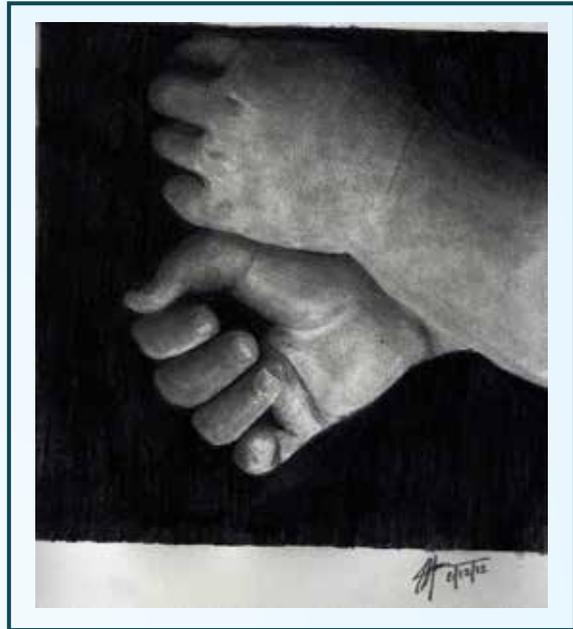
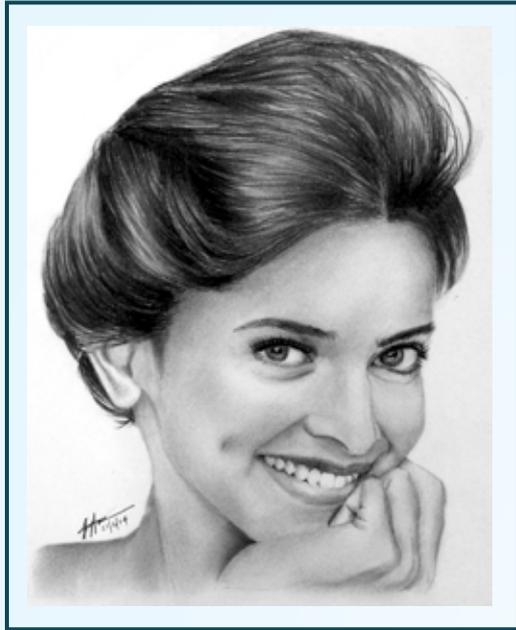
Best Art Work
First Prize



Payal Biswas (1st MPharm)

Ab Aeterno 2016-2017, Manipal College of Pharmaceutical Sciences

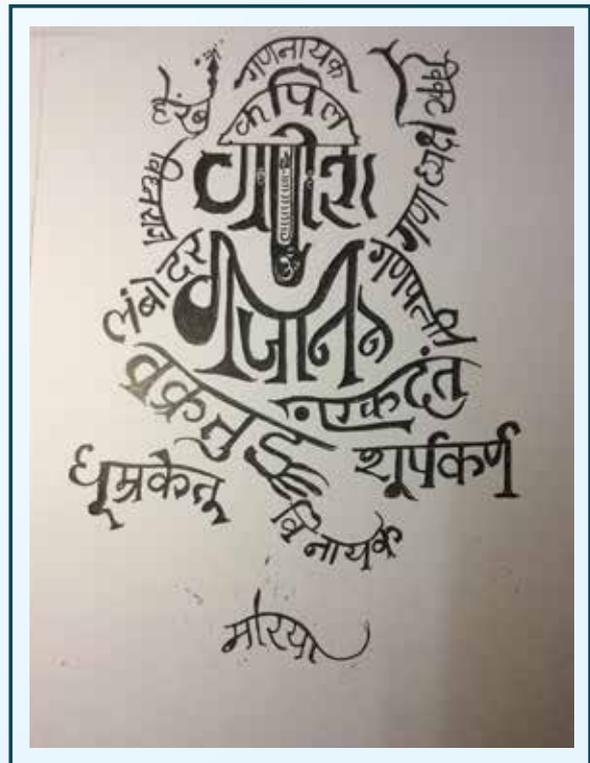
Second Prize



Jeffry Jose (6th PharmD)

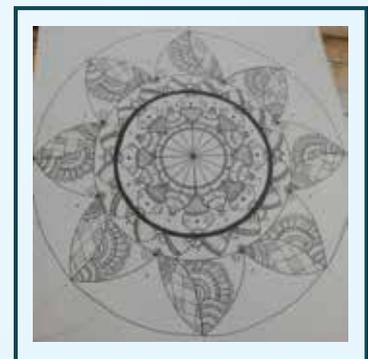
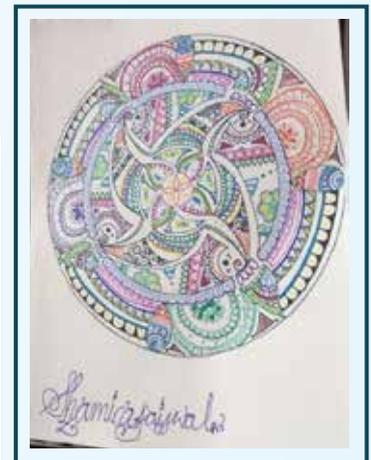
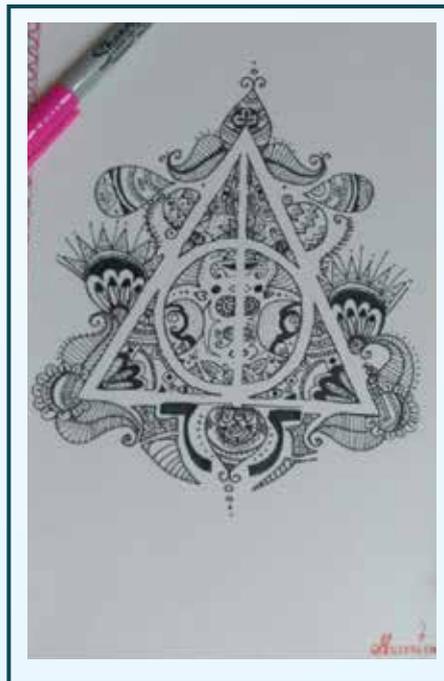
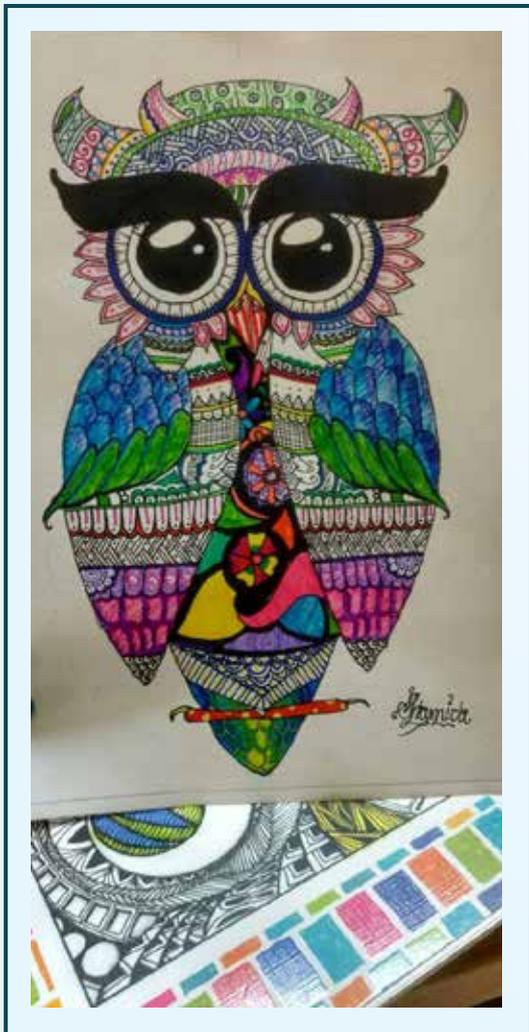
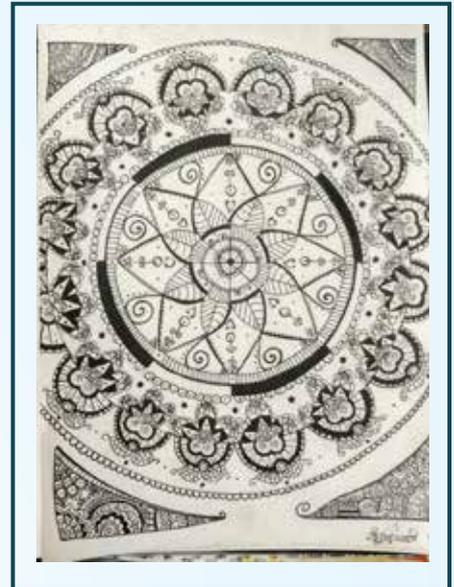
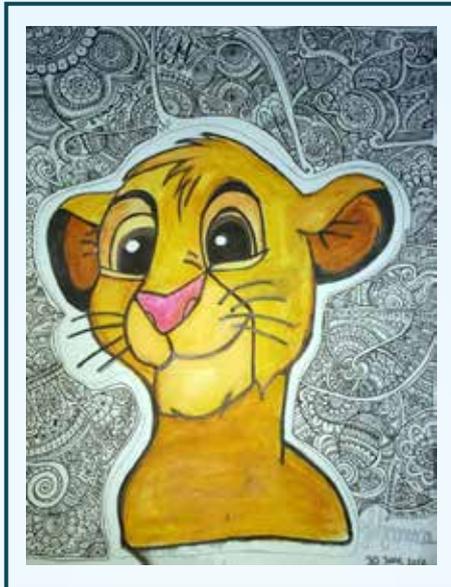
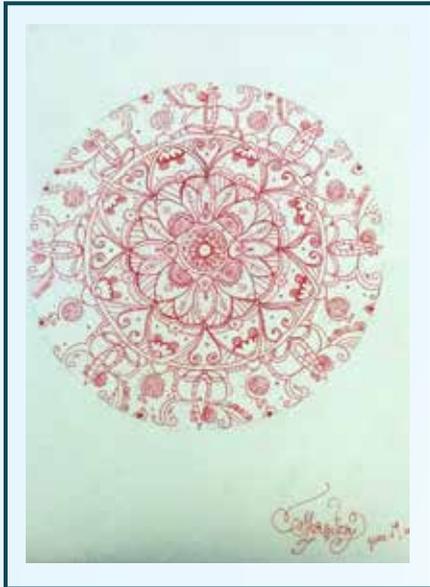
Sketches

Third Prize



Suneha Banerjee (2nd BPharm)

Third Prize



Shamica Jaiswal (2nd BPharm)

Sketches



Aman Shah (3rd BPharm)

Sketches



Shreya (3rd BPharm)

Testimonials

4th BPharm

Sneha Kirugulige

The P T Usha of MCOPS, our miss sportive Kirugulige is a silent but violent girl from Shimoga. She is a travel freak and a fun loving person. She is the Bangarada jinke (golden deer) of our class. She is the craziest person we've ever met. We wish her all the best for her future.



Kavya Naik

Dancing is in her genes but she is a very bad singer. She is very naughty in class but only a few know it. Very lazy but she is always ready to roam. An ice cream lover, Kavya is one of the most trustworthy and helpful people. We'll definitely miss her.



Saipriya Shettigar

A typical local, with a fully charged smile on her face, best describes Saipriya. She is a very down to earth person, and is the food supplier of the class. A very sweet, helpful and caring girl, whose words can never hurt anyone. We wish her good luck for her future endeavours.



Namitha

She is one of the most inspiring girls we know, with beautiful silky hair. She is adorable & cute. She is always confident about her personality, and is ever ready to help. May god bless her.



Sweeka Lal

Understanding Mrs. Sweeka Lal is sometimes a bit difficult but she is one of the loveliest people we've met. She'll be missed.



Priyatam Ranjan

"If it hurts to look back, if you're scared to look forward, look beside you, I'll be there." This quote has been brought to life in all senses by Priyatam. He has been a special friend to everyone. He will be missed.



Srinidhi

Srinidhi is a sweet girl, who always sat on the first bench in class. She is known for her art work, which we all love and are grateful for, especially her calligraphy skills for the sports day certificates. She has been an encouraging person and will always motivate one to study. We wish her all the best for her future plans.

Krupali Shah

She's one person who is always ready to celebrate, even without an occasion. She is an all-rounder who always had her priorities set right since day one of college. It has been a privilege to have befriended a person like her. A true sugar-head which is inflicted in her behaviour too! We wish her nothing but the best in life!



Prajyot Naik

A friend in need is a friend indeed and he's the best example of this quote. "Mr Perfectionist", he needs perfection in every task. A down to earth person and a hard core SRK fan, he exhibits good managerial skills. Prajyot & Vadapav, always a better love story than 'Twilight'. His jolly and energetic attitude can win any heart on earth. He is one of the most handsome and helpful guys of the batch. We call him "Jugaadu" because he always has the shortest way to solve big problems, be it in lab or in exams. #KTMBOY #JAI MAHARASHTRA.



Praveen Gadde

This Telugu superstar is a disciplinarian to the core and sets an example of good behaviour. He is a die-hard Nagachaitanya fan, and is crazy about bikes, cars, Pharmacology & Rajahmundry – the cultural capital of India. We all expect many breakthrough discoveries from this future scientist.



Remya James

She is a perfect Malayali combination of beauty with brains. This girl is always one mass song away from being a full on tapori. Her unique way of expressing her love towards food "BHOOOOOOOK LAGI HAI" will always be remembered.



Srija Mantri

This girl is a Hollywood encyclopaedia. She is a happy-go-lucky person with a pretty smile. She is a crazy fan of Harry Potter and is always seen with her headphones and laptop. We wish her good luck for her future.



Akshay Rao

He's the real superstar of MCOPS. He is an intelligent guy who knows how to balance studies and co-curricular activities. A guy who can't say no to anyone, Akshay is a poster boy of innocence and easily falls for anyone. We're all looking forward to seeing him on the big screen. #NautankiSaala #Dramebaaz #AkshayRaoIndia



Manideep Garlapati

A very hardworking and co-operative personality, he is a die-hard fan of Jr.NTR. An honest and loyal person, Manideep will always be there for help. He is always ready to share his nonsensical jokes. "Making a million friends is not a miracle; the miracle is to make one friend who will stand by you, when millions are against you".



Vineeta Pathak

The Deepika Padukone of our class. Multitalented and creative, she is a perfect combo of determination, desire and hard work. She is a no nonsense girl with an impeccable personality. Her choices are unique like finger prints. She is probably the only student in class whose notes are always circulated. The undefeated queen of antakashari, her words are more impactful than Bollywood dialogues. (Khoon ke aasu) "Dosti ki hai toh nibhani padegi" is her principle. Her love towards friends and friendship is unconditional. #BihariSwag #SalluKiDiwaani #AlooForever



Akhil Nair

The guy with a sufi voice and magic in his fingers. His dedication and sincerity in every work is always something to learn from. He is a master when it comes to music, piano and studies. The ideal child and the most hardworking guy in the class. We wish him the very best for the future.



Tridib Haldar

The guy who started the trend of photography in MCOPS and no doubt the most creative, most energetic, and a technology freak who can fix anything. He is an amazing dancer and one of the most talented guys of our batch. We wish him good luck for his future.



Amit Pillai

He is not only the best football player and the best athlete but he is also a very good guitarist. An all-rounder, he has the wittiest sense of humour which can make anyone laugh at any point of time. He is one of the coolest guys in Manipal and a very goofy friend who is always there for help. We will miss him.



Nikhil

The sweetest guy one will ever come across. He is one guy who doesn't think twice before helping others. He is one of the gentlest, kindest and most helpful guys of our batch. We wish him all the best for his future endeavours.



Vishesh

The guy with the broadest shoulders, Vishesh is the one who taught gym-ing to the boys of this batch. Fitness for him is everything. He is the calm, cool and always full of energy. We wish him all the best for his future.



Shishir

One of the most loved students of the batch. His biology knowledge is something which can put even the MBBS students to shame. He is the most shy of the lot. We wish him the best for his future.



Madhav Jain

The rock star of MCOPS. A very positive, farsighted and ambitious person with great people skills, Madhav is an amazing friend who is always available when you actually need to talk to someone. His guitar and singing skills, as you all know, are simply stunning. He will be missed.



Turni Dutta Gupta

Make-up artist, fashionista, and bossy, she is an introvert until you introduce yourself. She is witty, beautiful and a wonderful person. We wish her the best for the future.



Harini R

The one thing about her that is memorable is that she always manages to cheer her friends up when they need to be. She is the smartest and cutest person we know. We wish her the best for her future endeavours.



Devika

She is a silent, naughty and crazy girl who is very helpful at the same time. You will appreciate her sense of humour if you get know her well.

Vasanti

Girl with the longest hair in the class, she is short but very sweet, naughty and cute. She mingles with everyone in class. Once she starts laughing it's just impossible to stop her. Keep smiling. You will be missed.



Melissa Loudina Pais

If every person had a tagline, hers would have been 'Chota packet bada dhamaka'. And she lives true to it. An explosive combination of beauty and intelligence, this girl from Namma Kudla is all things wonderful. She is a fantastic friend and an even more amazing human being. She has the patience of a saint and is always ready to lend a helping hand to those in need. We're confident that she will do wonderfully well in whichever field she steps into and we wish her all the good luck for all her future endeavours.



Aishwarya Noronha

Her stature might be tiny but she is a bomb! Usually she is very quiet but only the people who know her, know what she is capable of. She is a sweet girl who keeps to herself but is there for you if you need her. She will be missed dearly! Wishing her all the good luck for her future!



Geetha Nayak

The most hyperactive girl of the class. Even though her temper is right at the top of her nose, she always has a kind, wide smile spread across her face. She is an avid dancer and is exceptionally talented. She's smart, intelligent and caring towards people dear to her and is always willing to fight for what is right! We wish her all the success for her future!



Josline Monis

Don't go by her weight, she's a total foodie. She is easy to approach, thinks maturely and has a friendly attitude. She always has a smile on her face. She is a beautiful princess who owns hairbands of every colour and dons it as her little crown.



Karima

A great class room artist whose notes are filled with doodles and cartoon arts. She is a Shinchan lover, her unique sense of humour is known only to those who are close to her. She craves for chocolates, ice creams, cheese and all kinds of junk food. The funny thing about her is she is sceptical about wearing her glasses even though she can't see the black board without them!



Sharel Rency D'almeida

Billo Rani. She's an ardent cat lover whose Instagram feed is filled with cute cat posts. She's a sweet and sensitive girl but at times is complicated. A total nerd, she's a good paper craft artist. She likes to keep things clean, tidy and orderly.



Kamiliya

'Clash of Clans ki deewani'. She's a hardcore Gurmeet Choudhry fan who is busy tweeting about him 24*7. Cute and short, she's the selfie queen of our friend circle. A talkative, caring, and smart girl whose actions will make you think twice.



Kavyashree

She's a crazy, childish and loving friend. She's a great nail and mehendi artist who likes experimenting with her hair. She likes to live in her own bubble and is helpful to everyone.



Anisha

This cute girl from Karkala is filled with innocence. She's talkative, studious and a big time foodie. She's never had an attendance of less than 90 % in the past four years. She's punctual and keeps all her work up-to-date. She's cool-headed and lends a helping hand to people in need.



Priyanka Pai

The chubby cheeked cutie pie of our class, Priyanka is the one always laughs and is happy. She is a perfect combination of creativity, intelligence and smartness. She can effortlessly set the atmosphere to rock and roll. She is a high-headed, confident, optimistic woman. Whenever in need, she is the one you can always look up to. Wishing her all the good luck and best wishes for her bright future.



Anjana S

This absent-minded, mad scientist has made the Biotech lab her permanent residence. Apart from being a topper, she also happens to be a high jump champion and proficient German speaker. In spite of all her achievements, she is one of the most humble people you'll ever come across. Ambitious and fiercely independent, she will persevere despite all setbacks. She happens to be obsessed with Tamil songs and movies. We wish her all the best and hope that she wins a Nobel Prize someday.



Saipooja

No matter how stressful the situation is, if you are around her, she will cheer you up. We wish her good luck for her future.



Tess

When we think of Tess, the first thing that comes to our mind is a quiet, silent girl. She is a great artist and a fun person to be with. All the best for your future endeavours.



Zahra Bandali

The girl from Tanzania is known to many for her photography skills. She is always ready to give a helping hand. We are grateful for her colourful charts and notes that have helped many of us, including the junior classes. We wish her all the best in her future endeavours.



Krishna Gandhi

She is hands down the sweetest girl in class. The most disciplined, friendly and helpful girl I have ever met. Krishna has emerged as the kindest friend and we are glad to have shared our college experience with her. The Kenyan gujju girl with a beautiful and pure heart, she has constantly taught us the simplicity in life through her Hare Krishna teachings. We wish her all the very best for her future.



Ashima Panjwani

A perfectionist, optimist and an original thinker, she is your go-to-girl if you are in trouble. Sets you straight when you off the track, she is a great friend and an amazing person with an endearing personality. Good luck for your future.



Nishma Khetia

As much as her love for photography, travelling and writing, she loves her friends and food much more! A very enthusiastic, bubbly and fun-filled person, who will never let you down. Be it the middle of the night or day, she will always be there for you. Wishing her all the best in her future endeavours.



Anushka Pharasi

The Mumbai and Delhi mix, she's the best out there. An all-rounder of our batch, Anushka is truly a beauty with brains. She is a very supportive friend. She turns up for all occasions, whether it is suggestion for party planning or academic queries. A good meal can instantly brighten her mood! We wish her a great life ahead.



Shristi Sinha

Just like her name, she is as pleasant as nature, and as caring as a mother. You are that entity of life without which life cannot exist. Good luck for your future!



Khushboo Mistry

Woman of few words, this sophisticated, poised girl of final year from Dadra and Nagar Haveli is a lovely Gujju at heart. Soft spoken and filled with elegance, she is a pillar of support for her friends. With sincerity in her heart, be it books or going crazy with besties, she is perfect at making memories. Strong minded, smart with a blissful smile, this multi-talented girl is known as an efficient Chief ED with her skilful persona and secret diaries of articles! May you keep dreaming big and achieve all that you desire in life. You and "Happy Studying" are always going to be missed- Chief!!



Shreeranjani Menon

4 years have flown by and she still remains the same pragmatic, gregarious foodie. She has a charismatic personality and an attitude that humbles you. Though she takes procrastination to a whole new level, she is a diamond in the rough with capabilities to reach the stars.



Rohan Avadhani

The Goan dude of our class who is very popular among the girls. He is full of enthusiasm and a fun guy to hang out with. The most excited person who waits sleeplessly for any road trip. He's every teachers' favourite. He is crazy about SRK, and a hardcore fan of Emraan Haashmi, Rohan will be missed #Gabru



Siddharth Jain

Dedicated to the tracks this 'Milkha Singh' of Final year Bpharm has come a long way from ruling the athletic field to organizing 'Manipal Marathon 2017'. Hard working and sincere, Runner boy Sid is an all-time chai and a Shawshank lover! Friends love his company and constant support. Yaaron ka yaar Sid is an all-time chilling partner, a patient listener and a perfect surprise planner. With Gyan always on his fingertips, he is definitely going to impress you with his charm. Silent and confident he welcomes life with a smile and enthusiasm that can move mountains. Jogging his way off at dawn and dusk, this Mumbaikar is a great lover of music with Lamb of God hitting the lists. May he succeed in all his future endeavors and Take 'MRC' to new heights!



Anusha Ganesh

Miss President. This girl has been instrumental in bringing many important changes to the student council. She loves to party and is an anime fanatic. We wish her the best of luck for her future.



Akash Nair

Hardly anyone knows this person as Akash as his last name is much more famous. Living up to being a mallu, Akash loves to gorge on food (especially puffs from SP). Nicknamed 'Boltaldo', he is one of the best El Classico buddy (cum rival). Apart from being a gentleman by heart, Akash redefines the meaning of hard work, sincerity and consistency. A great friend and a strong willed person, we wish him all the very best for his future endeavours.



Abbas Dossa

This Tanzanian is one of the nicest boys of the class. A very hard working and helpful guy, Abbas loves running. We wish him all the best for his future.



Himanshu Mishra

This guy has his way on the cricket pitch. May it be MCL, Athlos or InterMahe, he is always there to see his team through. We wish him the very best for his future.



Esione Ikenna Anthony

We wish him all the best for his future.

Gautham

We wish him good luck for his future.

Aqeel Akhter

We wish the best for his future.

Inas Hashim Dhaidan

We wish him the very best for his future endeavours.

Anisha Shabanis

We wish her the best of luck for her future endeavours.

Sreyas Adusumilli

The genius of the batch. One of the quietest students, Shreyas is always there to help. He is one of the sincerest and the most dedicated students of the batch. We wish him all the best for his future.

Gowtham Raj

We wish him the very best for his future.

Harshith Nayak

Harshith has one of the most envious bodies in Manipal. A gym fanatic, he participated in the Mr. Manipal contest. We wish this body builder the very best for his future.

Manjula

We wish her all the best for her future.

Poojitha Reddy

This Andhra girl is an amazing athlete. She makes sure everyone knows her name at the end of Athlos every year. We wish her all the best for the future.

Debjani Dutta

We wish her the best of luck for her future.

Anamika Singh

We wish her the best of luck for her future.

Yugal Kishore

Baba. He is a cricket enthusiast who can be found sitting in front of the TV every time India plays. We wish him the very best for his future.

Sana

We wish her the best of luck for her future.

Prasad Shettigar

We wish him the best of luck for his future.

Suhas

Suhas is one of the smartest guys in the batch. Modesty is his middle name. He is a big Anime enthusiast. We wish him all the best for his future.

Kamiliya

We wish her the best of luck for her future.

Gaurav Kumar

We wish him the best of luck for his future.

Vyshnavi

The girl with the golden arm. Vyshnapi is a prolific shot-putter. She does not fail to disappoint in any of the sporting competitions. We wish her all the best for her future.

Saurabh Singh

We wish him the best of luck for his future.

Soyab Ansari

The cyclist. Soyab can be seen cycling around Manipal every weekend. He has been a crucial member of the Manipal Runners' Club. We wish all the best for the future.

Nirali Jakharia

We wish her the best of luck for her future.

Abhishek Singh

We wish him the best of luck for his future.

Avinash Kumar

We wish him the best of luck for his future.

Ujjal Deka

We wish him the best of luck for his future.

Abishek Rao

We wish him the best of luck for his future.

Arun Prakash

We wish him the best of luck for his future.

Abdul Rahman

We wish him all the best for his future endeavours.

6th PharmD

Meenakshi Srinivasan

Ms. Srinivasan, “Meenu” is the heart of our class. With her dazzling smile and genuinely loving traits, she can charm anyone! She is multitalented, a topper, hardworking, determined and most of all, a gentle and humble soul. Her presence alone can bring life to the party and the class. She is super cool and super awesome. Meenu likes dogs, unicorns and eating fish. She will be missed every day.



Jefry Jose

The cool NRI boy with the good looks whose first love will always be his bike. The guy who can study two hours before an exam and still score the highest in class. A talented artist with amazing cooking and coffee making skills. He knows no fear and you can count on him to do something dangerous and fun. The guy who proved that no matter how much you fall, always pick yourself up, dust yourself off and start again.



Bittu K Paul

Bittu is no ordinary guy, he's one of a kind or better yet he's one special mallu ankutti! Always on his feet ready to be out and about exploring new places. However consider yourself lucky if you've been in a car while he's driving because he drives like a mad man! When it came to managing the student council he was undoubtedly the best vice president the council had. If you come across him he may look like a shy guy but don't be fooled.



Raushan Blake

Our very own Blake, an Irish origin guy from Ranchi. A great fan of Arnold Schwarzenegger and the only Mr. MCOPS till now. Raushan is a very nice person, very good at moral support, a confidant, an advisor and yes the best of friends. He comes up with a logical explanation for anything and everything you throw at him. He loves to socialise and is friends with many juniors and seniors alike, within college and beyond.



Shivani Mittal

She is what you'd call a disco ball in a haystack; she's hard to miss. This Delhi girl will knock your socks off with her sharp wit and charisma. Every time you feel like your glass is running dry, try having a conversation with this one. She's going to fill it right back up with her charm and top it off with a wicked smile.



Swathi P

Swathi, a quirky character who is extremely adorable. She is crazy about Naruto and Ninjas. She enjoys each day as it comes and is such a happy soul. Panda's are her spirit animal. With those big beautiful eyes and that mesmerizing voice and with a disarming smile, this small town girl from Kasaragod is unique because of her big dreams and she's sure to make it large! Genuine people like her are hard to come by. She is super fun to be with and loves spontaneous plans!



Giftin Joseph James

The endless passion for mining answers made this “Mr Library” to delve into the amazon of never ending doubts. His boundless hard work throughout the year (unlike typical exam bell learners) made him an atypical student. Amazingly, these efforts did not prevent him from becoming a health fitness specialist and a Social critique. When he is around and you are hungry, you are blessed to have a ‘Google’ of restaurants at your finger tip to lick your fingers to the last flavour at your dine. BUT NEVER DISTURB HIM WHILE HE RESTS!



Lakshmi Jayachandran

The best singer of our class, blessed with a melodious voice and an even brighter smile. She is a wonderful person to go to for advice. She can handle any situation perfectly with her intellect. Her love for reading is unbeatable and if you cannot find her, if she is not receiving your calls, don't worry she will be in the library. Polite, intelligent and a total Malayali beauty.



Mazaher Bashir Khaki

A friend of all, Mazaher is a thorough gentleman with a good sense of humor. He has excellent communication skills which can even make tensed situations light. He has a good understanding of global businesses and geopolitical subjects. He learnt Hindi really quick especially mastering the important words. He's always conscious about his tummy even though he doesn't have one! He is always adored by all of us.



Vivek Prajapati

The “Kenyan Guju” of our class. He is a very hardworking and intelligent guy. Silent from afar but a chatterbox if you get to know him. You will always spot him with a smile on his face. Always maintained a low key profile in class but he is very friendly. Famous in class for his appreciation and wide use of smiles. A “Guju” that is not a fan of desserts but will never say no to chocolates and ice cream.



Nithu Mariya Johnson

She is the most fun loving person you can ever meet. If you need someone to just talk to or sing songs on top of your voice you know whom to go to. She is always there for her friends even if the whole world isn't. A girl you can trust with all your secrets. Someone who is full of wit and there are no judgements when you are with her. You would think that she is quiet as she doesn't mingle at first but once you get to know her trust me you would never want to leave her. She surely is a jewel that was hidden under stones for a very long time, and is now all ready to shine. If you want to sing Taylor swifts song she is the one you should go to.



Dana Rachel Mavelly

This Canadian Malyali penne is an amazing dancer, without whose efforts our class wouldn't be winning any awards for the Sanskriti dances. She pays great attention to detail and especially to your eyebrows. A self proclaimed neat-freak and an



extremely hard worker, her room is always organized. Dana is someone who's extremely kind and giving. She's beautiful both inside and out.

She's someone you can trust with your secrets and someone who'll be there when you're going through hard times. Being able to find someone you can click with so naturally is rare but I am glad I found that with you. Hope you always stay happy Mowgli.

Sujeet Kumar

He is called the "Stud" of our class for all the correct reasons. He is extremely amiable hence always surrounded by people. You can never find any selfie without his 'eyebrow raise'. He is adventurous, since his love for bikes is endless. His generosity and presence, when you need him, makes him a wonderful friend. His immense knowledge in Bollywood makes him a perfect partner for Antakshari. You can go about anything in the movies and he will have some fact to add upon "Hum bataye uss picture me kya hua tha". If not in Pharm,D, he would have been in dramatics; you will be convinced if he has ever delivered a filmy dialogue in your presence. He showcases his strong exterior but people who are close to him know his heart melts like an ice-cream.



Neha A Shetty

Like a coin, Neha has two sides, one for the world and the other for her friends. According to many teachers and classmates, this Shetty girl from Dubai, is the most silent in class BUT once she befriends you, she will not stop talking, I REPEAT, she will not stop talking! No one can understand her sarcasm, other than her friends (hence it took some people 4 years to befriend her). She has a knack for Pharmacology and loves to have Kebab Fry! She's the sweetest person you'll ever come across. The kind of friend you can talk to until 4am and always count on. As humble and caring as she may be, this girl is much stronger than she looks. It's really true, "the best things come in small packages."



Akansha Kumar

Everyone is well aware about her passion for sports whether it's badminton, TT or squash to name a few. Her vast social network makes her really resourceful. Her affable instincts are the cherry on the cake. She is a total extrovert with a dotting heart. She never steps back from any opportunity even if it would cost her health. If you are in an awkward situation, she will be there to rescue you. She is totally determined to achieve her goals and yeah boredom will never hit you when she is accompanying you.



Ashok Kumar

I have not seen a person so dedicated to pharmacy field, an active sportsperson, never back down kind of personality. He understood the hardship behind getting into a college and earning a professional degree, and hence was always eager to learn and apply. He would often say knowledge is not enough if you don't apply it. Who else would give you a packet of cake on your first day of arrival in Manipal? Hail Ashok Kumar Adepalli! Cheers man, to our journey together



Anna Asa Suresh

A Malayalee Sundri Kutty Crowned as “MISS FRESHER’S.” She is a hardworking and intelligent proving the saying “Beauty with Brains.” She is an exquisite dancer, mesmerizing and captivating everyone including the teachers with her dance moves and has a mischievous gleam in her eyes, making her the “Expression Queen.” She has showcased her leadership qualities as a part of Cultural council and the SEC. Seen as a sociable and approachable person. She easily draws anyone’s attention with her sweet Hindi accent and may also surprisingly humor you by “Tapori Hindi.”



Rahul Sanghera

Bhaaji kidaaaaan?! He’s a smart and handsome munda from the Pind of Punjab, only known for his basketball skills! Dr. Rahul Sanghera seems to be a silent person at first, but he’s an ocean of mischief once you get to know him. You may feel that he’s one of the most genuine and down to earth person you could ever come across in Manipal, but the truth is he’s actually not! BEWARE of the devil in him if you ever wake him up in the morning. He’s NOT a morning person!!

Well jokes apart, he’s a gem of a guy that you can always count on. An all-rounder! Good luck pottan!



Pooja Das

The Bong Beauty of our Class, known as Poo among friends. She has got everyone crazy over her sexy figure. Poo is very intelligent and hardworking. You can always find her cool and stylish. She lives her life on the fundas of health and fitness. Like most Bengalis she is multi-talented, she will steal your heart with her singing and blow your mind by her moves on the dance floor. Despite being so multi-talented, she is very humble People love her because she is friendly with everyone. She is the one you can always bank upon. “Trustworthy, lovable, beautiful, sexy, intelligent, fashionable, hardworking, patient, innovative, caring, dancer” are the adjectives which perfectly defines her.



Aastha Dubey

The cutest, bubbliest and chirpiest little thing in class. Loved and adored by all, this girl from Sagar, MP is hardworking and sincere in the work she does. No party is complete without Aastha and her groovy dance moves. Someone who gives great advice, keeps secrets and her helpful nature make her a superb friend. Always trendy in her sense of style, she gives the best fashion advice. She has been in the student council for all the 5 years. With her squeaky voice and the cute things that she keeps saying randomly, she is a delight to be around.



Nitesh Kumar Singh

A very optimistic, talented and passionate guy, a knowledge powerhouse and a dedicated foodie. Always up to date with the happenings of the world, be it politics or technology. He is very determined at whatever work he wants to accomplish. Loves to go places and never says no to a bike ride no matter how small or large the distance is. Likes photography and makes sure he clicks a few good ones wherever he goes. Always there to extend a helping hand when his friends need one.



Munawar Peringadi Vayalil

As the wordings go “Silent people are the most dangerous”, is for him. A very calm and innocent person by looks, but filled with surprises. Well known for his silent and calm behavior and when given a chance he will never give you a chance to point back at him. Not easy to challenge his knowledge in almost any field, either related to or not related to our subjects. A good batsman and a footballer. And most of all, a kind hearted trust worthy person who is always there (when you need someone the most). And his policy “never ask for opportunity and if given one, never give a chance for complaint”. To summarize in a word he can be titled- “Mr. Perfect”.



Mohammed Zabiuddin Ahad

“Zabi” or “Ahad” a name synonymous with sports is not only an all rounder sportsman who charms the track and field but a character that deserves admirations. His “FACE the challenge and NEVER give up” attitude is the wing that raises him to the peak of achievements reflected in the dozens of awards that filled his cupboards. A stunning organizing capability brought him more responsibilities that he would take on without a second thought rewarding the task with his untiring and fascinating orchestration and aiming nothing less than a perfection. BUT HE IS A CRAZY BIKE RIDER TOO!!!



Poka Siva Sai Lakshmi Priyanka

She will call you anytime of the day just to make sure you are okay, she will prepare food for you if you are working late and you’ll know when Poka is home because the house turns daunting when she is not around. She will go out of her own comfort zone just to help someone who needs it and yeah at the same time she will manage to shop all the recent offers. A beautiful soul with a brilliant mind (she has the capacity to survive on 2 hours of sleep during exams). She cannot sit idle, Zumba, swimming, yoga; you name it and she has done that. I guess there is no one who doesn’t totally adore her. She adds meaning, love and worth to everyone’s life. Consider yourself lucky if you have a friend like her.



Mitali Gaurav

The flamboyant, cheerful, bold and bright beauty whose smile can make the whole world melt. This fashionista from Delhi is the best partner in crime to have, whether it’s making spontaneous trips, or singing and dancing to the 90’s Bollywood beats, or fulfilling cravings for chatpatta food by gobbling up golgappe. And if you’re ever bored of the Manipal food, just crash at her place and she will surely cook up some delicious finger-licking good but eye-watering spicy food! This girl’s optimism in tackling the toughest cracks in life and determination to reach the heights in life is admirable. She’s been one of my longest and closest friends in Manipal and I’ll cherish each memory of ours forever.



Padmanav Senapati

There are some individuals who have an inborn quality of attracting other people and Padmanav is definitely one of them. With a wide range of nicknames, he may be known as Lucky, Jigri-poo, Senapati or more commonly as Paddu. He's a diehard fan of Salman Khan, with just as much fascination in working out! This "Sallu-bhai" of PharmD is overly caring and extremely generous to his dearest friends. His leadership qualities came handy as joint secretary of the MCOPS Sports Council and as manager of the dance performances for his classmates every year, without fail. Lest we not forget that he's an awesome photographer. All the best Jigri-Poo!



ImmadiSETTI Kavyasri

If you are a friend of hers, she'll be with you till the end. She is an innocent and a simple person with beautiful hair. Though her cooking skills are improving she makes only "papbeeyam" if you are invited to her home. She is as slow as a sloth. By the time she finishes eating you can eat and take a nap. She is a great singer and dancer.



Gadekari Shilpika

She is the most wonderful person to hang around with. She is a wonderful cook. She won't leave you when you are alone, and when you are hungry, she makes sure that before leaving you eat. She is punctual and a sweet heart. Though we met few years back, she became an integral part of our group.



Vulle Yogeshwar Goud

He is crazy and an amazing bike rider. If you punch his bike he'll punch your face. He is the person you can call anytime for a help and there he is. His love for chicken is never ending. He is passionate, smart, sensitive and most lovable person.



Neena D Chauhan

She may be a South African beauty, but she'll always be a Gujurati dikri at heart. Neena has a beautiful smile that's ever so contagious and silky long hair which any girl would envy. She enjoys long walks to the freezer to get ice cream of all kinds of flavours! She's an amazing cook. I hear her chicken wings are to die for, even though she still hasn't made them for me yet. Neena Ben is a true hard worker who refuses to procrastinate. I've yet to see her get mad, it just never happens! As Bruno Mars would say, girl you're amazing, just the way you are.



Shetty Shruthi Sadashiv

The most cheerful and happy-go-lucky girl of our class! It's hard not to spot her because of that contagious loud laugh and amazing dressing sense. This amchi Mumbai girl will change your perspective with her positive vibes when you are down. Being optimistic is one of her best qualities! Her icebreaking sense of humor can lighten up any situation. She will never hesitate to help her friends. The "4am friend" tag suits her the best!



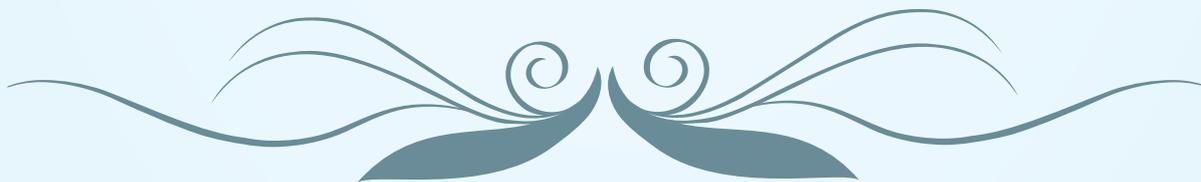
Benson Babu

A very supportive and caring person, he is known for his Caffeine addiction. A Mumbaikar, foodie, traveller and mighty guy who knows literally everything. 'Trivia with Benson' will definitely be the most popular TV shows if he starts one. Go ahead, enjoy your life and leave no stones unturned to find something novel. All the best for your life.



Srujitha

The beautiful Mauritian girl of our class who is well known for her cute accent. The nerd and a power house of motivation to many. She is well known among teachers for her dedication and sincerity and holds a big fan club among the telugus. A cook with expertise in Yummylicious cakes and tarts and can definitely be the next masterchef. We will definitely miss her, wishing her all the very best for her future.





Editorial Committee

Ashutosh Sinha: He's come a long way, from a mosquito swatter to the Joint Secretary; he has truly been one of the greatest assets of the team. He is a genius when it comes to writing and an expert when it comes to speaking. This brainbox from Pune knows more about the US Congress than Donald Trump does.

Anushna Sen: The Dada of the team. Not just because she is from Bengal, but because she is the boss. Her creativity and enthusiasm is something to envy. An excellent writer and speaker, she has her way with people. Pretty sure that all of us are a tad bit scared of her.

Aayush Menon: He does what he has to do without the world knowing. A proficient writer, his creative abilities are truly remarkable. The Pen is much mightier than the sword. Would love to see him in the Edboard again.

Suhita R: There is nothing that this girl cannot and will not do. Taking up any work with utmost interest, she finishes all her work on time. Definitely one of the most disciplined people I have seen. Would love to see her be a part of the team again.

Raveena K: She is definitely the sweetest girl in our council. Ever ready to take up any work, she has some of the most creative ideas. She always finishes her work on time and makes sure she is present for all the meetings. Hope to see her in the Edboard next year.

Rashmeen: The girl with the neatest handwriting. Despite her frequent absence from our meetings, she sees to it that all the work is completed on time. Would love to see her in the council again.

Arunika: She will be there when you need her and will do what you tell. She is extremely punctual and disciplined. She'll see to that her work is complete on time. Just a word of advice to her, "exams keep coming but YOLO". Hope to see her in the team again.

Mrinalini: This girl is a teachers' pet. A fluent speaker and wonderful writer, she is written quite a few reports in "Ab Aeterno". Hope to see her in the council again.

Anitha: The MF Hussain of the team. She makes sure that our board has her creative touch on it. An excellent artist, she has been an asset. Hope to see you in the council again.

Srivalli: This was her second year in the Edboard. She is a no nonsense person and you do not want to mess with her. She is creative and has been an asset to the team. Hope to see her in the council again.

Abishek: Abishek or Abhishek, I forget. This guy is a true Indian. The biggest example of the "Chalta hai" attitude. His writing skills are exceptional and he sees to that his work is done on time. Wish him all the best for his future.



Academic Committee

Niranjan Ganesh: This boy has been a gem to the committee, thanks to his sheer determination and genuine care. Testing his patience may not be the best idea as toxicology is his field of interest.

Oliosa Pani: This beauty with her dance moves, winged eye-liner and killer expressions is also generous with lending a helping hand and keeping her calm in the tensest situations.

Alisha Mathew: This responsible girl has turned out to be indispensable to the committee and her peers. She's constantly learning and will be valuable to whoever she chooses to work with.

Rahul Konapur: One can easily be fooled by his silent and calm nature until they have met the hungry and exhausted version of him. He is hardworking, kind and is active in many fields.

Hawa Bachoo: This quiet girl is the embodiment of patience, but only up to a certain limit. One of the most efficient in the committee, she is very kind-hearted.

Saksham Parolia: He is constantly taking up responsibilities and fulfilling them beautifully and quietly. It is difficult to point fingers at someone who hardly has any backlogs.

Nandini Gandhi: She is as punctual as she is hardworking. Her enthusiasm is what gets her and the people around her to strive towards completing what has been started.

Imranali Muraj: A very curious person who may seem a little panicky, but gets the work done. He has been a great asset to the committee.

Gail Ann Abraham: Being one of the most efficient and logical people in the committee, she stands out as a leader. She works such that her absence is surely felt.

Vineeta Pathak: She is ever-ready with a warm smile on her face and a helping hand. She fulfils all her duties by setting her priorities straight but will also rightly question when necessary.

Akhil Nair: He may be known for his hand at photography but he will surprise you with his excellent skills at getting work done without a hassle.

Victor Okongwu: He is the kind of person you can fall back on when in doubt. He is a head full of ideas which, if implemented well, can help achieve great things.

Hina Anjum: In spite of her time constraints, she has been able to contribute to this committee in every possible way. She is always eager to help others with their duties, and is extremely polite.

Rohit Munot: His team spirit is evident both on the field and off it. He is fearless when it comes to speaking his mind, and is always interested and involved in any event that is coming up.

Tejaswini Kalkundri: She is the sister-figure one could rely on in the most stressful times and is always ready with advice at the time of need. She is highly resourceful and responsible.

Adithya Chandrashekhar: (Technical advisor for Pharmaquora) Even when he didn't need to, he helped the committee attain a level of clarity when we needed it the most, thanks to his experience. We're all grateful to him for his selfless guidance and support.



Cultural Committee

Gayathri: *The soft talker. She is always a step ahead in creativity. Charming as well as talented, she is one of the most well behaved CRs.*

Deva Sooriya: *He is a like an innocent child stuffed with ideas and curiosity. He would agree to do any kind of work allotted to him. A fabulous photographer whose skills were very useful in creating and developing the Sanskriti-2016 page on Facebook. He did a splendid job.*

Raashida: *Always on time for meetings. Concerned and responsible, she never hesitates to share her own things. Don't forget to check out her hair!*

Sanjana: *The sweetest one. The most silent person working in our team. She may not converse with you, but you will be assured that the job is done at its best.*

Rutu Rajeevan: *Responsible and always ready to work. She is innovative and the sweetest person to talk to. Let's not forget her amazing dancing skills.*

Kalgi: *Cheerful, enthusiastic and a good dancer.*

Ruchira: *The Bengali girl who makes sense in everything she does. She is an amazing singer.*

Rosella: *The classical dancer of the council. She shows up at all events and meetings.*

Shivani: *Backbone of the council. She is the Pro pack whose orders are direct and final. She is obedient and punctual. You just cannot prove this lady wrong!*

Ravi Savani: *“I appoint the laziest person to do the hardest job, because he/she will find the easiest way to do it.” This exactly describes the ‘Salman Khan’ of our council. A good actor and a great human being, Ravi is an expert at mingling with both seniors and juniors.*

Shreya: *The poet. She will pen you down with her creative skills. Her skills for organizing and planning are unmatched. She is full of fun and is the best entertainer. A complete package.*

Asif: *He is very punctual, sincere and a multi-talented person. He has this mysterious aura, where he is constantly singing songs in his head and makes a blue print of the dance steps along with doing the council work.*

Rahul Kumar: *Talk less, work more is his principle. His hardworking nature and dedication will always be remembered.*

Meghna Rajesh: *Multitalented. She does every task given to her with perfection. Her help and assistance proved to be of great aid.*

Ashwitha: *She is bold and straightforward. Sensible and understanding, her assistance during ‘Daan Utsav’ and Apticon were of great help. A fun person to work with.*

Remya James: *A perfect blend of experience and creativity. She proved to be of great support during the tough times. She is very reliable and responsible – an absolute asset to the committee*

Kavya Naik: *Amazing dancer and was always ready with a dance group. She is always full of creative ideas.*

Teny: *She is one person we rely on when it comes to taking decisions. Her experience and guidance was very beneficial for the council.*

Oendril Das: *A very friendly and sensible senior. It was fun working with her and having her as a part of our cultural council.*

Angsheetha C: *Both Angsheetha and Proneel had their Bengali lessons ready to imbibe on me. We had more of Angsheeta’s singing classes than the meetings. Her ideas and creativity were executed during Sanskriti. She was an expert at handling the juniors. Wishing her all the success for her future endeavors.*

Proneel Das: *From dancing for a semi-classical dance to directing dramas, Proneel has been fantastic throughout the year. Even though he may not show any interest in meetings, he will always make sure that work assigned to him is done to perfection. Without Proneel, it would have been very difficult for me to manage everything.*



Sports Committee

Thomas: His ever smiling personality generates synergy during council meetings. He is the upcoming sports champ from the council who would in future represent the college at various events. He initiates and executes creative ideas and his contribution into making posters was commendable. Thomas is a wonderful person to work with.

Maya: Maya displays a harmonious and cooperative spirit by involving herself into every event actively. She displays an ability to learn rapidly and adapt quickly to changing situations. She recognizes the needs of others and reaches out to lend a helping hand.

Freya: Freya has a soothing personality which reflects in a very calm personality. She is very creative and has proven to be a steady hand for our team. She always has a smile on her face and you can tell that she enjoys her job.

Anirudh: The Chubby, friendly one with a cute smile. He has always been a reliable fresher, and has taken a good deal of effort to fulfil his commitments to the committee.

Nayonika: The most quiet one among the whole lot of noisy us. She has been a very helpful hand in the functioning of the committee being a fresher.

Garima: This young talent is extremely talented in artwork and sports. She is polite and hardworking.

Varun: This CR from 1st year BPharm has worked hard through the year without any excuses; He was a source of strength to the council during MCL and other events.

Sara: Sara goes beyond the call of duty by continually seeking out and following through with additional responsibilities and contributing frequently to every event conducted. Her presence makes the environment lively. We are glad to have her in our council this year.

Sahithi: Sahithi continuously exceeds everyone's expectations in the role of a passionate team member. She shows a sincere interest in every activity that takes place and also seeks new ideas and approaches which makes her one of most important team members.

Balaji: A helping hand. He is a person who completes his assigned task with the right amount of energy. A reliable, helpful, and a friendly guy in the committee.

Saumil: He builds strong relationships with others by encouraging and motivating other team members. He makes the place jovial and also at the same time delegates work with clearly defined responsibility and authority. Saumil excels in contributing to the council's growth.

Srija: Srija has been a dedicated team member of our council. She is clever and imaginative when confronted with obstacles. Srija demonstrates an ability to transfer vision into execution. She is very understanding and is fun to work with.

Vignesh: Vignesh is a cheerful person who always makes you feel delighted when you're around him. His constant cheer helps others keep their enthusiasm in check. He continually builds people up, deals with difficult situations and always focuses on the positives.

Amritha: Our very own all-rounder. Be it whatever game she plays, she has the attitude and the stubborn nature to win it. She might look rude for an outsider, but it is just an 'Amritha thing'. The closer you get to her, you realise that she is a gem.

Adwaita: The Rapunzel of the group. She is one jovial, bubbly, and caring person, who radiates a positive vibe to all the people she interacts with. She has her own way of getting things done in a perfect way. Her creativity has helped this committee in infinite ways.

Arline: She is a silent and a sweet girl who diligently does all the work assigned to her without any problems. She is really good at cricket.

Reena: She is one of the most silent members of the council who does all the work diligently without any excuses.

Abbas: This final year student is always seen smiling in any situation. Working with him is always pleasant.

Shreyas: He is a very quick worker who does things assigned to him without any delay.

Poojitha: The fighter of the council, she is a hardworking and dedicated girl who has been in the council and worked in it throughout her stay in Manipal.

Shristi: The final year senior who is very thorough with her work. She is a perfectionist and you won't find any faults in her work.

Karen: She is a really sweet person and was of great help during the volleyball practice and Athlos. She has great endurance power and completes her work perfectly.

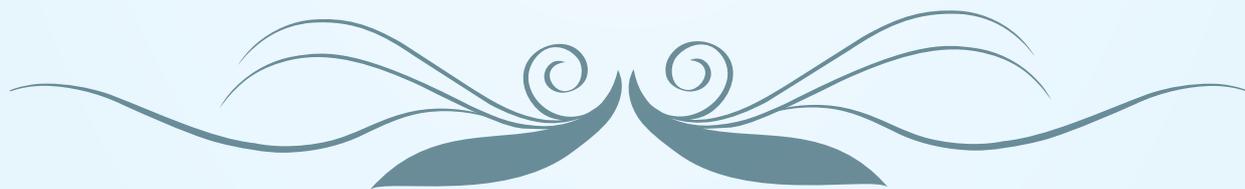
Sravani: She helped the council in many ways and always had a hand in all council activities; she is a good squash player and has represented our college in squash and volleyball.

Deepti: She is really good learner and listener, she helped the council in many ways, and she was of great help during volleyball practice. She always showed her support in squash.

Vineet: He is the most senior member in the council, always cheerful and supporting. He respects the time of others and effectively puts plans into actions. His passion for sports inspires many. We are lucky to have him in our team.

Dhaval: Dhaval is a person with a dynamic personality. He encourages collaboration with the team members and builds strong relationships with every team member. He is capable of creating flexible plans to meet changing opportunities and is very creative when it comes to finding ways to correlate ideas with action. His contribution to the team was commendable.

Parth: Parth is a well versed team player capable of handling difficult situations. He acts as a calm force especially when the team is under pressure. His constant support and constructive feedback helps the team grow. He thinks outside the box to find the best solution and makes the work place lively. His involvement in every council activity was exemplary.





Student Exchange Committee

Azra Tonse: Always tackles any challenge head on. She has a creative outlook on any task assigned to her.

Shamica Jaiswal: Always dependable and upbeat. She is proactive and handles all her responsibilities with confidence.

Tamanna Bagchi: Enthusiastic could be her middle name. She is eccentric in all her dealings.

Avni Nautiyal: Cool as a cucumber defines Avni. She has an innate ability to stay calm and collected in any situation, making her very effective.

Vinayak Ranade: Calm and collected at all times. He is adaptable to any situation. His presence could put anyone at ease.

Naman Gupta: His amicable and captivating persona works wonders in a social setting. He is very passionate about his work and always on a lookout for more.

Bharat Arora: Very reliable and diligent when faced with any challenge. He is the go-to guy when there is a hitch because he always comes through for the team.

Rakshitha Nagraj: She is extremely talented and has the ability to sway a crowd to see things her way.

Elaine Fernandes: She is easygoing and energetic. She displays commitment to her work and has a charming nature which helps her come through in a social situation.

Anujith Sekar: Always remains quiet and watchful. He has the ability to take on any task and execute it to near perfection.

Apoorva Shenoy: *Silent and poised in any situation. She is artistically oriented and is very committed to any task she takes on.*

Pratheeksha Kamath: *She is very enthusiastic about any role she takes up. She is optimistic and a team player.*

Nehil R G: *Very organized and practical in his approach to any task. He is always reliable and has a cheery outlook.*

Aman Shah: *Innovative and unique approach in handling his job. Always has a sentimental take which can inspire the team.*

Samriddhi Kamath: *She is resourceful and competent in all her tasks. She is always reliable and responsible.*

Manasa Akkineni: *She brings a lot of unique ideas to the table. Always upbeat and enthusiastic about the work.*



Community Development Committee

Benitta Mathews: *A very able joint secretary, who has a big responsibility waiting for her, next year. You have been an invaluable part of our council. Brimming with ideas and ever enthusiastic, you have been our council's backbone. Your presence by my side has empowered our council to do our best and I sincerely thank you for that.*

Florence James: *I have known you the longest among the other council members. You have been a great support to our council even in times of crisis. Being your classmate, I am aware of your busy schedule. I am grateful for your efforts, to have always made time for all the council meetings and activities and also to have actively participated in all those events.*

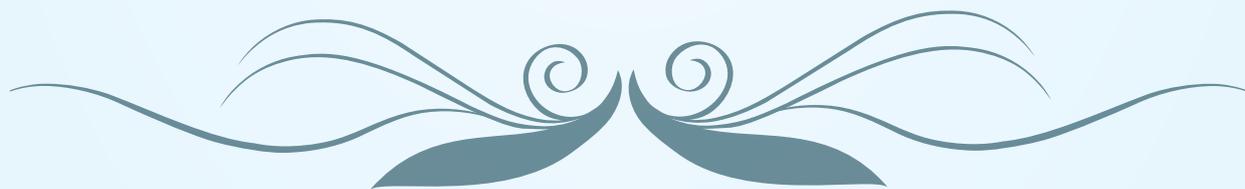
Sravani Velicheti: *With her artistic hand, she has been an asset to our council. Always brimming with ideas regarding poster designing, without which our council wouldn't have been able to get many participants. Though late to meetings, her creativity always made her presence felt.*

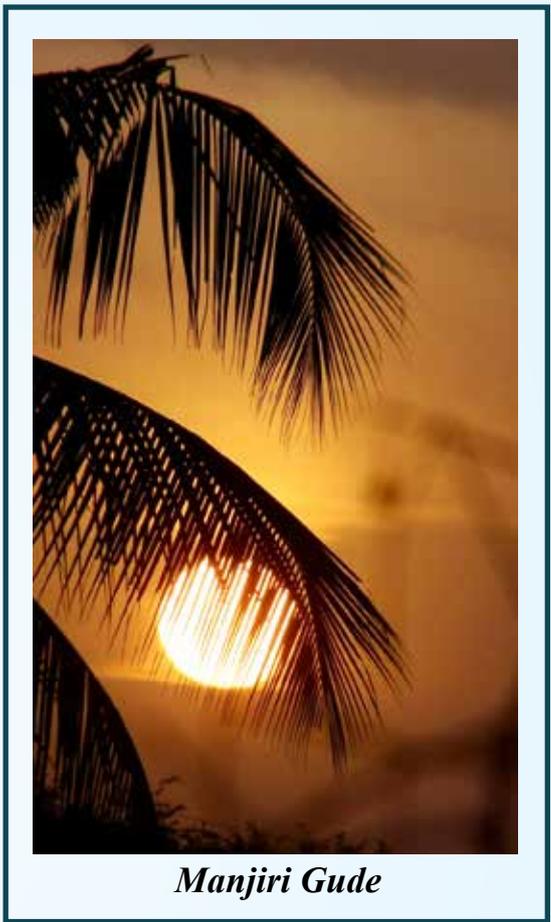
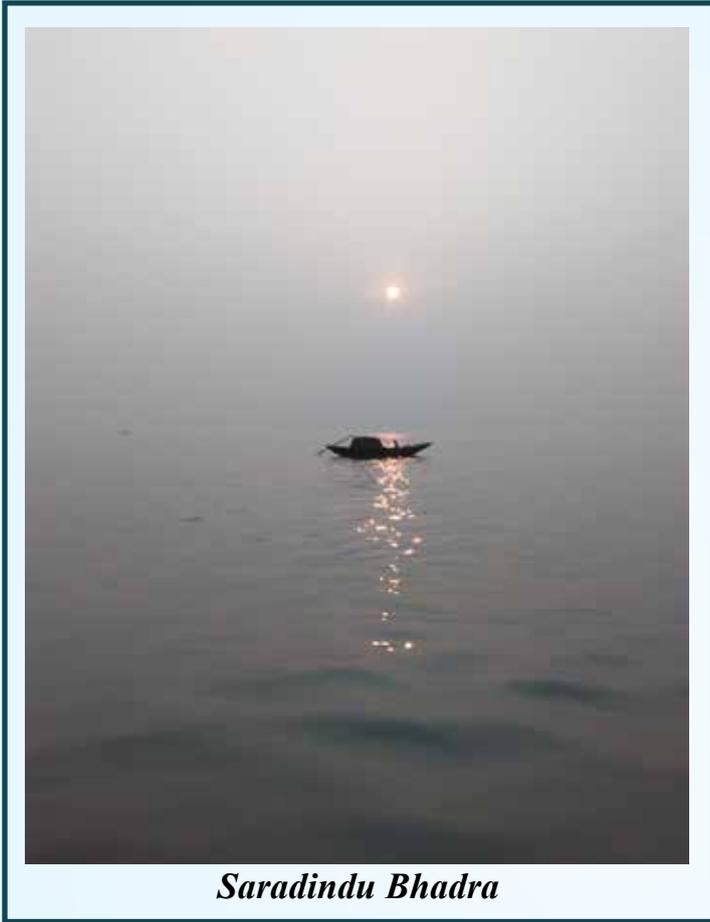
Sushmita Sharma: *Always punctual and available just a text away, gentle at heart and full of energy, your hard work, creativity and ideas have played an important role in the success of all our events. I hope your contribution to the council continues in the coming years.*

Utkarsh Chandra: *You have been a great asset to our council. You were ever ready to take up any task that was entrusted to you. Every time we had to design a banner or a poster, we knew that you were just a call away. I hope you continue to showcase your creativity in the coming years.*

Divya Krishnan: *A very enthusiastic newcomer to this council. You were hardworking, obedient and receptive. Your wit and creativity are assets to this council. You are an ocean of creativity and talent. I am sure our council is in safe hands for years to come.*

Tarunika Godha: *The 'chatter box' of our council, always yapping ideas to glory and working towards the goal. Gifted with orating skills, you have been valuable to our council by convincing students of not just your batch but your juniors too, to participate in our events.*





Class Photos

BPharm



1st Year BPharm



2nd Year BPharm



3rd Year BPharm



4th Year BPharm

PharmD



1st Year Pharm D



2nd Year PharmD



3rd Year PharmD



4th Year PharmD



5th Year PharmD



6th Year PharmD

MPharm



1st Year MPharm (Pharmaceutical Chemistry)



1st Year MPharm (Drug Regulatory Affairs)



1st Year MPharm (Pharmacology)



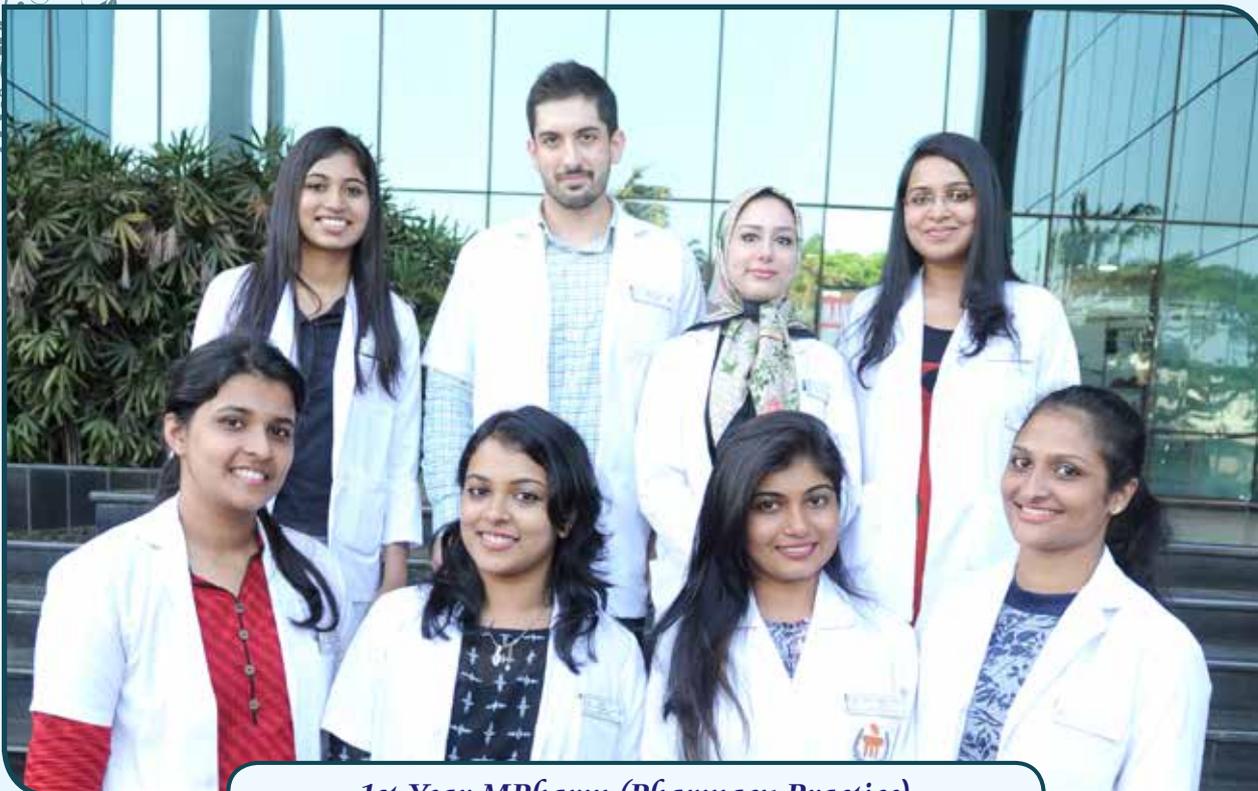
1st Year MPharm (Pharmaceutics)



1st Year MPharm (Industrial Pharmacy)



1st Year MPharm (Pharmacognosy)



1st Year MPharm (Pharmacy Practice)



1st Year MPharm (Pharmaceutical Administration)



1st Year MPharm (Pharmaceutical Quality Assurance)



1st Year MPharm (Pharmaceutical Biotechnology)

Staff Photos



Department of Pharmaceutical Chemistry



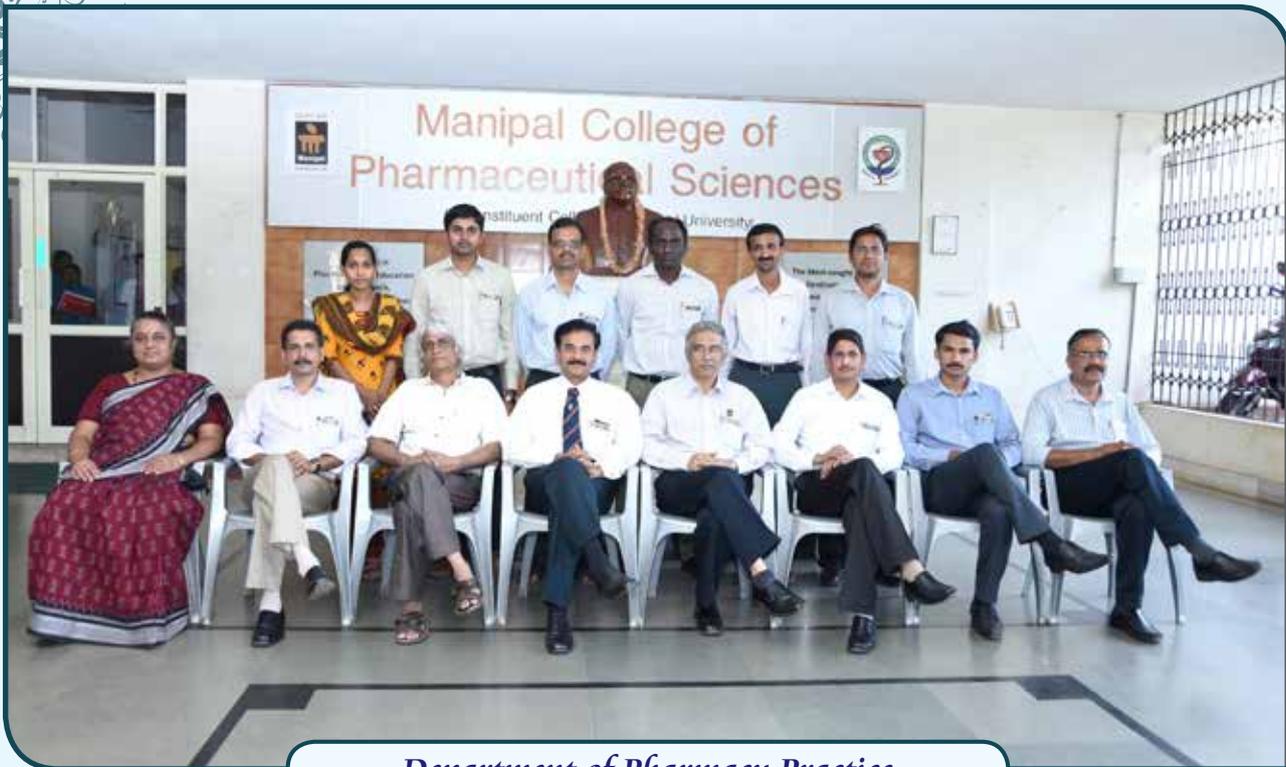
Department of Pharmacology



Department of Pharmaceutics



Department of Pharmacognosy



Department of Pharmacy Practice



Department of Pharmacy Management



Department of Pharmaceutical Quality Assurance



Department of Pharmaceutical Biotechnology



Administrative Staff

Acknowledgement

This year has been a roller coaster. Ab Aeterno was not a work of one but a combined effort of many.

First and foremost, I would like to thank my entire Editorial Board for helping me bring out this wonderful magazine. Special thanks to Deva Sooriya (1st BPharm) for giving us all the photos that we needed.

My heart felt gratitude to our Principal, Dr. C Mallikarjuna Rao, Vice Principal, Dr. Sreenivasa Reddy and Dr. C S Shreedhara, Secretary, MAPS for believing in us and guiding throughout this journey.

I thank the AV Department of Manipal University for conducting our class and staff photos.

I thank Manipal Technologies Ltd. for making this magazine the way we wished it to be.

Last but not the least, I thank Dr. Jayesh Mudgal for his constant guidance and support.

Thank You,

Sushant Suresh

Editor-in-Chief
MAPS



Editorial Committee 2016-17





MANIPAL UNIVERSITY

*Published by: Mr Sushant Suresh on behalf of Dr C Mallikarjuna Rao, Principal, MCOPS
for the academic year 2016-17*