

Ab Aeterno

From time immemorial

2019 - 20



MANIPAL
ACADEMY of HIGHER EDUCATION
(Deemed to be University under Section 3 of the UGC Act, 1956)



**MANIPAL COLLEGE
OF PHARMACEUTICAL SCIENCES**
MANIPAL
(A constituent unit of MAHE, Manipal)

Padmashree Awardee

Dr TMA Pai

1898-1979



MAHE ASSOCIATION OF PHARMACY STUDENTS (MAPS 2019-20)

From left to right (first row) - Shrawal Kotian (SEC Secretary), Garima Kango (Sports Secretary), Gaurav Kandoi (General Secretary), Aayush Menon (President), Moledina (Vice President), Rutu Rajeevan (Cultural Secretary), Divya Krishnan (CDC Secretary).

From left to right (second row) - Abhipsa, Kalgi Barodia (Disciplinary Member), Rishav Bhattacharjee (Editor-in-Chief), Deva Soorya (Photography Head), Lavanya, Freya (CDC Joint Secretary), Shimona Lakhani (SEC Joint Secretary).

From left to right (third row) - Aditi (Joint Editor), Anjali (Deputy Photographer), Soumyadeep Bose (Joint Cultural Secretary), Manish (Graphic Designer), Tejas and Swarnabh (Joint Sports Secretary).



Messages



The year 2020 has been agathokakological in MCOPS. Five years back we charted out a strategic plan with a view to be amongst the top 200 institutions in the QS World Rankings in the subject of Pharmacy and Pharmacology by 2020. All our efforts and the fabulous support received from MAHE, Staff, Scholars, Students, their Parents and the Alumni, made MCOPS reach the milestone in 2019 itself. On 3 March 2020, we heard a sensational news that MCOPS was ranked in the band of 150-200 in the subject Pharmacy and Pharmacology by the QS World Ranking system. However, within 24 hours, before we cherished this no-mean-feat-achievement of ours and allowed it to percolate to all the members of the family of MCOPS, the light went out of our lives and our hearts were broken due to a melancholy. Dr M Sreenivasa Reddy, our Vice Principal, who used to be instrumental in every part of our activities, left us for heavenly abode on 4 March 2020. It was pretty tough to comprehend Dr Reddy's permanent absence in MCOPS. Nevertheless, life has to go on, which is the reality.

The COVID-19 associated pandemic has completely shattered all our plans and dreams since March 2020. Notwithstanding-the-fact that we could do very little during the lockdowns, the high spirits of MCOPS, MAHE, Manipal, could make us come to terms with the state-of-affairs and complete the academics of all programs of MCOPS, including the final year students of 2019-20 AY, in time without losing the academic contents. We could also begin the 2020-21 AY within a reasonable timeframe. We are optimistic that with the support from the staff, students and their parents, we would end the 2020-21 AY with a cherubic smile on our faces in June/July 2021 as well.

Let me congratulate the editorial team led by Rishav Bhattacharjee, Editor-In-Chief for the commendable endeavours to bring out such a wonderful edition of the MCOPS magazine - Ab Aeterno, under the guidance of faculty advisor, Dr Rekha Shenoy. This only exemplifies the kind of commitment that our students have to demonstrate their abilities to get going, especially when the going gets tough. My dear students and staff, this magazine edition is the sweat and toil of our beloved students. I suggest you read this book with passion and keep it for your reminiscence.

Wishing you all good luck.

Dr C Mallikarjuna Rao

Principal,
Manipal College of Pharmaceutical Sciences, MAHE

Message for the magazine



With the rapid strides seen of late in the pharmaceutical industry with new drugs, it is imperative that graduates coming out of pharmaceutical colleges equip themselves thoroughly well to make a mark in their professional career. I am sure, students of Manipal College of Pharmaceutical Sciences are progressing well in this direction. I wish them a bright future.

Dr Ramdas M Pai
Chancellor, MAHE

Pharmaceutical Sciences play an important role in the healthcare sector. By innovations and providing a variety of new drugs at affordable cost maintain public health, they have become an indispensable tool for social well-being. I am sure the students of Manipal College of Pharmaceutical Sciences have a golden opportunity to equip themselves with the knowledge imparted in the institution to serve humanity with dignity and resourcefulness. I wish them a bright professional career.

Dr H S Ballal
Pro Chancellor, MAHE



Delighted to present to you the college magazine- Ab Aeterno, despite the unprecedented pandemic which brought humanity to a screeching halt. Ab Aeterno is not just a college magazine; it is a memory to treasure that provides an insight into the achievements of our students who have won awards and accolades in curricular and co-curricular domains. Through this magazine, we have highlighted the various events, activities and celebrations that were conducted in Manipal College of Pharmaceutical Sciences during 2019-20. I would like to thank the students of the editorial board team for their remarkable efforts in bringing out this chronicle. I hope you all enjoy reading this college magazine and seeking your genuine feedback in making it better.

Rekha R Shenoy
Faculty Advisor, Editorial Board, MCOPS, MAHE



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Secretary Speaks

Editor speaks



My journey in MCOPS was full of roller-coaster rides, from being nothing in my first year to becoming the Editor-in-Chief in the third year was like a fairy tale to me. I am not the same person as I was when I joined Ed. Board, or indeed, when I became the Chief Editor, but rather someone who is hopefully more capable and experienced. My tenure as an Editor has taught me a lot about teamwork and leadership skills, and this wouldn't have been possible without the support of my team. I am thankful to my former editors as well since they taught me several things which I could implement during my incumbency.

This year we have achieved a lot from starting a new Instagram handle for MAPS and updating it to organise our very own inter MAHE literature fest - QALAM, which was massive this year. I would like to extend my gratitude to Deva Soorya, Raashida, Manish and all the volunteers who helped us with QALAM and also to Soumyadeep who convinced me to take up this post and supported me.

And now, before I finally rest my hand, I have had the best of times with the best of people, thanks to the Editorial Board.

To infinity, and beyond!

Rishav Bhattacharjee

Editor-in-Chief

Joint Editor speaks



“I can happily say that being my English language teacher’s pet in school days has helped me tons in this academic year”

The editorial board has been a home to me, a safe place to be myself and explore my abilities. The last two years, being a part of this amazing team, as the class representative in the first year and as the joint secretary in the second year, has taught me a lot on leadership, teamwork, management and interpersonal skills. This year, the editorial board has made leaps of progress. From starting an Instagram page for MAPS, keeping it up to date and from helping the council organise Daan Utsav to organising the third edition of QALAM, all the efforts and tiring nights were worth it.

I would like to thank the entire council of MAPS for their constant support and putting their trust in the editorial board. Also, massive thanks to our last year’s editors: Suhita, Raveena and Ayush for teaching me in my first year and making me capable of being a part of this crew again. All the work and endeavours would total to zero if Dr Rekha Shenoy, our faculty advisor, wouldn’t have placed her trust in our team and helped us incessantly. Lastly, to my great team and the secretary for giving the editorial board, yet another successful year.

I hope everyone cherishes the magazine.

Aditi Dhawan

Joint Editor, MAPS

THE EDITORIAL COMMITTEE, MAPS 2019-20



President speaks



“The strength of the team is each individual member and the strength of each individual member is the team”.

I would like to take this platform to congratulate my amazing team of members of the council 2019-2020, without whom this year wouldn't have been a success.

Well, where do I start from? My time here at MCOPS has been a life-changing experience. It has transformed me from being an introvert who kept to himself to an extrovert who likes to face the world with a lot more confidence than that he had come with. I still remember the first election of the class for the post of class representatives back in 2016 and as I already mentioned I kept to myself and didn't nominate myself. But that was the day a goal was set, a goal that then seemed impossible to achieve, the goal, to become the college president. So, a month later I applied for a post

in the editorial board of the council and was elected into it and hence began my journey in the MAPS council. I was in the editorial council for the first three years, with two years in the junior council and one year in the core council. I would like to believe that these years in the council have done nothing but given me the experience that would help me in my future endeavours.

For me, the MAPS council of 2019-2020 would have been incomplete without the constant support of my Vice President - Moledina, General Secretary - Gaurav Kandoi, Chief Editor - Rishav, Cultural Secretary - Ritu Rajeevan, Sports Secretary - Garima Kango, CDC Head - Divya, SEC Head - Shrawal, Disciplinary Committee Heads - Kalgi and Lavanya and Photography Head - Deva Sooriya and their respective Joint Secretaries. My time in the Editorial Board would have been dull and boring without two special people Suhita and Raveena. Thank you for all your support.

To all my juniors reading this, I would like to say one thing, something that I have learnt from my time here at MCOPS, never stop dreaming, dream the impossible and work towards making it possible, but most importantly, cherish every memory that you make while working to achieve this dream because at the end of the day it's the memories and experiences that will help you get through the roller-coaster ride called life.

All the very best to the upcoming council of MAPS 2020-2021.

Aayush Menon

President, MAPS

THE ACADEMIC COMMITTEE, MAPS 2019-2020



Vice President speaks



“Life is all about taking risks. If you never take a risk, you will never achieve your dreams.” - Anne Glenn

If you were to ask my friends to describe me in one word, they would probably say ‘confident’ or ‘extra’. But when I stood at the podium to deliver my speech as a Vice Presidential candidate, I was shaking. My heart was pacing at an abnormal rate, and my palms were drenched with sweat. I felt like I would pass out at any moment, but I knew that I had to give my hundred per cent, no matter what! Because this is what I’ve wanted to do ever since I was a part of the Student Council way back in the second year.

I hopped from the Academic to the Editorial Council over the years, worked under some extremely talented Heads and Professors, learnt a plethora of things that textbooks would never teach, had the privilege to interact with my peers and realized that if there is

any way I could give back to my college, it would be me being in this position. So, I gave it my all, and truly, it has been surreal ever since!

Being the Vice President and Head of the Academic Council hasn’t been easy, but surely, every minute has been worth it. Both my posts have taught me a colossal amount of lessons, and I couldn’t be more grateful than what I feel as I write this message down.

Of course, none of this would have been possible without the constant support of the ones I know and the ones I got to know during this memorable phase of my college life. Special thanks to both, the President – Aayush and the General Secretary – Gaurav, who backed me up and helped me voice out my opinions at every stage of my tenure. My entire council, who were diligent and kept up the zeal even when things didn’t look oh-so-bright! I would also not be able to do this job with the ardour I had, if it wasn’t for our Faculty Coordinator Dr Pradeep Muragundi who was very patient and gave us all the support we needed. Last but not the least, shout out to all my friends, especially Raveena and Suhita who have helped me, co-author, most of my speeches (including this one) and edit them at any given time. I am extremely beholden to everyone who has helped me live this dream of mine, and I don’t think I could have had a better platform than the one provided by MCOPS to make mistakes, fall and most importantly, rise above them to become the person I am today.

Fatimazahra Moledina

Vice President, MAPS

General Secretary speaks

"Talent wins games, but teamwork and intelligence win championships" - Michael Jordan.

The academic year 2019-20 has been fabulous and memorable.

The year kicked off with Genesis 2019, the inaugural ceremony of student council MAPS where I along with my team officially took their offices. This event also witnessed the launch of the college magazine "AB AETERNO". Coming to the individual council, first among all is Cultural committee led by Rutu Rajeevan, who did a splendid job during Sanskriti, the Cultural Fest of MCOPS. Without giving a second thought, I would say, this was the best Sanskriti MCOPS has ever witnessed. The sports council led by Garima Kango left no stone unturned during Athlos along with this year's MCL. Moving on to the smallest committee, CDC, which was led by Divya Krishnan, has worked year-round and made everyone proud with their enthusiasm and events like first aid training in NPW 2019 and patient counselling for world pharmacist day and blood donation camp. SEC led by Shrawal Kotian did a splendid job organising Kairos 2019 and also the former members of this council - Niranjan and Sara got us the full membership in IPSF which is a great achievement for all of us and we are proud of them. The editorial board led by Rishav Bhattacharjee did a wonderful job by bringing up Qalam, the Inter-MAHE literary fest of MAPS to new heights. Coming to the two newly added committee of MAPS - Disciplinary committee, which has worked hard to maintain the discipline and decorum in college and the I2C council of research scholars of MCOPS led by Ms Keerthi Priya added value to all the events by putting their thoughts forward.



Coming to the Academic Council led by our vice president, Fatimazahra Moledina, organised the 7th edition of the mega academic fest of MCOPS, Pharmaquora 2020. This time the event was even bigger and better.

It is not a one man's job to organise so many events at a large scale while keeping in mind the tight academic schedule we students have. The credit goes to each and every member of student council 2019-20 for diligent and untiring work they have put in to make every event a huge success. I would like to thank our President, Aayush Menon and Vice President, Fatimazahra Moledina for their valuable inputs in all events and setting the bar high for the next year's council. I have learned a lot from you both on a personal front.

With position comes responsibility and expectations to fulfil. I hope I have lived up to the council's and faculty's expectations. Also, a special thanks to our Vice Principal, Late Reddy sir who played a big role in moulding me into an organised and responsible Secretary. He is not only a faculty in my life but a fatherly figure to me.

Last but not the least, I would like to thank our Principal, outgoing Secretary Manjunath sir and entire faculty for their support and guidance throughout the year.

This year amidst all the turmoil in the academic year, getting immense support from my class was very enjoyable. Special thanks to our third-year core committee team – Shrawal, Soumyadeep, Shimona, Rishav, Swarnabh, Manish and Tejas.

On a professional front, whatever I am today is majorly because of these three people, former President - Rahul Konapur, former Vice President - Saksham Parolia and former Academic CR - Yakshita Suvarna. Thank you for always believing in me and supporting me in these last two years and making me a good leader.

Serving as the General Secretary was an emotional roller-coaster that helped me discover my inner strength and weaknesses. It was an overwhelming experience with its own share of ups and downs. It has indeed been a privilege and that was a learning extravaganza for me.

I, Gaurav Kandoi sign off as the General Secretary, with the hope that the council in coming years will be nothing but the best and will diligently and wholeheartedly serve our college.

Gaurav Kandoi

General Secretary, MAPS

Cultural Secretary speaks

I joined the cultural council in my first year. I was a little unhappy that I joined as a volunteer but as the work started, I realized that the post does not matter, every member of the team must put in work, only then the council can work smoothly.

And I am happy that my efforts were recognized and I got the opportunity to head the council this year.

This year has been quite bumpy for us, but having a dependable council made it easy.

The reason behind the success of all our events this year is the teamwork and dedication of every single person in the council and the unwavering support provided by the entire student council body.

When we meet up for council dinner, I feel like we are a big joint family. We gossip, we talk about emotional stuff, I just feel content looking at everyone bond and have fun. I am going to miss everyone so much, and all the memories from the cultural council, right from my First Genesis to my last Sanskriti. The late-night practice sessions and early morning decoration tweaks. I have learnt a lot in my 4 years in MCOPS but working in the council has taught me about the real world. I just cannot imagine my college life without the council in it.

Cheers to the amazing 4 years in the council and my best wishes to the future members.

Rutu Rajeevan

Cultural Secretary, MAPS



Joint Cultural Secretary speaks



You never realise how time flies when you are in Manipal. A journey from the quietest Cultural CR to the Joint Cultural Secretary was a one of turmoil but these three years proved to be a life-changing one for me.

I am also blessed to have a team of my fellow council members without whom these events would have been just impossible. Special thanks to Raashida for whom our decoration is always a spot out. I would also like to thank my core council for being supportive during events.

Last but not the least, the backbones of the Cultural Council, Ms Ritu Rajeevan, Cultural Secretary, MAPS who gave me every possible duty to improve myself and learn and Dr Bhavana B Bhat, Cultural Coordinator, who supported us throughout the year.

Soumyadeep Bose

Joint Cultural Secretary, MAPS

THE CULTURAL COMMITTEE, MAPS 2019-2020



Sports Secretary speaks



“Sportsmanship for me is when a guy walks off the court and you can’t tell whether he won or lost when he carries himself with pride either way.” - Jim Courier.

And I couldn’t agree more. I have been an integral part of the sports council of MAPS for the last three years. And it was like a cherry on the cake when I was entrusted for the job of Sports Secretary of MAPS 2019-2020.

With great power comes great responsibility and I completely embraced it with an open heart and mind. As they say, in sports it’s always a learning curve and I am glad to be around it, being a sportsperson myself. The table tennis that I have played for as long as I can remember and with each win or loss that I have experienced, it has given me a holistic approach to life.

The MCOPS Cricket league famously known as MCL was a great fundraiser and crowd-puller this year. It was a huge success and the students and faculty participated with great zeal and enthusiasm.

With sponsors funding the event, prizes were distributed to the winners and gifts hampers were given as well. The fund raised from it was donated to the PM Cares Fund for a collective fight against the coronavirus pandemic in our country.

I am also delighted to share the seven sportspersons from MCOPS who have represented MAHE this year so far. It has been a sublime and fun-filled experience to be able to work with such a great bunch of people and council members throughout this year. I am immensely proud of the amazing workforce that ensured the smooth sailing and tasks were well accomplished.

I would like to express my gratitude towards our Sports Advisor, Mr Vasudev Pai for being round the clock with his inputs and Mr Venkatesh Kamath who has been a guiding light for the council. I would also like to thank my joint secretaries who have worked tirelessly and always offered a helping hand. I would also like to thank the physical education department for their continuous support as well.

And last but not the least, I am also thankful to God for presenting me with such opportunities in life and making me a better individual.

Garima Kango

Sports Secretary, MAPS

THE SPORTS COMMITTEE, MAPS 2019-2020



Joint Sports Secretary speaks



Joining the sports council in 2017 was an unexpected journey. I have learned lots of things in council and for that, I am thankful to my previous Secretaries and Joint Secretaries. My journey from CR to Joint Secretary was beautiful with some up and downs. This time I was given responsibilities which were fulfilled with ease because of all the council members and Garima, my Secretary who has been guiding me every time. Thus, making it an enjoyable journey.

Tejas Chinta

Joint Sports Secretary, MAPS



My life at MCOPS has been a perfect blend of joy and responsibility. This journey to set off as the Joint Secretary of Sports Council has developed the capability within. I've had great memories with the best of people and I thank all those helping hands out there for supporting me without whom it would have been hardly possible.

Swarnabh Chatterjee

Joint Sports Secretary, MAPS

SEC Secretary speaks

Internationalisation is like creating a round-toed shoe that fits all type of people. The extension of our mind-set and bridging the gap between culture and civilization has led to close connections to make the world one. Being the Secretary of Student Exchange Committee, it has always been my privilege to outreach my horizons and spread my wings across the globe. Since I was a part of the same committee for the past three years, it has always been my motive to improve and excel in the skills and meet every aspect of student exchange possible. I would like to thank our Co-ordinator, Dr Anup Naha sir for always pushing me forward and guide me throughout the process. Serving the Student Council has been a tough yet challenging task and it paid every bit of the commitment that I put. I loved working with my council members, who will be the future face of SEC and take it to new heights. The journey with them was worth cherishing and the moments fulfilling. I would like to give my special thanks to Shimona for being the most understanding Joint Secretary. The milestones we faced was an everyday leaning and a fresh beginning to more challenges.



“Talent wins games, but teamwork and intelligence win championships.”

It gives me immense pride and honour to thank my amazing team: Mahika, Semanti, Rema, Gurvinder, Anjali, Rupal, Ankitha, Sruthi and Shirshak. I would like to sign off as the Secretary of Student Exchange Committee, MAPS and wish my successors all the best and be in touch.

Shrawal Kotian

Secretary, Student Exchange Committee, MAPS

Joint SEC Secretary speaks



“In the middle of difficulties lies an opportunity”

Being a student in MAHE, I am really honoured to get this opportunity to be the Joint Secretary of the Student Exchange Committee. I am thankful to Dr Anup Naha sir for this wonderful opportunity where I was able to interact with new people, make friends abroad, learn about different cultures, also enrol and participate in the remarkable events taking place in college. Also, very grateful to each and every member of the Student Exchange Committee for working so hard and for projecting the SEC to an entirely new level.

Shimona Lakhani

Joint Secretary, Student Exchange Committee, MAPS

THE STUDENT EXCHANGE COMMITTEE, MAPS 2019-2020



CDC Secretary speaks



I have been a part of the Council since my second year. As someone who has seen Community Development Committee (CDC) from its very grassroots to now being the Secretary, I have evidenced the committee being recognized taking up events in the campus and impart a community-related experience for the students. I always had a wish to serve the community, and CDC provided a great platform to start with. I have tried my level best to fulfil the responsibilities entrusted to me. The year kick-started with World Pharmacist Day where the students were given an opportunity to interact with the patients in various pharmacies around Manipal and to counsel them on their medications. We also conducted a training session on first aid and CPR demonstration.

It would not have been possible without the support of my team. I would like to thank Rupal Aroza for her support and love. I also take this opportunity to thank everyone who has supported me to make all the events possible.

Lastly, I would like to thank Dr Kanav Khera, Faculty Advisor, for his constant and round the clock support during all events. Having said this, I would like to sign off as CDC Secretary, MAPS and wish my successors all the best to keep the torch lit and high always.

Divya Krishnan

CDC Secretary, MAPS

THE COMMUNITY DEVELOPMENT COMMITTEE, MAPS 2019-2020



Joint CDC Secretary speaks



"To serve and not to be served"

I believe CDC follows along the lines of this motto. I joined this council in my 2nd year and I've loved every minute of it. I enjoy the work and being able to contribute to the community.

Our council organizes and participates in events that enable students to help the society, such as patient counselling, blood donation, educational seminars and so on. Along with the help of the other councils we were able to conduct events more efficiently and smoothly.

I would like to thank Dr Kanav Khera, the faculty advisor and Divya Krishnan, the CDC Secretary, for their guidance. Special thanks to Alisha Mathew, who shared all the work and responsibilities with me. I'd like to recognize and thank all the members of CDC, Yakshita, Anoushka, Gayathri, Thashreefa, Manish, Keerthana, Lipin and Kirti for their inputs, hard work and constant support throughout.

It was a great year guys, let's hope next year is even better.

Freya Felicia D'sa

Joint Secretary, Community Development Committee, MAPS

Photography Head speaks

Photography has been a part of me since my teen, and of course, I wasn't planning on giving up on it once I kick start my higher education. Four years ago, when I joined this reputed institution, I realized that there was no dedicated club for photographers to develop their skills and meet fellow like-minded people. I started off covering events by myself, grabbed every opportunity I got and made use of it to establish myself as a good photographer. I also joined the cultural council to find a way to cover these events officially. The appreciation I received and the support of my friends, made me wonder, why not, I use this platform to bring together other interested people as well and give them an opportunity to showcase their skills. Gratefully, I got every possible support from the college management and the student council, and this was the beginning of my dream. At the start of the 2017-18 academic year, I decided to form The Photography Club, which became a platform for all of us to exhibit our talents and follow our passion of Photography. After having a successful trial run for two years, the club officially became an extension of The Editorial Board, MAPS, in July 2019. Photography Club along with the Editorial board is the only student body which works for every single event taking place in our college, and that fills me with immense pride. One of my goals while laying a foundation to this club, was to make sure it gets all the appreciation and credits it deserves. I believe this journey wouldn't have been complete without the support of my team, who have worked wonderfully. There were so many ups and downs on my journey to build this club, but of course, how will you rise up without falling down?

Deva Soorya J

Head of Photography Club, MAPS



PHOTOGRAPHY CLUB, MAPS 2019-20



Genesis 2019

Official Office Bearers, MAPS 2019-20

Position	Name
President	Aayush Menon
Vice President	Fatimazahra Moledina
General Secretary	Gaurav Kandoi
Cultural Secretary	Rutu Rajeevan
Joint Cultural Secretary	Soumyadeep Bose
Sports Secretary	Garima Kango
Joint Sports Secretaries	Tejas And Swarnabh
Editor-In-Chief	Rishav Bhattacharjee
Joint Editor	Aditi Dhawan
SEC Secretary	Shrawal Kotian
SEC Joint Secretary	Shimona Lakhani
CDC Secretary	Divya Krishnan
CDC Joint Secretary	Freya Felicia D'sa

GENESIS



The much-awaited student council unveiling ceremony, Genesis 2019, started off with the General Secretary of MCOPS, Mr Gaurav Kandoi, welcoming the students, wherein, he briefed us about the various councils and their heads. This was followed by the auspicious lamp lighting ceremony which was headed by the honourable chief guest, Dr Geetha M. Next came the distribution of the badges by the Chief Guest Dr Geetha M, our Principal Dr C Mallikarjuna Rao, our Vice President Dr Sreenivasa Reddy and the MAPS secretary Dr Krishnamurthy Bhat. The college magazine 'Ab Aeterno' was launched by the dignitaries on the dais along with the editors Suhita and Raveena. The former Joint Secretary Sara Mathews of SEC spoke at lengths about IPSF, APPS and GPPED, where, the students delegated in several nations representing our college. She further spoke about the students who represented MCOPS around the globe in conferences like APPS and World

Congress. The formal event came to an end with Fatimazahra Moledina, the Vice President of the student's council delivering the vote of thanks.

The informal event was kicked off with the unending enthusiasm of our MCs, Shruti Sastry and Yagya Malik. An upbeat Bollywood dance performance from the first years was followed up by a melodious rendition of several Bollywood hits across the decades which definitely took the audience a trip down the memory lane. Drama performances completely held the audience's captive. The second years got the audience on their feet with thrilling coordinated dances. The research scholars gave us a "Junoon" filled dance number complete with bright colourful outfits that enraptured the audience. A joyous dance performance consisting of a few third years soon turned into a grand celebration of sorts as students ran to the stage. Freshers, second years and the rest of the student fraternity proved that they truly were "one" as they danced and sang together. The stage filled to the brim and we can truly say that MCOPS students have redefined the word "Josh".

Gone too soon....



We express our profound grief at the sudden demise of our beloved Vice Principal, Dr M Sreenivasa Reddy on 4 March 2020. For us, this news was highly unexpected, since Reddy Sir was in the pink of health and a proactive personality. He joined Manipal College of Pharmaceutical Sciences as a Lecturer in 1992. Currently, he was serving as Vice Principal.

Dr Reddy was synonymous with the administration. He had an eye for details of accreditation protocols. Dr Reddy was pivotal in successfully conducting the examinations at MCOPS, after we received the autonomy status from MAHE. Such a pious soul was he, filled with loads of patience. For close to three decades, he considered MCOPS as his home, rather than an institution. An able administrator with cordial interactions earning respect and immense appreciation from his colleagues. He was endowed with notable virtues of amiability, cordiality, integrity, professionalism and discipline.

MCOPS has lost a dedicated administrator in Dr Sreenivasa Reddy whose contribution for the development of MAHE in general and MCOPS in particular, has been noteworthy. For us at MCOPS, he has left a deep and lasting impression. No words can express this unbearable loss. We condole his demise and pray for eternal peace to the departed soul and solace, peace and strength to his family members.

INDEPENDENCE DAY 2019

Where the mind is without fear and the head is held high. It is a day to be proud and to be cherished till the end.

MAHE celebrated the 73rd Independence Day by hoisting the tricolour. The event started at 8:45 am with the enthusiastic crowd awaiting the great moment of watching all the colleges getting united and showcasing their parade. 22 contingents lead their squad and exhibited their galore. This event was a great success in the presence of all the dignitaries.

Out of all the colleges, three were awarded for their great synchronization in their march-past. They were Manipal School of Life Sciences, Manipal College of Nursing and Manipal Institute of Technology respectively.

The day came to an end with the distribution of sweets and with the feeling of patriotism in each one's heart.



DAAN MELA

On the account of Joy of Giving Week (Daan Utsav), the festival of philanthropy, MCOPS came up with the idea of Daan Mela. It was a fun-fair kind of event where different committees of MAPS put up stalls of games and various fun activities. To participate in the games, students and staff of MCOPS paid in kind and/ or donate an item that could be used by the underprivileged. Dr C Mallikarjuna Rao inaugurated the programme and thereafter the fun began. Not only were students of MCOPS attracted, but also from constituent colleges of Manipal Academy of Higher Education.

By sunset, all the stalls were crowded with kindness. Students willing to play games were given a smiley sticker resembling the 'Joy of giving'. Satisfaction and happiness experienced after giving back to the community cannot be described in mere words. It has to be felt which is immeasurable.

Daan Mela was a successful event. MCOPS was able to collect a lot for the society and it concluded with tons of smiles.



SANSKRITI 2019

Sanskriti, the weeklong cultural extravaganza organized by the cultural council was officially inaugurated on 30 September 2019. The event was diligently organized by the Cultural Committee of MAPS. It was ably supported by the entire student body of MCOPS and with that SANSKRITI 2019 was formally concluded.

Sanskriti Winners and Runners up

Indian Classical Dance Solo

First - Ramya Shri (fourth year)
Dhanyashri (PG)
Second - Manasa (second year)
Third - Pooja (PG)

Extempore

First - Sriya Peri (fourth year) and
Keerthi Priya (PG)
Second - Ruchira (PG)
Third - Anushka (third year)
Bisruta (third year)

Indian Classical Vocal Solo

First - Manasa (second year)
Second - Soumyadeep Bose (third year)
Third - Sadhana (RS)

Stand Up Comedy

First - Snigdha Hiremath (third year)
Second - Sanjana Shastri (fourth year)
Third - Kamesh (PG)

Cartooning

First - Nikita (first year)
Second - Santoshi Nayak (RS)
Third - Santanu Kamath (second year)

Rangoli

First - Prajna and team (fourth year)
Second - Manasa and team (second year)
Third - Prerana and team (first year)

Clay Modelling

First - Anoushka and team (third year)
Second - Amrita and team (PG)
Tanzeem and team (third year)
Third - Anjali and team (second year)

Street Play

First - Disha and team (second year)
Second - Kamesh and team (PG)
Third - Akanksha and team (first year)

TV Show Quiz

First - Manas, Vinay, Ekagra (third year)
Second - Gurvinder, Rema, Astha (third year)
Third - Manish, Atharva, Bisruta (third year)

Debate

First - Bisruta and Akshara (third year)
Second - Sriya and Sanjana (fourth year)
Third - Ishita and Kareena (second year)

Potpourri

First - Shruti, Amulya, Daksha (second year)
Second - Astha, Shrawal, Rajeshwari (third year)
Third - Alisha, Freya, Srushti (fourth year)

Spot Photography

First - Semanti (third year)
Second - Anjali Rai (second year)
Third - Saradindu Bhadra (PG)

Collage

First - Shreya, Akanksha, Nikita (first year)
Second - Anjali, Manasa, Shridevi (second year)
Third - Sucharita, Natasha, Mithali (third year)

Hindi Poetry

First - Aadrika (2nd year)
Second - Rishav (third year)
Third - Mithali (third year) and Akshi (PG)

Indian Non-Classical Vocal Group

First - Soumyadeep and team (third year)
Second - Suneha and team (PG)
Third - Roopa and team (second year)

Western Solo Singing

First - Aditi (second year)
Second - Tanmay (second year)
Third - Daksha (second year)

Mime

First - Kamesh and team (PG)
Second - Atul and team (third year)
Third - Zeel and team (first year)

Duet Dance

First - Divya and Amala (RS)
Second - Ishita and Kriti (second year)
Third - Ramyashri and Rakshita (fourth year)

Instrumental

First - Elroy (first year) and Arpan (second year)
Second - Keerthana (second year)
Third - Jhanavi (first year)

Face Painting

First - Deeksha (PG)
Second - Dheeraj (PG)
Third - Amrita (PG)

Western Group Song

First - Snigdha and team (third year)
Second - Daksha and team (second year)
Tanmay and team (second year)
Third - Subbulakshmi and team (first year)

Installation

First - Akanksha and team (first year)
Second - Akarshi and team (third year)
Third - Sonika and team (fourth year)

Indian Non-Classical Vocal Solo

First - Raksha J Nayak (third year)
Second - Soumyadeep Bose (third year)
Third - Reema (first year)

Mimicry

First - Amogh (third year)
Second - Jishnu (second year)
Third - Komal (second year)
Surjo (second year)

Indian Non-Classical Dance Solo

First - Saksha (second year)
Second - Priyanka (third year)
Third - Divya (Research Scholar)

Duet Singing

First - Soumyadeep Bose and Raksha J Nayak (third year)
Second - Samridhi and Rose (PG)
Third - Roopa and Meghashree (second year)

JAM

First - Sriya (fourth year)
Second - Sanal (second year)
Third - Anushka (third year)

General Quiz

First - Sanjana, Srushti, Gayatri (fourth year)
Second - Niranjan, Prateek, Shri Krishna (fourth year)
Third - Nikhil, Akshat, Sriya (fourth year)

Western Solo Dance

First - Alison (third year)
Second - Saksha (second year)
Third - Kriti (second year)

Painting

First - Tanzeem (third year)
Second - Santanu (second year)
Third - Kavana (second year)
Priyanka (third year)

Antakshari

First - Rinkle and team (PG)
Second - Garima and team (fourth year)
Third - Akshat and team (fourth year)

Folk Dance

First - Ramyashree and team (fourth year)
Second - Keerthana and team (PG)
Third - Jenilda and team (second year)

Mad Ads

First - Kamesh and team (PG)
Second - Atul and team (third year)
Third - Sanjana and team (fourth year)

English Poetry

First - Ruchira (PG)
Second - Flydon (second year)
Sanjana (fourth year)
Third - Apoorva (third year)

Fashion Show

First - Shivangi and team (third year)
Second - Ashwitha and team (PG)
Third - Karen and team (second year)

Indian Non-Classical Group Dance

First - Robin and team (fourth year)
Second - Priyanka and team (third year)
Third - Prateeksha and team (fourth year)

Mr Newcomer - Elroy Princeton Karkada Ms Newcomer - Nikita Baldewa

Overall winners - Third year Overall runners up - Second year



CDC EVENTS

BLOOD DONATION - "There is no substitute for blood. It only comes from generous donors!" As rightly understood by all. On the occasion of International World Cancer Day marked on 4 February, a voluntary Blood Donation Camp was held on 3 February in MCOPS which was jointly organised by Kasturba Hospital Blood Bank, Manipal and Blood Bank District Hospital, Udupi. The students as well as the faculty of our college welcomed the camp with utmost support and over hundreds donated blood. This added a ray of hope to the resolve of all those patients who are fighting chronic disorders.



NATIONAL PHARMACY WEEK - On the occasion of National Pharmacy Week, CDC in collaboration with the Department of Community Medicine, KMC, conducted a CPR and Basic First Aid training session on 30 October. The workshop was conducted by Dr Divya Pai and Dr Ashwini Kumar, additional professor, KMC Manipal. The workshop started by Dr Divya explaining the difference between a cardiac arrest and a heart attack thereby teaching us on how to carry out CPR (Cardiopulmonary resuscitation). Some students amongst the crowd volunteered to carry out CPR. The second half of the workshop was taken by Dr Ashwini Kumar for the training of Basic First Aid. We were given various tips on how to deal with everyday injuries like a muscle cramp, snake bites, fractures, seizures, fainting, etc. This one-hour workshop taught us about the basic steps we can take to save a life.

PHOTOGRAPHY CLUB

MAPS 2019 saw a redemption of the Photography club under the leadership of Deva Soorya (fourth year BPharm) and so it was visible on the MAPS Instagram page. They organized a few interesting events and workshops this year so that the students could learn and showcase their skills even in the nationwide lockdown due to coronavirus. The photography club functioned brilliantly throughout this year along with Manish Choudhary (Graphic Designer- third year BPharm) and we hope they continue to do so in the coming years.



Qalam'20

Every year, Manipal College of Pharmaceutical Sciences conducts a literary event – Qalam: mightier than the sword – with an overt aim to develop and hone the young innovative minds that view creativity as an embodiment of the world.

This year, habitually, the zealous décor team decorated the college with appealing literature-based decorations that seemed to attract participants from all over the university.

Day 1 (22 January 2020) - The first day of the fest began with a presidential debate, challenging the participants to take a strict stance on the current affairs of the country. Out of the nine teams, five teams made it through to the finals. The second event for the day was the storybook quiz, that put the memory and accuracy of readers to a test. Five teams got through to the finals.

Day 2 (23 January 2020) - The second day of Qalam was set in motion by conducting Spell Bee, the prelims and finals were conducted on the same day. It was won by Vivek Nayak, Abhiram k and Aditi Chikhale. Spell

Bee was followed by the second event, story writing, capturing a glimpse of the writers' vast imagination. The winners of this event were Saachi Mulki, Shatakshi Roy and Aishi Biswas.

Day 3 (24 January 2020) - On the third day of the fest, the finals of the presidential debate were conducted with the hot topic of CAA. The winners of the event were Abhiram K and Shreya Jauhari, Rakshita and Ruchira, Subbulaxmi and Yashika. One same day, the finals for the storybook quiz was also conducted and the winners of the event were Abhiram K, Shreya Jauhari followed by Manas, Anoushka, Ritik and lastly, Sanjana, Rachana and Neha.

Day 4 (25 January 2020) - The final day of Qalam began with a valedictory ceremony. The Chief Guest for the event was Dr Neeta Inamdar who praised the literary interests of students and encouraged them to attain more. The certificates were distributed to the winners and it was followed by the most beloved event of Qalam, Slam Poetry. The ambience and the variety of poetry by several participants enthralled the audience, making them feel a rollercoaster of emotions. The event winners were Anushka Das, Swapn Ghai and lastly, Sankalp Ray. Finally, a delicious dinner was served at dusk, marking an end to Qalam 2020 but with a promising future.



ATHLOS

Event/Sports Name	First Position	Second Position
Chess		
Men	Kirubaharan B (PG)	Sanjay Kulkarni (PG)
Women	Shania Kapai (Third Year)	V Manasa (PG)
Carrom		
Men singles	Rajat Rao (Research Scholar)	Akhil Kantimahanti (Fourth Year- BPharm)
Men doubles	Research Scholar	Research Scholar
Women singles	Hemamanjushree S (Second Year MPharm)	Kumari Anjali (Fourth Year- BPharm)
Women doubles	PG	Fourth Year
Mixed doubles	Research Scholar	Fourth Year

Swimming			
Men			
Event/Sports Name	First Position	Second Position	Third Position
Freestyle (50m)	Tushar Agarwal (PG)	Rithvik Kusumanchi (Second Year)	Yashodhan Desai (First Year)
Back Stroke (50m)	Tushar Agarwal (PG)	Yashodhan Desai (First Year)	Shubham Kumar (Third Year)
Butterfly (50m)	Tushar Agarwal (PG)	Yashodhan Desai (First Year)	Shubham Kumar (Third Year)
Breast Stroke (50m)	Tushar Agarwal (PG)	Yashodhan Desai (First Year)	Kamesh Kumar Keshri (PG)
Freestyle (25m)	Tushar Agarwal (PG)	Rithvik Kusumanchi (Second Year)	Yashodhan Desai (First Year)
BUTTERFLY (25m)	Tushar Agarwal (PG)	Shubham Kumar (Third Year)	Hrithik Khairnar (Second Year)
Back Stroke (25m)	Tushar Agarwal (PG)	Yashodhan Desai (First Year)	Shubham Kumar (Third Year)
Breast Stroke (25m)	Tushar Agarwal (PG)	Yashodhan Desai (First Year)	Kamesh Kumar Keshri (PG)
Medley Relay	PG	Third Year	Second Year
Relay	PG	Third Year	Second Year
Women			
Breast Stroke (50m)	Sanyukta Tarode (PG)	Pooja Mohanraj (Fourth Year)	Torsa Das (PG)
Back Stroke (50m)	Sanyukta Tarode (PG)	Astha Sood (First Year)	Pooja Mohanraj (Fourth Year)
Freestyle (50m)	Shaili V Chauhan (First Year)	Astha Sood (First Year)	Sanyukta Tarode (PG)
Back Stroke (25m)	Sanyukta Tarode (PG)	Astha Sood (First Year)	Shaili V Chauhan (First Year)
Freestyle (25m)	Shaili V Chauhan (First Year)	Astha Sood (First Year)	Shania Kapai (Third Year)

Table Tennis		
Event/Sports Name	First Position	Second Position
Men singles	Amirreza Najmi (Research Scholar)	Somnath Khandelwal (First Year)
Men doubles	Research Scholar	Fourth Year
Women singles	Garima Kango (Fourth Year)	Srushti Kesarkar (Fourth Year)
Women doubles	Fourth Year	Second Year
Mixed doubles	Fourth Year	Fourth Year
Badminton		
Men singles	Anujith Geetha Sekhar (Fourth Year)	Ajmal Nassar (Research Scholar)
Men doubles	Fourth Year	Research Scholar
Women singles	P Gayatri (Fourth Year)	Vedanti (PG)
Women doubles	Second Year	Fourth Year
Mixed doubles	Fourth Year	Second Year
Volleyball (Mixed)	Second Year	Third Year
Throwball (Women)	PG	Fourth Year
Basketball		
Men	First Year	PG
Women	Second Year	PG
Cricket		
Men	PG	Third Year
Women	Second Year	Research Scholar
Football		
Men	Third Year	First Year
Women	Second Year	Fourth Year



Best Incoming Performer

- Men - Mohith (First Year)
- Women - Yagya Malik (First Year)

Best Outgoing

- Indoor Men - Upamanyu
- Indoor Women – Garima (Fourth Year)
- Outdoor Men - Abhishek Yadav (Fourth Year)
- Outdoor Women - Himani Powle (PG)

Best Swimmer - Tushar Agrawal (PG)

Best Athlete - Mohith H (First Year)

Overall Winner - PG

Overall Runner- First Year

Annual Day report

The journey of college life is priceless. Each day becomes a part of a pool of memories, be it good or bad. Here, we transform from young adults to adults, face fierce competition and yet learn the value of friendship, fall and yet learn to rise. Each day marks a milestone achieved. One such remarkable day is the college Annual Day.

Manipal College of Pharmaceutical Sciences celebrated its Annual and Awards day on 8 February 2020. The evening started with the welcome address by Ms Ramya Ravi and Mrs Athira Nair followed by the Annual report by the Principal Dr C Mallikarjuna Rao. This was followed by felicitation of the Chief Guest for the evening- Dr Thimmapa Hegde, an eminent neurosurgeon based in Bengaluru. Few teachers were felicitated by the Best Teacher Awards including Dr Anoop Kishore, Ms Ramya Ravi and Mr Venkatesh Kamath. Dr Srinivas Mutalik, Professor and HOD of Department of Pharmaceutics received 'Teacher of the year award'.

After all the soulful performances from the students including drama, dance and singing it was time for a special performance from the outgoing batch of the fourth BPharm who made the night extra special with their synchronize dance beats and unity.





PharmaQuora 2020

PharmaQuora 2020 promised to be bigger and better, and it did not disappoint. What once started as a small gathering has reached its seventh edition, with over 450 registrations, 110 abstracts, 94 posters and 14 models. This scientific and literary festival is the pride and joy of the academic council led by the Vice President, Fatimazahra Moledine, and the General Secretary, Gaurav Kandoi. The event took place on the first and second of February and had many new events such as drug compounding and the pharmacy quiz.

On the first day of PharmaQuora, we were honoured to have Mr Sudhir Nayak, Associate Vice President, Biocon Biologics as our Chief Guest. He interacted with the students throughout his presentation - Out of Syllabus, where he spoke about life after college. Our second speaker of the day was the esteemed Dr Arun Shanbhag, Chief Innovation Officer, MAHE. He emphasized on the significance of the big stones in life, such as integrity and family, and also urged students to “Marie Kondo” their lives. The first day also included the oral event, with students showing off their brilliance through presentations on intriguing topics.

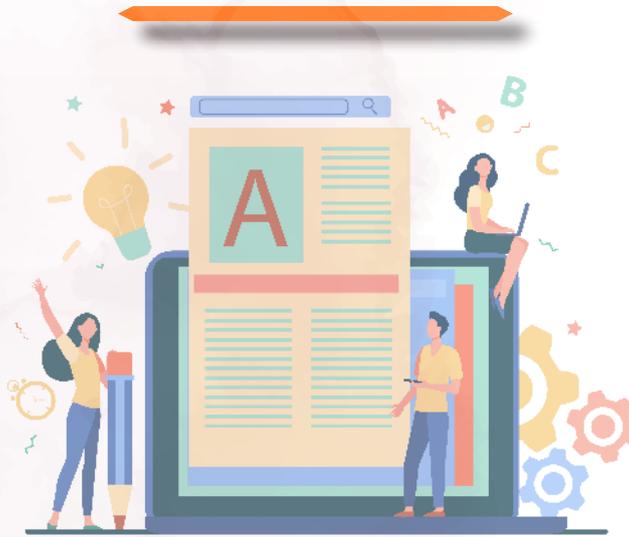
The last day of PharmaQuora contained the model making and the poster event. Students came up with realistic models on various subjects such as lactobacillus and phagocytosis. For the poster events, students got creative with their topics and posters covering all scientific areas such as the oral insulin pill and carbon dioxide eating E. Coli were seen.

PharmaQuora had repeatedly crossed the benchmark and surpassed all expectations and it will undoubtedly do the same in the future.





ARTICLES



All Over Again



Across the ocean of my thoughts
I'd pick you
Over and over again
You,
A flawed empire
Predictable yet mayhem
A dark thought
Thorns that clawed its path into the past
No good to my mind
But,
I'd pick you
To venture through the dreadful maze
To help me,

Break my intricate walls
To help me,
Mend my way towards hope
'Cause they say
Only in the murk,
You embrace the righteous
Only among madness
You plead sanity
That's why,
I'd pick you
All over again.

- Amulya

HOGWARTS - THE HISTORY



Alohomora opened the gates to the wizarding world,
Where a thousand of years ago, a story unfurled.
Four wizards and witches from valleys and fens,
Travelled to the mystical Scottish glens.
Dreamt of a castle exclusive and only,
To educate the students with qualities found rarely.
Thus, a castle stood erect by the shores of a lake,
But the unity of the founders was nearly at a stake.
While Ravenclaw and Gryffindor insisted upon
selection,
Hufflepuff sought to teach all, without hesitation.
The three desired to educate the divine art of sorcery,
While Slytherin's heart yearned to explicate devilry.
"The muggles don't understand magic", he said,
"Only Pure Bloods must be taught music instead."
To teach them a lesson,
The Chamber of Secrets he devised,
To kill all Mud bloods, he put a Basilisk inside.
Then came into existence The Sorting Hat,
To read the minds and sort out students like that
Into houses of the founders, whose qualities they
possessed,

For those without any specific quality,
Hufflepuff's house was their nest.
Godric Gryffindor was brave at heart,
Their brave hearts and chivalry set them apart.
Rowena Ravenclaw possessed wit beyond measure,
The Ravenclaws were indeed the school's greatest
treasure.
Helga Hufflepuff was loyal and kind,
Hard work was what ruled the Hufflepuff's mind.
Salazar Slytherin was ambitious and shrewd,
The Slytherins never wanted anyone's good.
There were different subjects taught in this school,
Herbology or Potions, which required many a tool.
Or Astronomy or Arithmancy or Transfiguration,
Quidditch, Defence Against the Dark Arts and
Divination
Students from the four quarters here they came,
As best sorcerers they earned their fame.
In this way grew the finest school of sorcery,
The Hogwarts school of Witchcraft and Wizardry.

- Akshara Kumar

THIS TOO SHALL PASS



When our world breaks down instead of us breaking through,
When everyone casts intense glances at us.
When there is some uncertainty, a fear in our poise,
And tears of agony accumulate in our voice,
When dreams slip from our fingers like grains of sand,
When the fear of failure accumulates on our hand;
When flights of hopes crash and poetry hits us hard,
And our heart, we realise is brutally scarred.
Know that some good can come out of even broken glass,
Keeping hope, as this too shall pass.

- Akshara Kumar

COVID-19: THE VIRUS OF HATE



Amidst the havoc stirred by the pandemic - distressing the economic, political and ethical operations of the world, there has been an upsurge of hate crime and scapegoating since February 2019.

Xenophobic violence, as such, is lawless; encouragement of such acts by certain leaders and influencers, for instance, an association of virus to China - has fuelled a pre-existing stigma and vilified the immigrants, minorities and refugees all over the world. The pandemic has caused anxious and agitated people to irrationally lash out and point fingers at innocents, based on their repressed prejudice.

Bangladeshi and Malaysian government sending stranded Rohingya refugees away, countries boycotting Asians from hotels, hospitals, refusing services, Iraqi Shia leader blaming same-sex marriage as a cause of the pandemic, cyberhate, physical attacks and usage of abusive slurs are some of the instances of the immoral blame game. While corona has brought out the worst in people across the globe, things at our home turf are no different. In India, this virus has caused deep religious strife, targeting the Muslims and the North-Eastern community in a wave of violence. As Time reports, tweets with the hashtag #CoronaJihad has appeared 300,000 times on Twitter. The world is grappling with a national health emergency, so it is very important to understand that now, is not the time to express hate and personal opinions that can showcase certain communities in a bad light.

In these testing times, mass media plays a crucial role in maintaining the stability of a society. It either gives hope to the people amidst this turmoil and conveys a sense of unity or instigates a communal riot. Media has truly helped by informing and educating the masses but this massive amount of information often opens doors of panic, misinformation and exaggeration - leading to loss of vital and honest information among the masses.

Entrapment between four walls does enough damage to a person, mentally. No one deserves hatred and violence because of their religion, origin or lifestyle. As a part of the community, we need to remind the society of how important it is to boost morale as the country slips into dark times and that the true battle is against the virus itself, which endangers our loved ones. In these stressful times, we need to acknowledge everyone as humans and not identify him/her based on their community. Xenophobia can never truly cease to exist but I hope the humanity and compassion in people outrun the years of resentment, then we would have won a much bigger battle.

- Amulya N Bhatkal

THE DISTRAUGHT STUDENT COMMUNITY DURING THE CORONA PANDEMIC



The pandemic of 2020 has been proven to affect the strongest, richest and healthiest, sparing no one. It has taken a toll on the mental health of the student community. To have a summer vacation off campus, at our homes, is always awaited with zeal when it is expected but when an uninvited stay-at-home order knocks at your door, it can cause sheer panic and stress. To be able to sit among the safe walls of our concrete houses during a pandemic causing deaths of the fellow members of the race, is surely a privilege but the same walls can suffocate some uncalm minds. Disruption of the regular pattern of work has triggered many OCDs while physical disconnection with friends has resulted in separation anxiety to many. Students taking the benefits of on-campus psychological support have been deeply impacted. Students coming from broken homes, find the University as their getaway from the worrying environment at home. And during these miserable times, the thought of being

in the same household for months altogether can lead to depression and distress. Youth living in a household of domestic violence and troublesome family tend to smile only around their friends and acquired family. It has been noted that all domestic helpline calls have increased tremendously during this lockdown state.

I, personally, feel sad for the batch graduating in 2020 for they have missed the moments they have been waiting to cherish for their lifetime: the last lecture, the last dinner at the hostel mess with their friends who are more like a family now that they have lived together for four or more years and of course, the graduating ceremony. The efforts put in by them for four years are only acknowledged and appreciated in the graduation ceremony. To know that one has missed all these important days of their lives, makes one feel sad.

I would also like to mention the mental plight of college students who have lost their temporary jobs and earnings during the current state. The financial hardships can feel more burdening when you are sitting at home doing no work.

Universities play a major role in providing the students with mental satisfaction and I think all colleges should consider the mental health of students before making any decisions during this time. Any step they take can either add to the troubles or help the students. For example, they can provide online counselling to the students who need help. Also, to make the students feel normalised in this situation, they can start with online classes, it will make them feel that they are in touch with their work. Although my take on the online exams is a little different, I believe it can either add to the stress of a student or make them feel connected to their work. Students living in households where they are burdened with household work because of lockdown and no availability of help or students living with big families and senior citizens might find it troubling to make time to study for their examinations. It might add to their stress. I believe if the universities take tests, they can make it pass/ fail with no grades/marks or show leniency to help the student mentally, dismissing them of a psychological pressure to do better and comparison with their peers.

Regardless of all this, I truly believe that we will overcome this too. This too shall pass. Our human minds are capable of wonders we are unaware of. But the same mind can collapse if exploited.

I hope we all remember to breathe and smile during this unfortunate event even if it is behind our face masks.

OUT OF THE BLUE



Prior to this pandemic which has affected the entire world, the traditional way of learning was through classroom classes. The major advantage of classroom classes was the face to face interaction that students had with their teachers as well as peers. Online classes might be beneficial to a small percentage of the population of students but still, the majority of the students who are taking virtual cases are craving for that interaction.

With the world under lockdown, it has become imperative for the classes to go on and educational institutions have begun taking online classes and assessment-based activities which will help the teachers to grade their students. Online classes were never the norm, especially in India which has made some students uncomfortable and uneasy. Apart from students, even teachers are not used to online classes. For them as well, it is a whole new world and they themselves have to learn a whole new way of teaching within a stipulated time.

For people who lack the ability to focus for a long time, online classes are a major bane. With constant interaction, classroom learning helps in stimulating the students and keeps them involved in the classes. However, in online classes, the student can get easily distracted by his thoughts as well as surrounding which ultimately leads to them lacking focus in the entirety of the class. Classroom learning creates such an environment that pushes the student to maintain its focus throughout the learning process.

One of the major drawbacks of online classes is that it is dependent upon the gadgets or the form of technology that is being used. Sometimes the improper functioning of the devices results in miscommunication or the individual not being able to adjust to the remaining part of the class. Moreover, India has the highest number of internet shutdowns. It is not easy for each student to get access to high-speed internet even amongst people who can afford broadband connections.

The traditional form of the classes is designed for the students to not only learn about the subjects but also to develop organizational as well as social skills. The online learning helps the students learn organizational skills such as maintain their work ethic, being on time and many more. With online classes, such organization skills start lacking in the students. Most of the recruiters look for employees or interns with good communication skills and online learning is taking away the platform of engaging with others to build this skill. Most of the time classroom is a place for engaging with new people and putting forward their ideas as well as views. This not only improves the confidence of students but also their social and communication skills.

Even though teachers put in their best effort to provide good learning experiences there is no guarantee that their effort is being reached out to every student. The classroom learning improved memory skills by holding occasional tests but in online classes, it is not possible for the teachers to supervise each and every student while conducting tests which sometimes resulting in the students opting for unfair means.

Even though mental health awareness is growing, there are some topics that are still sensitive. Man is a social animal and being cut off from the rest of the world sometimes can cause an individual's mental health to spiral. Friend groups make one feel supported and appreciated and they also help in overcoming the feeling of isolation that is often felt by a person with degrading mental health.

With everything shifting from the real world to the virtual world, this crisis has certainly pushed people out of their comfort zone. One of the major boons of the online world is that it will force people to take technology into their lives much faster. With exams getting cancelled and classes being stalled, virtual education seems like the only alternative.

-Bijaya Chettri

LEAVING HOME



The day I found out that I was going to be a Manipalite, I was on cloud nine. Nothing could wipe the gleeful smile off my face that stretched from ear to ear. The idea of a life away from my family, with no one dictating my every move and living on my terms, was as exhilarating as it was daunting. Even though I have a great relationship with everyone in my family, I doubt I will miss them. It is an awful thing to say, but it is the truth.

I will not miss having to share everything with my brother. A room, a bed, and my blanket that he steals at the dead of the night. I definitely will not miss fighting over the remote or whose turn it is to wash the dishes. I will no longer come home to find all my cleverly hidden snacks have disappeared, leaving crumpled wrappers in their wake.

I will not miss my father's aversion to locking doors, because privacy is a foreign concept in this household. No longer, will I have to listen to lectures about how mobile phones are the root of all evil or wake up on a Sunday morning to find the fan switched off and the windows wide open, with the sun glaring right into my face. Finally, I can stay up all night and watch Netflix without having to meet my dad's disapproving gaze.

I will not miss my mother's never-ending nagging, whether it is about the pile of clothes I have left on the chair or the tiffin she prepared that I never ate. I could live without her habit of sliding vile tasting vegetables into my plate when she thinks I am not looking or, her constant reminders about exams that were always around the corner. Now that I will be far away from her, she can no longer drag me out of the comfort of my bed and into the houses of 'relatives' I have never met before.

I doubt I will miss the night drives with my brother as we hunt for a good ice cream parlour or our ridiculous conversations that make no sense to anyone else. I could not possibly miss the unrealistic, and frankly stupid stories he would make up, to cheer me up on bad days.

I do not think I will miss the morning walks with my dad, where he will entertain me with anecdotes about his childhood and, the life he had before I was born. I will not miss how he takes my sides in arguments with my mother even when I am wrong.

I refuse to miss my mother's uncanny ability to tell when I am upset by just listening to my voice or how she will randomly bring me a bowl of fruits without being asked. I will not miss being spoon-fed by her when I am too sick to move and the comforting words she will say after a bad exam.

Going to Manipal is just the break I needed from them. They say college is supposed to be the best years of our lives, so I doubt I will have time to miss them anyway. All in all, I think I will be just fine without them.

-Reeva Mannayil

COVID-19 PANDEMIC: THE EARTH HITS RESET



"We humans are the greatest of earth's parasites" -Martin H Fischer

In a few years, the COVID-19 pandemic, that affected around four million people will finally die down. There will be articles, books, and movies made on the horrors and devastation caused by this virus that spread like wildfire. They will highlight the loss of life, the pain suffered by the deceased's families who were unable to bid farewell, the blow to the economy that will leave hundreds unemployed, and the misery caused by the global lockdown.

What will conveniently be forgotten is how nature thrived in our absence. How global pollution was at its lowest in years. Delhi, one of the most polluted cities in the world, saw a 60 per cent drop in air pollution. The Langtang range was visible from Kathmandu, in Nepal for the first time in decades. France witnessed clear skies and low levels of smog. The water canal in Venice became so clear due to the lack of tourist activity that the bottom was visible. Citizens of Delhi also claim the water of the Ganges looks cleaner. The world's biggest ozone hole that is roughly one million kilometres wide has reportedly resealed itself in the past few months, the role played by the lockdown in this miracle is still unclear. Scientists also claim the 50 per cent reduction in nitrogen emissions in China, might have saved 77,000 lives in the past two months.

It is not just nature that has been enjoying the lack of humans, animals, all around have been sighted visiting unusual places. Jackal howls can be heard from the Hayarkon Park in Israel while goats and sheep graze near an airport in Turkey. A sea lion was spotted taking a stroll down the sidewalk of Mar del Plata harbour

in Argentina while Indians were surprised to see a leopard resting on a road in Hyderabad. Over thousands of flamingos converged at a sanctuary in Navi Mumbai which also saw water in a nearby wetland turn to a beautiful shade of pink due to explosive blooming of algae.

The lockdown has only shed light on the fact that humans are the real parasites of the world. In just a few months, nature began to recover from all the damages we have caused her at lightning speed. The earth and its inhabitants are a part of a cycle that is self-sufficient and does not require human interference. The planet will still revolve around its orbit even if all humans were to be annihilated. People need to open their eyes and see the harm they are causing to the environment, the consequences of which will rain down on all of us. We must understand that we are only guests in this ancient place we call our 'home' and we are only one wrong step away from overstaying our welcome.

- Reeva Mannayil

THE GREAT ESCAPE



After the hectic, non-stop college working days, and by that, I mean no holidays whether floods or storm, every semester break, seems like the perfect escape every Manipalite rightfully deserves.

The anticipation and excitement of the semester break, are more exciting than the break itself. The ideas of productivity and progress we plan to accomplish in the holidays is something no student will deny, be it learning something new like painting or a sport, reading numerous books, meeting school friends, working out and the list goes on.

I am here to write about the ones like me.

The majority, who spend every day of the vacation procrastinating, who plan too much and do nothing but lie in bed watching Netflix, and when the subscription ends use debit cards of other family members to get a free trial for another thirty days. No, do not get me wrong, Netflix is not the only thing we stick too, because trust me, that gets boring too, since we already have finished most of the series on our bucket list during the exams. Do not get me started about how we go broke even without stepping outside the house.

So, if you are wondering what else we do, let me tell it, it ranges from nothing to always being hungry, switching on the TV which has absolutely nothing good, so we laugh at memes on Instagram instead. I do not know about the one reading this, but that is the most perfect idea of vacation I have. Any disruption from this normal schedule of waking up, breathing, staying awake, being glued to your phone, eating and sleeping seems like some far-fetched dream, and trust me, I highly prefer my reality.

No, I will not say we are not motivated enough, I think we are saving up the motivation for the upcoming semester because we know, how in a flash the vacations will end and we will be back to the grind.

It is true in my case that only the anticipation is exciting because the moment I am on my way back home, I start missing even waking up in the morning and being late for college and in turn always missing breakfast.

The moment I am back home, I start counting days, as to when this break will end and I will be back to Manipal, in my not so comfortable hostel bed, in the humid weather with a fan that hardly works.

This cycle of anticipation and excitement that we are stuck in will end someday, sooner than later, and we will be lost, or I should say, will be adults with jobs and no more winter breaks.

- Anjali Rai

DIGITAL ADVANCEMENTS AND COVID-19



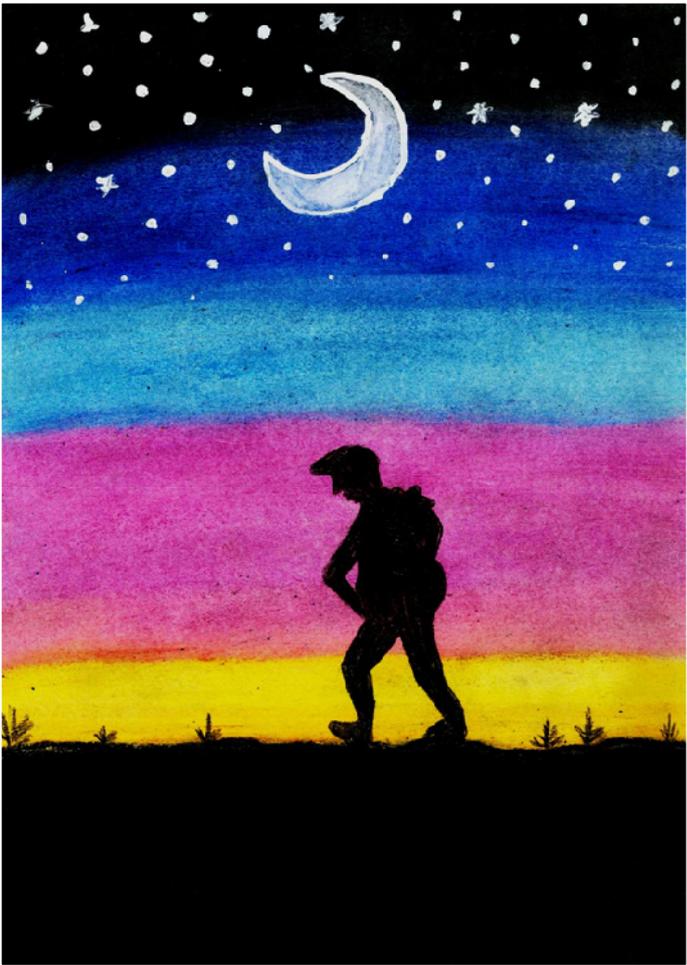
The coronavirus pandemic started as an endemic in the city of Wuhan, China and it soon spread across the world resulting in the loss of thousands of lives everywhere and sending the world economy in a tailspin. The loss of lives caused is irreplaceable but it is needless to say that the present scenario would have been much different if this pandemic situation had occurred about 100 years ago. As a matter of fact, one such similar pandemic that the world saw was the Spanish flu of 1918. In 1918, the world's population was only about 1.8 billion and most people lived in rural areas. In the last 100 years, the human population has quadrupled to more than 7.8 billion, and far more people live in densely populated metropolitan areas, creating greater transmission risks in disease outbreaks. Yet, some relief comes from the fact that we live in the age of genomics, vaccines, antibiotics, mechanical ventilators, and other features of high-technology medicine that were unavailable in 1918.

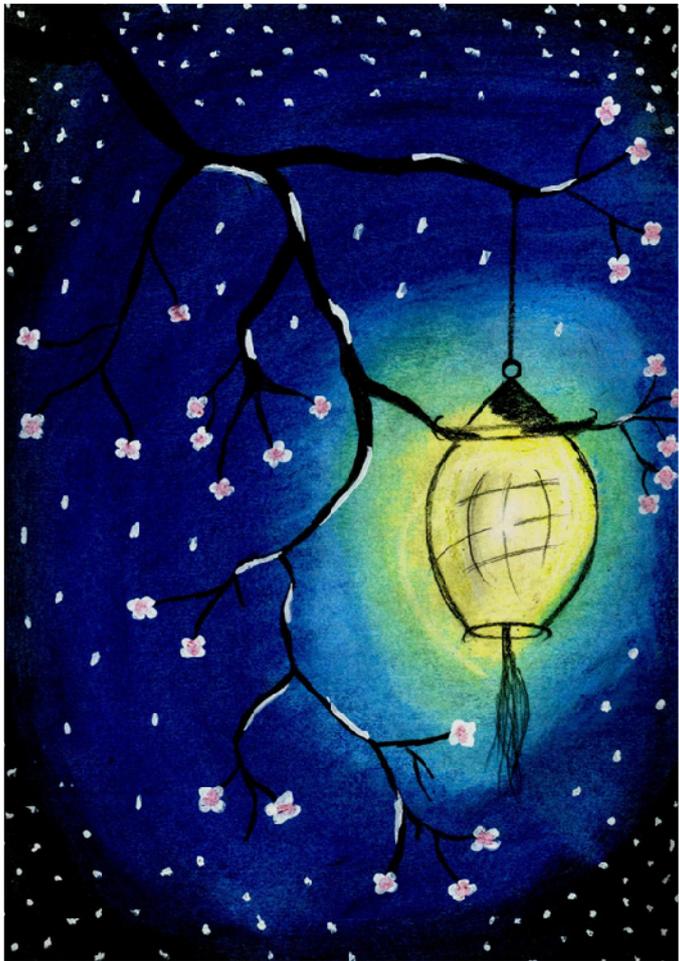
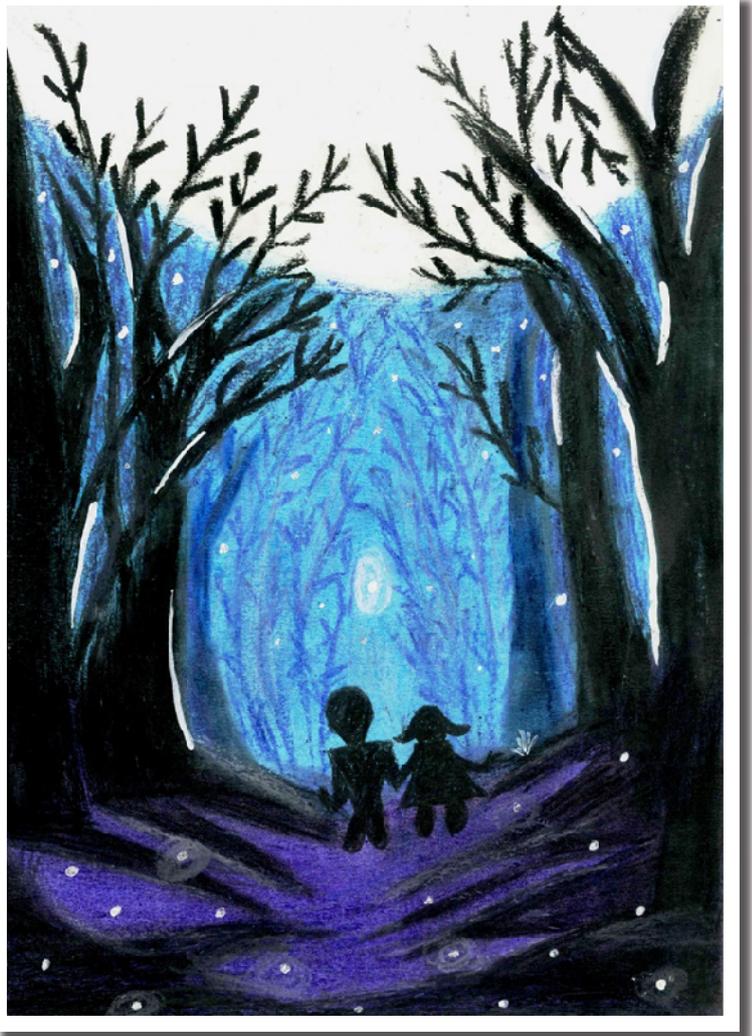
Besides the medical advances, technology has played a huge role in preventing the spread of this disease by promoting social distancing particularly when the entire country is under lockdown. As the colleges and schools all over India remain closed, students are still able to access classes with platforms like Microsoft Teams and Zoom. The students can attend webinars, online yoga classes, online dance classes and much more from their homes. The online food delivery platforms like Zomato and Swiggy come to the rescue if you are particularly stuck in your hostel in this situation and need your favourite comfort food. In this lockdown, where you cannot leave your houses, apps like Bigbasket have become a necessity more than a luxury. With this app, you can order groceries, food supplies and various other essentials online and have them dropped off at your doorstep. This goes a long way in helping people stay safe at home with their "no contact delivery system". Supermarkets like Big Bazaar are paying more attention towards home delivery options and employing a skeleton staff in their stores encouraging people to stay at home. With various e-commerce payment systems like Paytm, Google Pay and PhonePe, money transactions have been made simple without you physically having to handle the money further facilitating social distancing. You can also access your choice of daily newspaper online. People can pass their time by watching movies and TV series that are offered by the various streaming services like Netflix, Amazon Prime, Hulu and more. Similarly, with social media platforms, especially, Facebook and Instagram, you can access recipes, stay connected to your friends and family and remain entertained while being stuck inside your house/hostel this quarantine.

The government of India is also taking all the steps necessary to curb the spike of the disease. One of those steps includes the development of the Aarogya Setu app by the National Informatics Centre which comes under the government's Ministry of Electronics and Information Technology. The app, which is a coronavirus tracker of sorts works on the basis of contact tracing and can help a user identify possible coronavirus 'hotspot' around his or her area. It can help people stay safe and adopt necessary precaution in some areas where there are cases and accordingly, help stop or prevent community transmission to an extent. Similarly, thanks to the real-time COVID-19- 19 tracker developed by some scientists, one can track the COVID-19 pandemic in various parts of the world with just one click. Even the Indian Army are coming forward with a range of products to aid India's battle against the COVID-19 pandemic - from drones that can disinfect large areas in minutes and an ultraviolet-light sanitiser that can kill viruses in seconds to a surgical mask developed by 3D printing.

Fighting against such a pandemic situation would have been tougher without all these innovations. We have undoubtedly come a long way with respect to advancements in technology. Moments like these make us realise that technology has rather become an indispensable part of our lives; it is hard to imagine a world without technology especially in 'catastrophic' situations like the one the world is facing right now. As the situation everywhere is very bleak right now, all one needs to do is stay safe by staying indoors because whatever one needs is now just a few clicks away!

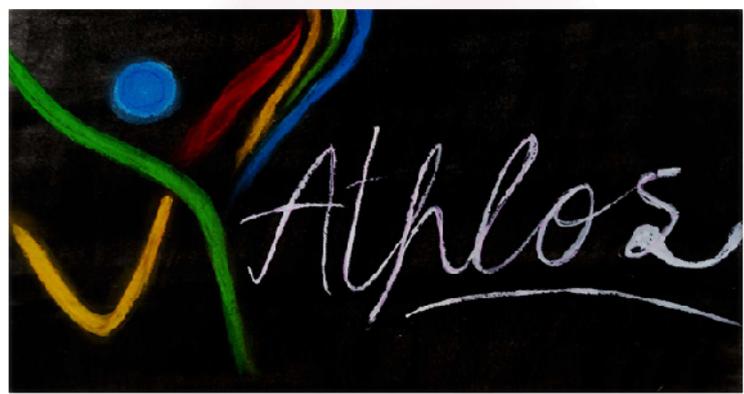
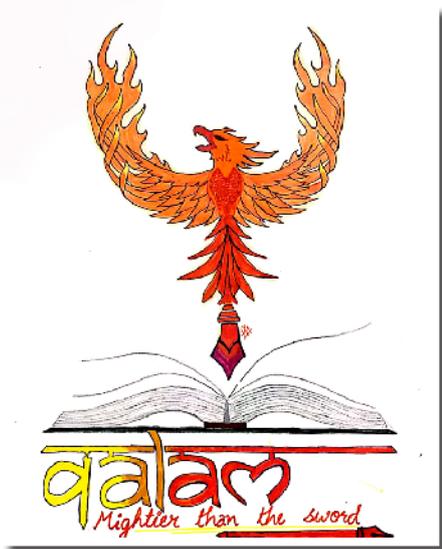
SKETCHES AND DRAWINGS





**- Divya Krishnan
1st BPharm**

SKETCHES OF OUR EVENT LOGOS



**- Priyanka Hiremath
3rd BPharm**

Council Testimonials

The Editorial Committee, MAPS 2019-20



Aditi - She is an enthusiastic writer and this year she has mastered all the leadership and interpersonal skills during Qalam. Being the joint editor, she was instrumental in embellishing all the stuff we did throughout the year right from the board change to organizing our Inter-MAHE literature event 'QALAM'. It was wonderful to work with her and I hope she continues to be a part of this council.

Abhipsa - She is a fearless girl who has the ability to stand uproot when the team is right. She did her job diligently and was always ready to take more responsibilities whether for the photography club or during Qalam.

Amulya - She is a happy go lucky girl who was always cheerful and kept our mood on a lighter note especially during Qalam. She has brilliant writing and artistic skills hence she was of great help with the decorations we did in Qalam. I hope she remains the same as she is and I wish her luck for future endeavours.

Priyanka - She has excellent writing skills which were really helpful for our college magazine. Also, she was one of them who was instrumental behind the decorations in Qalam.

Shivangi - She is the quiet girl who did all her work on time which was assigned to her.

Reeva - She is a reliable and hardworking member of our council. She did all her work diligently which were assigned to her.

Bijaya - She has been a great addition to the council. She is always ready with fresh and exciting ideas.

Samyukta - She was a great aid to our council and I hope she continues to be a part of it next year as well.

Praneethi - She was always punctual to meetings and exceptionally obliging.

Raashi and Andrea - Both of them did all their work exceedingly well throughout the year.

The Academic Committee, MAPS 2019-20



Jayashree V - One of the youngest members of our council, as well as one of the most creative ones from the lot. Extremely artistic and resourceful, and one whom you could always count on, even if it were to be the very last minute of something. Really glad to have her in our Council and I wish her all the best for her future contributions to the Student Council.

Anvesh S K - An extremely benevolent despot who is always ready to help and does the tasks assigned to him to his best. Certainly, a good team player, and one who always managed to get a good crowd for the events organized by MAPS.

Arjun Prabhu - He is a calm and composed guy, who knows where and when to give his input. It was great working with him and I hope he continues being a MAPS member in the future too.

Maya S Pai K - A pleasant girl to work with, and one who is extremely considerate, polite and cooperative. I hope she continues to serve MAPS in the coming years, and wish her all the luck for it.

Khatija Raheen - A girl who dresses simple, but surely wears off any complexity that comes to her fore. Modest in her character, and responsible towards her duties in the Council, she is indubitably an asset every leader in their Council would love to have. I am pleased to have worked with her, and wish her all the best for her future!

Skanda N - A genius with a beautiful mind (like that of every extraordinary person) and soul. He is someone many members of our Council would envy, including myself. Definitely someone with a massive potential to reach greater heights in life, and I wish all the best for everything that lies ahead of him.

Sharanya Shetty - An outspoken girl with a clever mind. May not speak a lot, but surely knows when to and how to speak. She has got a personality of her own, and that is what makes working with her remarkable.

M S Adithya - The only Council member who STILL addresses me as “Ma’am” than calling me by my name. Hehe! A very respectful member indeed, and one with outstanding marketing and leadership skills. He surely has a flutter to soar high and I cannot wait to see that happening. All the best, Adithya!

Sephy Ann Alex - Mostly quiet, but once she gets the josh to do something, there is a different side of hers you get to see. Fun to work with and extremely humble in nature. I would definitely love to see her being a part of MAPS again.

Akshara Kumar - One of the core members of PharmaQuora’s Academic Committee, and one whom I could trust handing responsibilities to without have any doubts. Extremely hard-working and talented, with oratory skills that only a few possess. She has done everything exceedingly well, and I look forward to see her doing more!

Ritik Tatia - Always eager to help and one who does things with minimal instructions. He was a great aid to our Council during PharmaQuora and I hope he continues to be a part of it next year as well.

K Rajeswar Reddy - If I could describe Reddy in two words, they would be fresh and honest (pun intended, of course). But surely, not because he drinks his coffees ONLY from there, but because he has got standards for everything he does. Undoubtedly a man of principles who always has a fresh and positive mindset, and one who would put the real scenario of things in front of you.

Shreesha Hedge - Always punctual to meetings, and exceptionally obliging. He is a guy of appreciable character and one upon whom you could blindly rely on. It was truly gratifying to work with him and I wish him all the luck for his future after BPharm.

K Poojita - If Gaurav was my right hand for PharmaQuora, then this young lady was surely my left hand. Without both, organizing PharmaQuora would have been impossible, and I could not have asked for better partners in my core team. It was indeed a delight to work with Poojita, and I am SO GLAD to have known her before she graduates soon. I wish her all the best for her future, and may she ace her MedChem and all other exams in her Unis and life.

Hari Prabhath Tummala - “I will not attend any meetings, but when you need me for PharmaQuora work, I will be there.” A senior I COULD NOT TELL ANYTHING when he told me this, and a senior I DID NOT HAVE TO TELL ANYTHING when it was time for PharmaQuora. A man true to his words indeed.

Ruchira Samaddar - Perhaps the only senior who was there for the never-ending PharmaQuora meetings, and one who always came up with a colossal amount of ideas. She has tremendously been a large support for PharmaQuora this year and I hope she will continue being a part of the Academic Council next year as well.

Papudesi Nikhil - The only time I remember seeing this senior was when I handed him over the badge as our sixth year CR. He was never really seen for any of the meetings, but I am glad he was well involved within the WhatsApp group and always passed on his suggestions to us.

Vignesh Balaji E - Like most of the seniors, this senior was rarely to be seen attending any meetings, but I remember his presence during our major PharmaQuora meeting before we broke for our exams and winter holidays. He really shed some light on what our seniors expect from PharmaQuora and contributed well during the event too.

The Cultural Committee, MAPS 2019-20



Kajal: She is very efficient and on time, always enquires and is very enthusiastic.

Anshuman: Though he is just in his first year, he worked really hard during Sanskriti. He finishes the assigned work with perfection and was really dependable.

Divya: Very enthusiastic and likes to take part in all the events, and has a lot of potential in dramatics.

Akanksha: She is very polite and humble, she has worked very hard the entire year, and managed to get the first year involved in the various activities.

Shreya: She is super quiet, but her work speaks aloud. She has managed to get her class together for all the activities and she herself has also taken part in a lot of events this year.

Surjo: Cool-headed, never stresses out, never says no to anything. He has everything noted down in his book, really like the way he handles work.

Saksha: Our dancing diva, always accepting the work I dump on her with a smiling face, loved having her in the council.

Sourav: The emerging artist, very creative and full of ideas, he is very hardworking and has worked on all the décor and artwork this whole year, I see a lot of potential in him, hope he continues working in the council in future as well.

Karen: Cutest member of the council, always has practical solutions for all the problems that we have faced this year, she has worked a lot and I see a lot of potential in her.

Shruti: She is super bubbly and active, keeps the council entertained with her stories, has managed the dramatics events for this year really well, and has a bright future in the council.

Bisruta: She is very efficient and sincere and always does the assigned work without complaining.

Atul: He is very responsible and dependable, he has always put the council first and I really appreciate all his hard work.

Saahil: He is very dedicated, we have been working together for four years now, it is a delight to work with him.

Akash: Super creative, always walking around with a chart paper in his hand, self-claimed workaholic glad to have an asset like him in the council.

Raashida: She will always tell me that she is done with things, but the next day I will see her heading and directing the décor team, you cannot keep her away from work, super dedicated and creative. (ILY)

Rosella: She has been in the council for four years now, she is always on time when we need her, and has managed to help the council despite her hectic schedule.

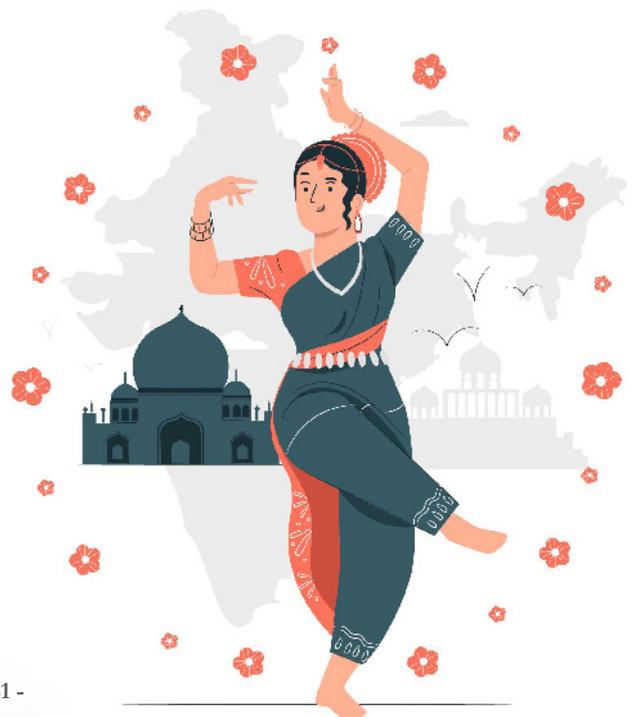
Suneha: Koel of the council, I have worked with her for two years now, and I have never had to worry about the music events, she is a great mentor and she is very sincere towards her duties.

Nandita: It was her first time in the council, but she has managed all the backstage duties very efficiently in all the events this year.

Tarranum: She is very systematic and prompt, has encouraged her class throughout and I am going to give her credits for their participation this year.

Gursimran: A bubbly girl with a flair for singing. Simran has been a help with all our music-related stuff.

Soumyadeep: My joint secretary, always by my side to celebrate victories and to share the blame. He made my work very easy. He is always there to remind me and correct me if I am wrong and giving suggestions. He has been an integral part of the council and I am grateful to have worked with him. I hope he leads the council next year, good luck Soumyadeep.



The Sports Committee, MAPS 2019-20



Tejas – Tejas is a very hard-working and prompt joint secretary: he has always been very positive and encouraging in all the council matters. We are very fortunate to have him.

Swarnabh – The ever-smiling joint secretary. I am very appreciative of Swarnabh for his constant support and efforts. All the detailed work he has done helps the council at each and every step and we all are very lucky to have him.

Thomas – He is the quietest yet the most important pillar of Sports Council. He has worked endlessly for the past four years for the betterment of the council. I feel he is the most prepared to tackle the unknown. We all are very thankful to have him.

Akshat – He is a best friend and a mature council member. Akshat has always supported me and the council wholeheartedly and immeasurably. In addition, he is blessed with amazing writing skills making him our council editor. We all are blessed to have him.

Akhil – Akhil is a great friend and an amazing council member. His two years of experience in the council has helped us in all aspects. We can always count on him and are very happy to have him.

Pooja – She is a girl with a high-spirited personality and good communication skills. She is also the coolest friend you can ask for. We all are very glad to have her.

Suraj Jaiswal – One of the most reliable members of the council, he shows the ability to convert insights into enactment. He will always go the extra mile to make the council one of the best.

Ashutosh – Ashutosh is a very grounded and hard-working person. He never says no to any work allotted to him. In addition, he makes the place very jovial.

Kaveri - Talk less and work more is the principle that Kaveri works on. She is a very sweet and intelligent girl. For her, it takes no time to complete a task that too with precision.

Ananthu – He is a very quick learner and a dedicated member who is always on time for all the meetings and is very focused as well.

Bhavini - Bhavini is a very cheerful girl and does all the work without any data. She has good art skills and makes each council more and more beautiful.

Girija - She is a very obedient and a smart girl. Working with her is always a very pleasant and wonderful experience.

Ishika – Her approach to exemplary work is unbeatable. She has a creative mind and made all the events of the council picture perfect.

Parikshith – All material management is impossible without his support and contribution. He is a very understanding and a polite council member.

Gaurav – He is a very simple and jolly council member. He is always there at the time of need.

Sanal – Sanal's contribution in MCL was commendable. He is very good at multitasking and can be a good MC at times.

Reema – She is a very graceful and meticulous girl. She never fails to accomplish targets.

Suraj – Suraj can bring the easiest way to do a task. He is a bit lazy but I sure boy. One with the coolest hairstyle.

Yagya- This girl is full of energy and enthusiasm. She is a very bubbly and talented member.

Rakshan – He is a very calm person. He has worked with the utmost patience and dedication.

Anjali – She is one of the most motivating and hard-working members. Even after having a very very busy schedule she always gets things done before time.

Tushar – He is our star swimmer and ever-smiling council member. He is a very responsible person who displays true team spirit.

Vijay – He has always been a helping hand. He always puts the right amount of energy for any given task.

Danish – He diligently does all the work assigned to him without any problems.

Rishith – He is a very reliable junior who does all the work effortlessly.



The Student Exchange Committee, MAPS 2019-20



Shimona: It was a pleasure to have her as Joint Secretary. She is a hardworking and a good team leader. SEC has benefitted a lot by having her as its SEO. Her excellence and dedication will help her to pursue her goals. She will achieve great success in life.

Mahika: She is a bright girl with a lot of intelligence. Her level of improvement has always grown. She has great potential in her and I wish to see her carry that strong grace always.

Semanti: Responsibility and dedication to work have always been Semanti's strength pillars for SEC. She has made sure our Social Media pages are as strong and active, as our team. We hope to see her become a part of the committee and bring new surprises.

Rema: SEC has a lot of potential and I hope to see her make the most out of it. She has a strong and bold attitude towards work which has inspired us quite a lot. She continues to make us proud and I wish her all the best.

Gurvinder: Taking a positive approach in everything is a talent in itself and he has nailed it. He is humble and honest at work and I hope to see him help the committee in reaching its potential globally. Keep the flags high and work hard.

Anjali: She is very dedicated, focused and a good friend. Her level of dedication towards work and committee will always inspire us. I learnt a lot from her, punctuality and dedication to name a few. She has always kept us updated and never let us down with any work given. Wish you all the best!

Rupal: Innocent, enthusiastic yet hardworking suits best for her. I have never heard even a single "No" to any work given to her. She has helped a lot when we had our incoming students here and they have all praised her. I could not be more proud to have her in the team. I hope to see her work so hard and achieve all her goals.

Ankitha: She is the most enthusiastic member of the committee. She is always ready to take up any work given and does it with a charming attitude. She has always been punctual and hardworking no matter what the job is. I advise her to keep up the "Talk less, work more" attitude. I wish her all the success.

Sruthi: She is the epitome of a creative mind, smart and determined. She has always been punctual towards work and the most sincere member of the committee. Her contribution has always helped us and keep up the passion to think out of the box. Wish her all the best and hope to see her with more confidence in her work.

Shirshak: He is a budding first-year student with a lot of enthusiasm to work for the committee. He has always been behind my back to give him any work and this determination will lead him to more and more accomplishments. He has a lot of organizational skills and I hope he makes the utmost use of them.

The Community Development Committee, MAPS 2019-20



Freya: She was the Joint Secretary for the year and she has been an amazing support. She is sweet, resourceful, creative and fun to work with. She is the one who added colours to the council. Thanks for having my back. I wish you all the very best.

Alisha: She is the one who keeps a sense of calm when faced with adversity. You can always count on her. She is efficient, hardworking and smart. A very essential personality in the working of the council. I am sure you will take the council to the great heights.

Keerthana: She is the youngest member of the group. She is very enthusiastic and has ideas up her sleeve. She is been a lovely new addition to the council.

Lipin: He is someone you count on. He thinks practically and is always ready to help.

Ananya: She is always ready with fresh and exciting ideas. The problem solver. She has been lovely to work with.

Kirthi: It is her first time in the council. She has always been helpful and present when the need arises.

Anoushka: She is smart, observant and thinks out of the box. She is a team player and acts according to the situation.

Yakshita: She is reliable, hardworking and a versatile member of the CDC. She actively takes part in all the meetings and activities. She comes up with great ideas and ways to get maximum participation from the students. We hope she continues in the council next year.

Thashreefa: It is her second year in the council, she goes the extra mile when a task is assigned to her. She is our go-to MC and takes initiative in activities.

Gayathri: It is her second year in the council, she keeps the meetings and events lively. She always comes up with great and fun ideas.

Manish: He is very talented and his work speaks louder than his words. He is very punctual and our saviour when it comes to all things technical.

Class Photos



Department of Industrial Pharmacy



Department of Pharmaceutical Administration



Department of Pharmaceutical Analysis



Department of Pharmaceutical Biotechnology



Department of Pharmaceutical Chemistry



Department of Pharmaceutical Quality Assurance



Department of Regulatory Affairs



Department of Pharmaceutics



Department of Pharmacology



Diploma First Year



Diploma Second Year



Fifth PharmD



First B Pharm



First PharmD



Fourth B Pharm



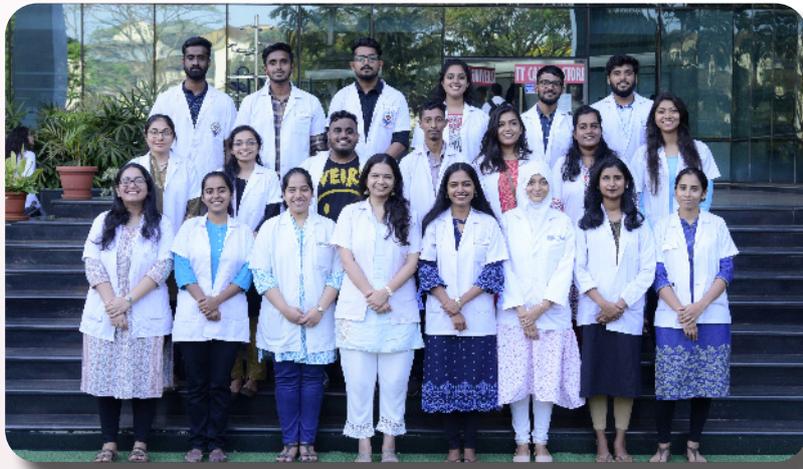
Fourth PharmD



Second B Pharm



Second PharmD



Sixth PharmD



Third B Pharm



Third PharmD

Acknowledgement



Publishing the college magazine has been an emotional experience for us. The magazine would not have been possible without the help from Photography Club Head Deva Sooriya and Deputy Photographer Anjali Rai and their team. Special thanks to Manish Choudhury for his extraordinary graphic designing skills and Kriti Hegde for painting a beautiful picture for our cover page and Sourav Dutta for designing it. My heartfelt gratitude to our faculty Advisor, Principal, Vice Principal and MAPS Secretary. We are thankful to Soumyadeep Bose, Joint Cultural Secretary for supporting us and helping us in the final stages of magazine.

I thank the AV department of MAHE for conducting our class photos and the Manipal Universal Press, for making this magazine.

Thank you,

Rishav Bhattacharjee

Editor-in-Chief

MAPS 2019-20

The Editorial Committee

From left to right (first row)- Anjali, Abhipsa, Rishav, Amulya and Aditi

From left to right (second row)- Samyukta, Shivangi, Deva Soorya, Praneethi, Raashi and Andrea



MANIPAL
ACADEMY of HIGHER EDUCATION
(Deemed to be University under Section 3 of the UGC Act, 1956)



**MANIPAL COLLEGE
OF PHARMACEUTICAL SCIENCES**
MANIPAL
(A constituent unit of MAHE, Manipal)