

College Magazine: 2017-18

# Ab Aeterno



MANIPAL COLLEGE  
OF PHARMACEUTICAL SCIENCES  
MANIPAL

*(A constituent unit of MAHE, Manipal)*

LOST TIME IS NEVER FOUND  
AGAIN

**Padmashree Awardee**

**Dr T M A Pai**

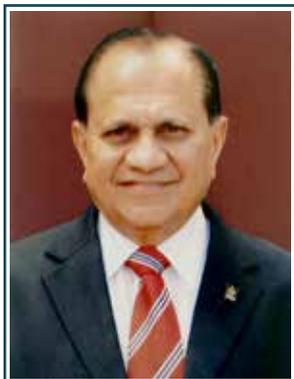
**1898 - 1979**



**MAHE ASSOCIATION OF PHARMACY STUDENTS [MAPS]: 2017-18**



# Messages



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

**Dr Ramdas M Pai**  
**President & Chancellor**  
**Manipal Academy of Higher Education, Manipal**

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

**Dr H S Ballal**  
**Pro Chancellor**  
**Manipal Academy of Higher Education, Manipal**



I am delighted to be associated with the college magazine 'Ab Aeterno' of MCOPS, Manipal. It is often said "Give me a copy of your college magazine, I will tell you about the quality of your college." I strongly believe in this statement. For, a magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of an institution.

A college may reach heights of glory but without materials like a college magazine, the outside world may not know of it. The role of a college magazine is therefore vital in promoting what an institution offers. It brings out into the open things hitherto unrevealed. It informs, engages, inspires and entertains a diverse readership - including alumni, parents, students, faculty, staff and other friends of the college - by telling powerful stories that present a compelling, timely and honest portrait of the college and its extended family.

I am happy that there is a dedicated team of staff and students who have brought out this magazine.

This magazine I am sure has made an earnest attempt in this direction and brought out certain aspects of the college to the eyes of the public so that they may understand and know the college even better. I am sure the college will reach greater heights in the years to come and serve many more millions in the society.

I wish the entire team of MCOPS, Manipal all the best.

With Best Wishes

**Dr. Poornima Baliga B**  
**Pro Vice Chancellor (Health Sciences)**  
**Manipal Academy of Higher Education, Manipal**

# Messages



Another issue of MCOPS college magazine 'Ab Aeterno' has been released. Let me congratulate the editorial board for the splendid work that it had put-in to bring out this masterpiece, which comprises poetry, anecdotes, photography, artworks etc. The editors, Mr. Ashutosh Sinha and Miss Anushna Sen, must be an elated looking at the product of the hard work of the entire team. It is a fine moment for all of us in MCOPS. Let us join the editor and his team to share their happiness and cherish the moment. MCOPS bagged Number-07 position in the NIRF ranking in 2017. It was accredited by NAAC and NBA. It received MiA honour from IPSF for MAPS - first of its kind in our country. For the first time, we secured a place in the QS world rankings in the range 250-300 in the subject Pharmacy and Pharmacology. Let's continue in this vein in future as well. I take this opportunity to congratulate the editorial team for organizing the literary fest "Qalam", first time in the history of MCOPS. I am sure these events would be the impetus to promote the literary art of students in the years to come. My dear students, the society is waiting for your services in the capacity of pharmacists, teachers, scientists, entrepreneurs etc. While you are in the profession of your choice to excel, I want you to remember what Socrates says, "A strong mind discusses the issues, an average mind discusses the events, and a weak mind discusses the people". You are the proud products of MCOPS and MAHE. Hence, I place you in the first category.

Good Luck and With Best Regards

**Dr C Mallikarjuna Rao**  
Principal, MCOPS

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

I congratulate all the persons involved in bringing out the magazine, especially Mr. Ashutosh Sinha and Miss Anushna Sen, the editors and, Dr. Jayesh Mudgal, the staff advisor to the editorial committee.

**Dr M Sreenivasa Reddy**  
Vice Principal, MCOPS



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## The Editor - In - Chief Speaks



It is widely believed that a dream doesn't become a reality by magic. It takes sweat, determination and hardwork. This is such a simple saying but it holds immense weight in the real world.

Since my childhood I was always told that I had an innate ability to articulate my thoughts very well. Thus, the joy of writing came naturally to me. Pen is mightier than the sword and I have always thought that writing has power to change the world! When I first stepped into college, Manipal was like a whole new dimension to me. Leaving the comfort of your home and coming to explore some place new is intimidating, to say the least. To the intimidated me, the Editorial Council was like a breath of fresh air. I was no longer scared because I made friends and we were in it together. I have grown so much with my council. From

year one to three under the leadership of Miss Khushboo Mistry and Mr Sushant Suresh I saw how the magazine fraternity works. The amount of passion and hardwork is brilliant! When it was my turn to be editor, I was confused about my abilities of handling such a big council but thanks to our faculty advisor Dr Jayesh Mudgal and his trust in my team and I, we could shine. He has always been there as a pillar of strength in my three years in the council because without his guidance we would be lost. I would like to thank the secretary of MAPS, Dr Manjunath Setty for his enthusiasm about all our new ideas. I would like to thank our Principal, Dr C Mallikarjuna Rao and our Vice Principal Dr Sreenivasa Reddy for their continuous support and guidance.

Qalam was a new initiative taken up by the editorial council. It was an Inter-Mahe literary fest. It had new events like Presidential debate and other innovative events. Organizing this event and all that went with it was an experience I will never forget. I am very happy and proud of my team who worked hard all year round and made the whole year a success. "You were an incredible team"!

I would like to extend my gratitude to my joint editors Suhita and Raveena who worked tirelessly everyday and never complained. Last but not the least, I would like to thank my friend and my co-editor, Ashutosh. We were a great team who crossed hurdles together! Thank you for being there.

At the end I would like to quote a line from the poem 'The Brook' by Lord Alfred Tennyson, "For men may come and men may go but I go on forever". Editorial Board! You will go on forever!

**Anushna Sen**

3rd year Bpharm

Editor-in-Chief, MAPS

## The Managing Editor Speaks



For three years, I have had the privilege of being part of and eventually running the Editorial Council for the past three years. In this time we've watched the council grow from simply putting out the magazine every year, to becoming an indispensable part of MAPS. We achieved a lot, from our very own notice board in the library, to a regularly updated Facebook page, and from a photography club to a one of a kind literary fest. It was the last one of those achievements that always seemed farthest from our reach. In our second year, as Joint Editors we worked with our Editor-in-Chief Sushant Suresh to perfect and iron out the kinks in our magazine, whose name we changed to 'Ab Aeterno' meaning

'from time immemorial'. The Latin name was one of the many suggestions we took from our college mates, and this one specifically came from Dhaval Patel, who I'm sure would insist on being credited for it.

When it came time for Anushna and I to take the reins, the goal for the year was clear. We wanted MCOPS to have its own literary fest and thus was born 'Qalam'. There were two people without whom we'd never have been able to get through all the obstacles we faced, our faculty advisor Dr. Jayesh Mudgal and the Secretary of MAPS, Dr. M. Manjunath Setty. I'd also like to thank our Principal Dr. C. Mallikarjuna Rao, our Vice-Principal Dr. M Sreenivasa Reddy and the office staff for their constant help and support. I'd also like to thank my entire Council and each volunteer that helped us with Qalam. Further, three people without whom this journey would've been next to impossible are our Joint Editors Raveena K. and R. Suhita and of course, our advisor Sushant Suresh. Finally, I'd like to thank my fellow Editor Anushna Sen for an amazing friendship and partnership for these past three years. I hope everyone enjoys the magazine. Thank you!

**Ashutosh Sinha**

Managing Editor, MAPS

## The President Speaks



Landing in India for the first time in the year 2014, Having an ambition of becoming a pharmacist is what brought me here, with the refreshing heavy rain and people of amazing hospitality I was welcomed to Manipal.

I had never imagined to be blessed with the best, for sure its with the grace of Almighty God that was to come to this place and have the best people as my classmates who are the reason of me having this position today.

With all the ups and downs, we tried our best to make each and every event of our college one of its kind, having a motto of "Bringing a Change" we had alot of things that happened for the first time, some of them include:--Fund raising games in Sanskriti, different batches having different coloured jerseys for Athlos, more Practical workshops in PharmaQuora, Qalam, an interuniversity competition by Ed board, Pulse polio by CDC and, Gala evening by SEC.

Finally I would like to thank the vice principal for his constant support towards the student council and all the committee members for their cooperation and enthusiasm.

### **Imran Ali Muraj**

4th year Bpharm

President, MAPS

## The Vice President Speaks



First and foremost I wish to express my gratitude to the students and the faculty members of MCOPS for giving me this opportunity to serve in the student council of 2017-18 as a vice President. This year personally has been a great learning experience through managing events, time and people, leaving me with a lot of new lessons and cherishable memories.

"Time flies" the essence of the message dawned on me when I experienced it myself this year with my fast paced Journey from Genesis to PharmaQuora through events like Sanskriti, Athlos, Qalam, the community development and student exchange programs which were organized. I would like to take this opportunity to ask all the students of MCOPS to actively participate in any such future events as it helps overcome language barriers, improve communication skills and exhibit talent thus helping personality development, professional advancement and achieve a holistic growth. The success of this year wouldn't have been possible.

"Alone we can do so little; together we can do so much." – Helen Keller

The academic year of 2017-18 has been a memorable journey. The year kicked off with Genesis 2017, the inaugural ceremony of MAPS in September 2017 with a bang. This event also saw the launch of college magazine with a new name 'Ab Aeterno'. Cultural council led by Proneel and Ashvita did a splendid job during Sanskriti, the cultural fest. The sports council, led by Amritha and Vignesh, left no stone unturned during Athlos 2017-18. Without any second thought, I'd say this was the best Athlos MCOPS has ever witnessed. Moving on to the smallest committee, CDC. The council, led by Benitta, has worked year-round and made everyone proud with their enthusiasm and passion to serve community. The committee organized various events like 'Antibiotic awareness week', 'workshop on pharmacy practice regulations' and 'Swachhata Pakhwada' to name a few. SEC led by Perna hosted a 'Gala Evening' where MCOPS witnessed performers from different colleges. The Editorial board led by Anushna and Ashutosh did a wonderful job by bringing in Qalam, the literary fest. This was an inter MAHE event, a first of its kind. The Academic Committee led by Samridhi Kamath organized the annual educational fest, PharmaQuora. The council members left no stone unturned in making each and every event a successful one.

Apart from the above events like Rashtriya Ekta Divas, World Pharmacist Day, Matribhasha Diwas, National Pharmacy Week, Sadbhavana Divas, Onam, Orphanage visits and much more. This year our football team successfully defended its championship trophy proving that they are second to none.

It is not a one man's job to organize so many events at a large scale keeping in mind the tight academic schedule we students have. The credit goes to each and every member of Student Council 2017-18 for the diligent and untiring work they've put in to make every event a huge success. I'd like to thank our President Imranali Muraj for his valuable inputs in all the events and setting the bar high for the next year's council. Special thanks to the Vice President, Samridhi Kamath for her guidance and support throughout the year. I have a lot to learn from you on a personal front.

With a position comes responsibility and expectations to fulfill them. I hope I've lived up to the council's and faculty's expectations. I'd like to thank Manjunath Setty sir who, on the day of my election as General Secretary, called me to his cabin and gave me a little piece of advice on balancing studies and work. Those words had a great impact. I'd also like to thank our Vice Principal, Sreenivasa Reddy who played a big role in molding me into an organized and responsible secretary.

Last but not the least I would like to thank our Principal sir, outgoing secretary C.S. Sreedhara Sir and the entire faculty for their support and guidance throughout the year.

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

I, Rahul Konapur sign off as the General Secretary, with the hope that the councils in the coming academic years will be nothing but the best and will diligently and whole-heartedly serve our college!

**Samridhi Kamath**

4th year PharmD

Vice President, MAPS

# The General Secretary Speaks



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**Rahul Konapur**

General Secretary, MAPS

## The Cultural Secretary Speaks



Good enough is good enough. Perfection will make you a big fat mess every time”

3 years thriving in this staggeringly diverse environment with a culture of its own, I used to believe I knew Manipal. I knew my college. Little did I know. When the Sorting Hat decided I could serve the glorious Cultural Council, I had my realities revisited.

I'd already been a part of the council for a year now and witnessing the phases of its evolution inspired me to put in extra efforts aiding its transformation further. My team and I had a rollercoaster of a ride, always beaming with positivity on the other side. We had supportive Cultural Advisors all throughout our journey, softening the blow. Even the Core Council this year was a succour we couldn't have done without. I extend a big thanks to everyone who did their bit, Mr. Proneel Das, Mr. Ravi Savani and each member of our team.

In conclusion, as Shiv Khera says, “Results are rewarded, efforts aren't”.

### **Ashvitha Shet**

4th year PharmD

Cultural Secretary , MAPS

## The Sports Secretary Speaks



Ability determines what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it. And Sports teaches you how to get there. With this in mind, I was entrusted the job of conducting all sporting activities of MCOPS as Sports Secretary, MAPS.

Our first event as a council was the 3k Awareness Run on account of National Pharmacy Week 2017 which was held on 25th November, 2017. The run was conducted with great gusto and showed a decent participation from the students of MCOPS. It turned out to be a smooth start for us and geared our council up for the much awaited sports fest ATHLOS 2017-18.

The Annual MCOPS Sports Meet ATHLOS 2017-18 was spread across the month of January, finishing off grandly on the 1st of February, 2018. "Tougher the battle, sweeter the victory." This was repeatedly proven at every single event, each showing increasing competitiveness and gruelling challenges. Much to the delight of everyone, a good number of new talents were discovered this year. The games were played with great zeal and displayed true sportsmanship spirit by bringing together each of the batches in their own unique way. It was a long and demanding 30 days for our team and I would like to acknowledge all my council members for their hard work and dedication without which it wouldn't have been possible.

MCOPS definitely marked its presence in the various intercollegiate events held around the year. The highlight, no doubt, was MCOPS Men's Football team defending their trophy at Inter MAHE Football tournament and clenching victory for the second consecutive year. Cross country was nowhere behind in bringing home success. Our Cross country team bagged the 2nd position in the intercollegiate event. We also showed a strong challenge by reaching Semi-finals in sports like Table Tennis, Badminton and Basketball. All in all, we threw a brave fight, did not give up and gave the other teams a run for their money.

It gives me immense pride and honour to say that a whopping 13 students from MCOPS represented MAHE at various inter-university tournaments. The list is as follows: Obi Okezue, Shrey Seth and AbubakarSanusi for Football; Dhaval Patel, Abhishek Yadav and AboliBhingarkar for Cross Country; Amir and Garima Kango for Table Tennis; AdwaethaNambiar and Poojitha for Cricket; Ajinkya and Gopika for Chess; and AlekhyaLavuvu for Squash. We hope that this trend continues in the coming years as well!

Lastly, I would like to thank Mr. Shridhar H, Director, Physical Education and Mr. Venkatesh Kamath B, Sports Advisor for their constant and round the clock support during all events. Having said this, I would like to sign off as Sports Secretary, MAPS and wish my successor all the best to keep the torch lit and high always.

**Amritha Anand**

Sports Secretary, MAPS

## The SEC Secretary Speaks



As a MAHE student it has always been my privilege to see the world in its most beautiful way and becoming the secretary of Student Exchange Committee added feathers to my wings to pass the sky of India and see colors from different part of the world. Honestly speaking I have been always thanking Dr. Anup Naha sir for guiding me all this while so that I can be more efficient at my work. It was a challenge I took to serve on this position along with my research and other commitments. Being in council is always a responsibility I love to take and as a MCOPS students I have worked as Class Representative in my first year and as a vice president last year. Writing

my experience one last time is very sentimental as well as touchy moment. Hence, I took my time to write about my most sentimental part of college life one last time with all my heart. I loved working with all my lovely council members, who are the future of SEC and will take SEC to new heights. I was more than satisfied to work with each and every one of them, it was a journey worth taking and those were the moments worth cherishing. I will like to give my special thanks to Bharat for being such an understanding joint secretary. Also I will like to give a special thanks to Prateeksha and Victor for being amazing coordinators. Lastly I will like to say "It's not what we are, but what we seek that determines our destiny." I will pray for our council members to achieve great heights and I will miss working with you all forever. I will like to conclude with my love and thanks to all my amazing and extraordinary TEAM: Shrawal; Manya; Tamanna; Apoorva; Rakshita; Jemima; Sarah; Shimona. Please be in touch. Signing of.

### **Prerna Shah**

5th year PharmD

Secretary, Student Exchange Committee, MAPS

## The CDC Secretary Speaks



Every good and perfect gift is from above. So I would like to thank God for this wonderful opportunity He gave me to lead CDC.

When I joined CDC as class representative in 2015 little did I know that I would be heading it down the line. 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.

We started the year off by organising a visit to the orphanage and a slum with the purpose of spreading awareness on the importance and benefits of cleanliness.

The next event in line was World Pharmacists Day, for which we organised a health camp for the slum dwellers with the help of Department of Community Medicine, KMC, Manipal. In addition, patient counselling facility was provided by our own students in the pharmacies.

During Antibiotic Awareness Week we organised a campaign to spread awareness among the community pharmacists around Manipal and Udupi regarding the emergence of resistance due to the

over use of antibiotics and about the law against dispensing antibiotics over the counter.

During Sanskriti all the committees were invited to set up entertainment stalls. CDC was present with our game stall which proved to be a lot of fun and at the same time helped us promote CDC.

We also had an opportunity this year to host a workshop on Pharmacy Practice Regulations and ICMR guidelines.

CDC contributed to the activities during National Pharmacy Week by providing patient counselling services outside Manipal Drug House.

CDC enjoyed a great deal of success this year which would not have been possible without the dedication, hard work and unending support of every member. Being such a small group and having worked so closely together we have truly become like a family. Whenever we, as a team, worked on or planned any event, we never once felt like we were being compelled to do things. We enjoyed and cherished everything that we did together and at the end of every event we always felt joy and satisfaction on a job well done. We feel blessed and honoured that we were given the opportunity to help the community. I would like to thank my CDC family for making this success possible and making my job easier.

At this point my expression of gratitude would be incomplete if I failed to mention Samriddhi, Imran and Rahul for their timely assistance at key moments in our events.

I would like to express my sincere gratitude to Dr KanavKhera, Faculty Advisor for his support throughout the year and DrMahadev Rao, HoD Department of Pharmacy Practice for his guidance.

I would also like to acknowledge Dr Mallikarjuna Rao, Principal, DrSreenivasa Reddy, Vice principal and all the administrative staff for their enthusiastic support and cooperation.

I would like to conclude by thanking my family and everyone who has supported the council and its events. Especially I would like to thank Aditya, Shrikar, Sujayendra, Bittu and Thomas for their extended help.

This experience has helped me grow as a person and I'll cherish these memories forever!

**Benitta Mathews**

Secretary, Community Development Committee, MAPS

# Onam

Onam is a festival of harvest and prosperity and is originated from Kerala. This Malayalam festival is very popular as it celebrates the visit of king Mahabali to the state of Kerala. Manipal College Of Pharmaceutical Sciences celebrated this joyous festival on the 12th of September 2017 which turned out to be an enormously fun-filled gathering. The malayalis of our college worked on this occasion from weeks before, from choreographing the dance to practicing the melodies of songs. Day before the Onam celebration, they spent their day making the 'Pookalam'. On the day of the function, all boys wore a mundu and all girls draped the traditional cream colored onam saree. The festival began with a huge group of tabla players, which was a jaw dropping performance. The entrance of Mahabali made screams echo across the streets as everyone started a loud and rhythmic chanting. This followed games, from tug of war between students and teachers to breaking of the pot. The fun continued on to the hall, where all the dance and song performances were held. Our teacher, Sir Madhavan also sang a melodious song. The function ended with Ms Angel's and our principal's congratulatory speeches. Payasam was distributed to all after the function, It was an evening to remember.





# GENESIS REPORT

**Lighting of the lamp:** The event began with invoking the blessings of the almighty with the traditional lighting of the lamp. The flame was lit by our Principal Dr C Malik ArjunaRao and Vice Principal Dr Shree Nivas Reddy our chief guest Dr Vinod Thomas and C.S.Shreedhar .

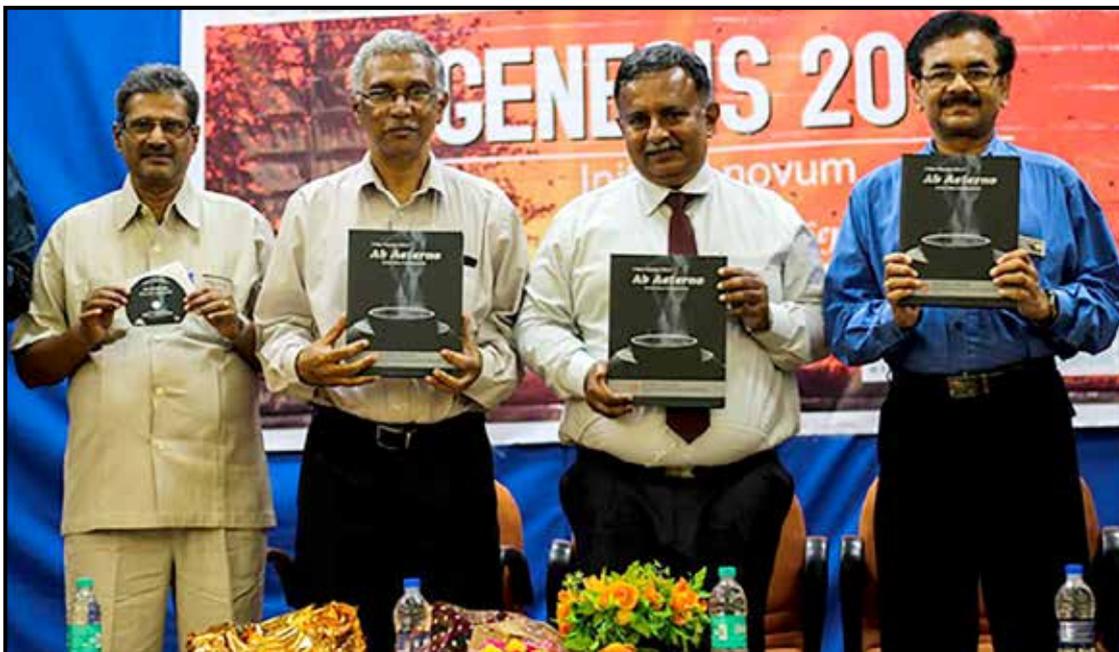
**G.S speech:** Rahul Konapur, the general secretary of the college delivered the welcome address in which he proficiently introduced the entire council and briefly explained about their duties, responsibilities and their overall visions

**Chief guest :** The chief guest of the evening was Dr Vinod P Thomas who spoke about the importance of inculcating extracurricular activities within the academic curriculum. Also he urged the council to achieve greater heights by channelling their potential in the right direction.

**Magazine launch :** The magazine was launched by our former editor in chief Sushant Suresh with the help of the chief guest Vinod K. Thomas. The magazine is called AB INETRNO which means 'from time immemorial'. Manipal University has taken an initiative to launch e magazines to save paper.

**President's speech :** ImranaliMuraj , the President of the student council spoke about the importance of leaders and the duties and responsibilities of the council. He also inspired the council to put in their best efforts to make the college a more intellectual space .

**Teacher's Day Celebration :** A tribute video was prepared in the honour of Dr C. S Shreedhar portraying the love of his colleagues. Our ex students also sent in messages for the teachers expressing how the memories of the college will always stay alive in their hearts. The event was also accompanied by a cake cutting ceremony. **Principal's speech :** Dr C Malik ArjunaRao, our principal, delivered a forthcoming speech. He thanked the editorial board for the magazine and also inspired the council to work together as a unit and make it the best council we have ever had.





## Informal Genesis

The invocation dance was a display of grace and beauty that filled all our hearts with a calmness that can only be instilled by a classical dance performed to perfection. It left us enthralled and prepped us up for more performances to come .

Western Singing: Music is a world within itself,with a Language we all Understand....It expresses that which cannot be put into words and that which cannot remain silent.The rhythms and the beats of the Western Group singing resonated around the auditorium and the attendance and responses from the audience were overwhelming.

First year B.Pharm Dance: An exquisite dance performance was put up by the new BPharm batch of 2017. With songs like Rangeela Re mashed up with Lean on, Sadi Gali and more, the freshers left the audience speechless and brought in a wave of excitement and had the whole crowd swept off their feet.

By showcasing their talents via a dynamic performance,the second years who danced to the all-time hit numbers got the audience to dance on their feet!

Filling the atmosphere with laughter, students of 1st BPharm and PharmD & 3rd BPharm alongwith Nabeel and Akshay exhibited their talents through a drama which was a 'pure work of fiction and wild imagination'.

The chemistry between the tapping of feet and swinging of the hips, the connection between the dancers without speaking the word and the sync among their steps made it even more exciting to watch. Duet dance, was something that had a perfect vibe.

The melody, the harmony and every little syllable from the fusion of some of the best songs like Kabira , Hai junoon, Raabta and Tu jo mila gave a dramatic soothing effect to our ears.

First pharmD Dance: A drop dead performance...literally!The fusion dance was a mash up of feet tapping music. The energy infused dance steps. made us all groove and left us wanting to see more



# INDEPENDENCE DAY

The 70th Independence Day was celebrated here at Manipal University with a lot of zeal and zest. The chief guest was none other than Mr. H S BALLAL who is the pro chancellor of Manipal University.

Manipal University and TAPMI have together taken an initiative focussing on better waste management, thus ensuring a litter free campus .

Mr. Radha Krishna Ittal greeted the gathering followed by the hoisting of the Indian Flag by Mr and Mrs. Ballal.

The highlight of today's event was the March Past, by the students of various colleges belonging to Manipal University. All the contingents looked impeccable in their uniforms and gave it their best. It was a treat watching them with their heads held high and marching with pride.

The event ended in prize and sweet distribution and revoked a feeling of patriotism in everyone.



## **Intro:**

Sanskriti, the weeklong cultural extravaganza organised by the cultural council in collaboration with the editorial board was officially inaugurated on Monday the 23rd of October at 5pm. The event was diligently organised. There was a soul to it....a soul that was vibrant , contagious and exuberant.

## **Classical vocal solo:**

Music expresses that which cannot be put into words and that which cannot remains silent. The first event was the classical singing. The melody and clarity of the music swept the audience off their feet and left them craving for more. The judges for the competition were Dr. B.S Jayashree and Dr.Bhargavi

The first place was bagged by Soumyadeep Bose from first year, closely followed by Akshay VR from second year at 2nd place and Samridhi Shree from 4th year at third.

## **Classical dance solo:**

The next event held after classical singing was the classical dance. The beautifully dressed contestants danced their hearts out and their beauty and grace would truly take your breath away. The judges for the competition were Dr.Vineetha R and Dr Veenu K.D.

The first place was taken by Bhavna from 1st year closely followed by Rakshita from 2nd year at second place and the third place was shared by two contestants Meera and Ramyashree also form 2nd year.

## **Extempore:**

An extempore is basically an impromptu speech which the candidate is required to make on a topic then and there. The candidates are judged on the basis of confidence, fluency, body language and overall impact. Talent and spontaneity were tested relentlessly and the competition was fierce. The judges were Mrs.Leelavathi and Dr.Anoop Kishore.

The first place was taken by Spandana from 4th year. The second place was bagged by Prateek from 2nd year and the third place was taken by Varun from 2nd year.

## **Anthakshari: DAY**

The anthakshari competition consisted of 6 rounds:

- 1.GeetGatachal- The normal anthakshari where the contestants had to sing songs whose names start with the same letter with which the previous song ended
- 2.ShabdJhaal- In this game, one word was given to the contestants and they had to sing maximum no. Of songs using that word.
- 3.Dumb Charades- The usual dumb charades with hindimovirs where one member of a team acts out a movie for his teammates who have to identify the movies.
- 4.EnglishVinglish- In this game, the lyrics of a Hindu song are displayed on a screen in English. The contestants had to identify and sing the song
5. Sheri AwazSuno- Here, the audio of the song is played and the contestants had to identify the song and the movie name.
- 6.Baar Bar Dekho-The music video of a movie song is played on mute. Contestants have to identify the name of the song and movie

It was overall a fun event to watch and the audience were at the edge of their seats cheering and encouraging the contestants.

The first place was taken by the PGs namely Ramya James, PavanDeshpande and ShristiSinha

The second place was won by the 4th years namely Ranjitha, Archana and Rashmi.  
The third place was also taken by the PGs namely Hardik Bhatia, Himani Jaiswal and Kartik Kapir

### **Stand up comedy- DAY 3**

As it is said laughter is the best medicine. The crowd present really enjoyed the event. The participants were hilarious, confident and bold with their witty jokes and sarcasm

The competition was judged by Mr. Virendra Ligade.

Results for standup comedy:-

1st place was bagged by- Dhaval Patel (4th year)

2nd place was bagged by - Ravi (3rd year)

3rd place was bagged by- Snigdha (1st year)

### **Instrumental Music :**

The melodious tunes by the participants was soothing and relaxing

The competition was judged by Dr. B S Jayashree and Dr. Divyashree.

Results for instrumentals solo:-

1st year- slot no. 4 Kaustubh 1st year Mpharm

2nd prize- slot no. 5 Vinayak 3rd year bpharm

3rd prize- slot no. 3 Sri Lakshmi 4th year bpharm

They struck a chord with the audience with their instruments.

### **Western Singing Solo :**

These young singers sang with confidence and spread an aura of pleasant harmony which was very captivating. Participation was seen in huge numbers and it was a treat to watch each and every performance.

The competition was judged by Mr. John and Dr. Anand

Results for the Western solo singing:-

1st- Rose (4th year)

2nd- Simran (2nd year)

3rd - Amrita (3rd year)

### **Clay modelling :**

This activity inspired the participants to think out of the box, work creatively in order to promote their artistic excellence and shape their ideas and imagination into sculptures.

The competition was judged by Dr. Bincy, Dr. Aswathram and Dr. C S Shreedhara

Results for clay modeling:-

1st prize - slot 9 - 3rd year - supriya and group.

2nd prize - slot 13 - 3rd year - nihal and group.

3rd prize - slot 12 - 3rd year - joel and group.

### **General quiz :**

1. Niranjan and team (2nd year)

2. Saksham and team (3rd year)

3. Prateek and team (2nd year)

A very enlightening quiz session with cut throat competition between the teams. The quiz master Sushant Suresh put together simple mind boggling questions, even the audience were enthusiastic to take part.

### **Indian non classical vocal solo :**

1st place: rakshanayak 1st year  
2nd place: gursimran 1st year  
3rd place: soumyadeep 1st year  
Sahanapai 4th year

Judged by Mrs. SuvarnaKeni and Dr.K. Sreedhara R Pai. It was the battle of voices with 12 contestants singing their way to the top displaying pure talent and passion for singing. The lovely, subtle voices left the audience hanging for more.

### **Indian non classical vocal group**

1st place: 1st year  
2nd place: PGs  
3rd place: 4th year

Judged by the talented Dr.MadhavanNampoothiri and Mrs.SuvarnaKeni. The melodious voices blending together in harmony was a treat to watch! The songs included mashups of Humma, pal pal, ashayein and many more.

### **Collage:**

A collage is a collection of many pictures together to make a bigger, better and a wholesome one. The collage making on the 4th day of Sanskriti was themed upon a topic of interest with the youth. #METOO was the theme which is a social movement against sexual harassment. There were many contestants/teams; everyone surrounded by piles of newspapers and magazines; cutting and pasting. Every idea of a collage was a well thought out product by the candidates. Each team consisted of 3 members, and everyone finished their piece before the allotted time. The first years conquered the collage making competition. The Winners were Femmida, Shobith and Aeishel from 1stPharmD and the 1st runners up were Natasha, Mithali and Sucharita from 1st Pharm D. The judges were RekhaShenoy and YogendarNayak from the Pharmacology department.

### **TV show Quiz (final):**

The fierce competition continued after the prelims of the finals of TV show quiz. The six teams to qualify the prelims competed against each other on various genres of popular TV shows over six rounds. Each round was harder than the one before, and each team consisted of three participants. The 6 rounds consisted of guess the pokemon, theme song, one to one questions and rapid fire. The winners of the quiz were 3rd year B.pharm students, Shamika, Naman and Manjiri with 67 points. The first runner up's were first year's B.pharm students Bhaveesh, Semanti and Gurvinder with 63 points. The fair competition was fun and challenging at the same time which tested memory, pace and knowledge about the TV shows.

### **INSTALLATION ARTS\***

An event which was all about creative minds put to work which was won by Nehil and team 4th year followed by Akta and Team 3rd year & Natasha and Team.1st year

### **\*HINDI POETRY\***

Introducing us into the world of poetry where the participants recited on topics such as Parivarthan, Paheli and KalAajaurKal which was won by followed by Raashida from second year who had written on KalAajaurKal and Shreya from third Year who had written on Paheli as well as Parivarthan.



## CDC- Orphanage Visit

CSI Boarding Home for boys is an exceptional orphanage with ample greenery and area to play. The home is filled with more than 40 peppy boys, who greeted us all with warm smiles. The event started out with a brief speech from the Vice President followed by a short demonstration about good habits and the importance of cleanliness. There was a questionnaire about basic cleanliness techniques to which the boys responded to with utmost enthusiasm. The students had organised spectacular singing performances to which they played their own instruments. This was then followed by the classic game of passing the parcel in which the boys actively participated and thoroughly enjoyed themselves. The event ended with the distribution of the kits which were put together by the Community Development Council and of course a good old photoshoot. The visit to the orphanage was enjoyed by all and was a complete success as well as an uplifting experience.



# PHARMACY REGULATION GUIDELINES 2015 AND BIOETHICS GUIDELINES 2017

The Pharmacy Practice department of MCOPS conducted a workshop at the Interact Building, KMC on the 18th of November 2017 regarding Pharmacy Regulation Guidelines 2015 , Bioethics and 2017 ICMR Guidelines- What is new?

The workshop commenced with Dr.MalikarjunaRao, Principal of MCOPS addressing the gathering followed by the new improvements related to ethical guidelines. The speakers for Pharmacy Regulation Guidelines were Dr.KanavKhera, Associate professor, Dept. of Pharmacy Practice, MCOPS; Dr.MahadevRao, HOD, Dept. of Pharmacy Practice, MCOPS . The speakers for Bioethics and 2017 ICMR guidelines were Dr. Stanley Mathew, MD, IEC Member, Dr. Bharti C, MD,IEC Member, Dr. Chaitra Rao, MD, ICE Member.

This event was organized by the CDC-Community Development Council, MCOPS. It was attended in huge numbers by the students and faculty of MCOPS. The points raised by the speakers were both informative and educational.

The Indian Pharmaceutical Association has been celebrating the National Pharmacy Week every year during the third week of November. The major focus of NPW celebrations is to create awareness amongst the public, other healthcare providers and the authorities, about the NPW theme in specific and about the pharmacy profession and role of the pharmacist in general.

The 56th National Pharmacy Week (NPW) was celebrated from 19th to 25th November, 2017

The theme selected for this year is:

**“Know your Medicines: Ask your Pharmacist”.**

Keeping this in mind, the student council of MANIPAL COLLEGE OF PHARMACEUTICAL SCIENCES decided to spread awareness along with fun filled activities.

Starting on the 20th of November, the academic council conducted charades with a twist in the college. Instead of acting out movies, it was the symptoms of the drug. It was not only fun but also educational. Participation was seen from students of various years.

On the 23rd of November the cultural and sports council in association with MRC conducted a flash mob, street play and an awareness run respectively.

The flash mob took place in front of the food court in the afternoon , which gathered people from various colleges followed by the street play which gave an insight about the role of a pharmacist in providing health services.

Needless to say, the students of MCOPS did their part in spreading awareness about pharmacy as a profession. We hope that this small contribution has changed the perception of people towards pharmacists.

## QALAM

MCOPS was decorated beautifully and looked as pretty as a bride with fairy lights and streamers sprawling through the college. It kicked off on the 23rd of February at 5:30 pm with the inauguration. The Head of the institution Dr C MallikarjunaRao addressed all the participants and declared Qalam 2018 open. This was followed by the preliminary rounds for the Presidential debate and the spell bee. A total of 9 teams registered for the debate and were put through three rounds of rigorous debating with topics such as Dry states and abortion. 6 teams qualified for the semifinals. The spell bee prelims was a written round where each contestant was given 30 words to spell. Thirteen out of twenty eight people qualified for the finals rounds.

The second day started off with the short story writing competition, where, each participant had to choose from three different prompts and construct just one chapter of a story. Each participant constructed chapters which left the jury yearning to read the rest of the story!

The most awaited event of the fest-the Slam poetry followed. Qalam collaborated with Type B poetry - a slam poetry club in Manipal. The event gave a platform to poets to come out and bare a part of their lives to the audience. The Ambience and mood was just right and it was a successful event.

The last day of Qalam started off with the finals for spelling bee at 10:30 am. Finals had 4 rounds. The first round was a round based on synonyms. The second round was a gourmet round with cuisines from all around the world. The third round was a lyrical round where each participant had to fill in the blank spaces of a songs lyrics. Six people qualified for the last round which was a regular spell bee round based on eliminations.

The semi finals and finals for the presidential debate was held in the Amphitheater. The topic for the debate ranged from...

This was followed by a valedictory function. The chief guest was the dream of SOAHS Dr B Rajashekhar. Winners were felicitated and this ceremony was followed by dinner at MCOPS.

The first edition of Qalam culminated successfully.





## ROLE OF PHARMACIST

Over the past 50 years, the role of pharmacists has evolved along with the health care needs of our population. In addition to dispensing medications and ensuring patient safety, today's pharmacists are taking a larger role as medical counselors, educators and advocates. Pharmacists have been seeking to redefine themselves and develop new and extended roles

Rajiv R. Shah, MD, founder of the medication reminder service MyMeds, stated that, "Pharmacists have the biggest opportunity to impact health care in the next decade." A health care "dream team" should include the pharmacist, physician, nurse, specialist, health coach, and family caregiver.

One of the future roles are the prescribing capabilities of pharmacists. Giving pharmacists the ability to prescribe the appropriate medications for the diagnosis a physician provides can free up physicians' time to go more in depth with their patients on other issues.

Also pharmacists can take advantage of better opportunities to enhance patient safety experiences with innovative digital tools. The emergence of technology, for instance, has allowed patients to become more involved in their own care, by providing them access digitally to their reports, labs, and other sources of data.

Pharmacists can integrate these approaches into their practice by using digital health care apps and other sources to help improve medication adherence and management in their patients.

Scotland's Prescription for Excellence sets out a vision for a future where all pharmacists will be independent prescribers working in collaboration with doctors, who will continue to have overall responsibility for diagnosis.

Pharmacists will bear responsibility for the initial assessment of patients to inform the choice of medication, as well as the continual monitoring of the clinical performance and adverse effects of the medicines, making adjustments to dose and drug to optimise their safe and effective use (pharmacovigilance).

The report by The Royal Pharmaceutical Society 'Now or Never: Shaping pharmacy for the future' stresses the need for pharmacists to move their focus from a supply function to providing a broad range of services, and encourages greater intra-professional collaboration

Pharmacists are an integral part of the health care team, and are among the most trusted and accessible health care professionals. This accessibility allows them to perform more patient care activities, including counseling, medication management, and preventive care screenings

In conclusion our ever-changing health care environment, pharmacists' roles will continue to evolve, and provide new opportunities for pharmacists to deliver services to enhance medication use and engage patients to improve overall health.

## Sports

**MAHE Intercollegiate Volleyball Tournament 2018**, was a Volleyball Event organised for the Volleyball stars from all the colleges under Manipal Academy of Higher Education. The event took place on February 23rd and 24th. On behalf of this, Manipal College of Pharmaceutical Sciences also put forth some of its best Volleyball sportsmen ahead for this competition. From the Men's team, the MCOPS students who represented were Nikhil Naik, Samaksh Bijamwar, Manas Gupta, Shahil Shetty, P Vishwesh Tantry, Arpith Matthew, Ashwani Kumar Singh, Siddhanth Shetty, Vignesh Mohan and Parth Gohil. Battling their way, came the Women's team comprising of Alekhya Lavu, Anjali Kumari, Poojitha Reddy, Ramyashri, Sravani, Hadis, Mrinalini, Natasha, Pooja, Aboli and Sahithi Thotakura. They proved that their hands are strong enough not only to take the ball but also to hold onto their team spirit united.

**MAHE Intercollegiate Football Tournament 2018**, was a football Event organised for the spirited football players from all the colleges under Manipal Academy of Higher Education. The event took place on March 2nd, 3rd and 4th. For the same, Manipal College of Pharmaceutical Sciences also represented some of its best field players for the competition, who turned out to be the ultimate best, by emerging as the winners of this extremely sportive tournament. From the Men's team, the MCOPS students who represented this prestigious institution in the competition were, Mduh, Shrey, Karan, Dhaval, Obi, Saumil, Sharanam, William, Gilbert, Vashish, Sphelele, Miya, Tobatsi, Faizal, Vinay, Joshua and Abu. The women's team were represented by Gretta, Shivangi, Adwaetha, Asanda, Srujana, Arline, Michaela, Anushka, Krupa, Nomfundo, Amritha and Zinele. They gave the other teams a very tough competition to beat.

**MAHE Intercollegiate Basketball Tournament 2018**, was a basketball Event organised for the basketball players from all the colleges under Manipal Academy of Higher Education. The event took place on February 21st and 22nd. For the same, Manipal College of Pharmaceutical Sciences also sent some of its best players for the competition. From the Men's team, the MCOPS students who represented this prestigious institution in the competition were, Aayush Menon, Nishank Prabhu, Thurston Fernandes, Sujayendra Rao U, Abhishek Yadav, Joshua Asika, Akshat Heera Chhabra, Sri Krishna Reddy Modugula, Moosa Gift Ngcoya and Vignesh Mohan. This stardom stuck team reached till semi-finals. The women's team were represented by Tanvi Bhalla, Sahithi Thotakura, Sherlaine Fernandez, Raashida, Ashvitha Shet, Yeshi, Nandini Gandhi, Rinkal, Greta, Shivangi Mishra, Farima and Sreelekha Akkineni. They bounced their way through the tough courts.

**MAHE Intercollegiate Badminton Competition 2018**, was a Badminton Event organised for the badminton stars from all the colleges under the Manipal academy of higher education. The event took place on February 15th and 16th. On behalf of this, Manipal College of Pharmaceutical Sciences also put forth some of its best badminton sportsmen ahead for this

highly competitive sport meet. From the Men's team, five of MCOPS students represented this prestigious institution in the competition. They being, Vashish Mathura, Sushant Suresh, Anujith Geetha Sekhar, Gaurav Kandoi and Kantimahanti Venkata Sai Akhil. From the Women's team, another set of three proud representatives were, Punyamurtula Gayatri, Manjir Gude and Amritha Anand. MCOPS once again, exhibited their uniqueness, in this magnificent event.

**MAHE Intercollegiate Squash Competition 2017**, was a Squash Event organised for the squash stars from all the colleges under Manipal University, proving University in Diversity. The event took place on September 26th. On behalf of this, Manipal College of Pharmaceutical Sciences also put forth some of its best Squash sportsmen ahead for this highly competitive sport meet. From the Men's team, three of MCOPS students represented this prestigious institution in the competition. They being, Kaushik Devineni, Gaurav Patel and Shikhar Arora. From the Women's team, another set of three proud representatives were, Alekhya Lavu, Sravani Polepalli and Amritha Anand. MCOPS once again, exhibited their uniqueness, in this magnificent event.

**MAHE Intercollegiate Chess Competition 2017**, was a chess meet organised for the chess masters from all the colleges under Manipal University. The event took place on September 20th and 21st. For the same, Manipal College of Pharmaceutical Sciences also took part in this intellect stimulating sport meet. The proud students to have represented were, Upamanyu Mondal, Konapur Rahul, Naman Gupta, Ajinkya Narke, Parth Gandhi and Vinay Bhat. This lot of brainiacs knew how to conclude their way to a Checkmate well.

**MAHE Intercollegiate Swimming Competition 2017**, was a Swimming Event organised for the swimming stardoms from all the colleges under Manipal University. The event took place on September 22nd and 23rd. For the same, Manipal College of Pharmaceutical Sciences also sent some of its best swimmers for the competition. From the Men's team, the MCOPS students who represented this prestigious institution in the competition were, Abhishek Wadhwa, Mothkuri Ratna Surendra, Kamesh Kumar Keshri, Akshay VR and Pranav Mittal. The women's team were represented by Srija Das and Anushna Sen. They swam their way through the deep and the shallows.

**MAHE Intercollegiate Table Tennis Competition 2017**, was a Table Tennis Event organised for the racquet stars from all the colleges under Manipal University, proving University in Diversity. The event took place on September 24th and 25th. On behalf of this, Manipal College of Pharmaceutical Sciences also put forth some of its best Table tennis sportsmen ahead for this competition. From the Men's team, the MCOPS students who represented were Parth Gohil, Kamesh Kumar Keshri, Amirreza Najmi, Tejas Chinta and Vaibhav Sharma. Battling their way upto the semi-finals with their mighty racquets, came the Women's team comprising of the promising students of MCOPS, Garima Kango, Manjiri Gude, Yamini Khedkar, Yeshi Lhamo and Amritha Anand. Their success story will be archived in some of the best memories in distant future.



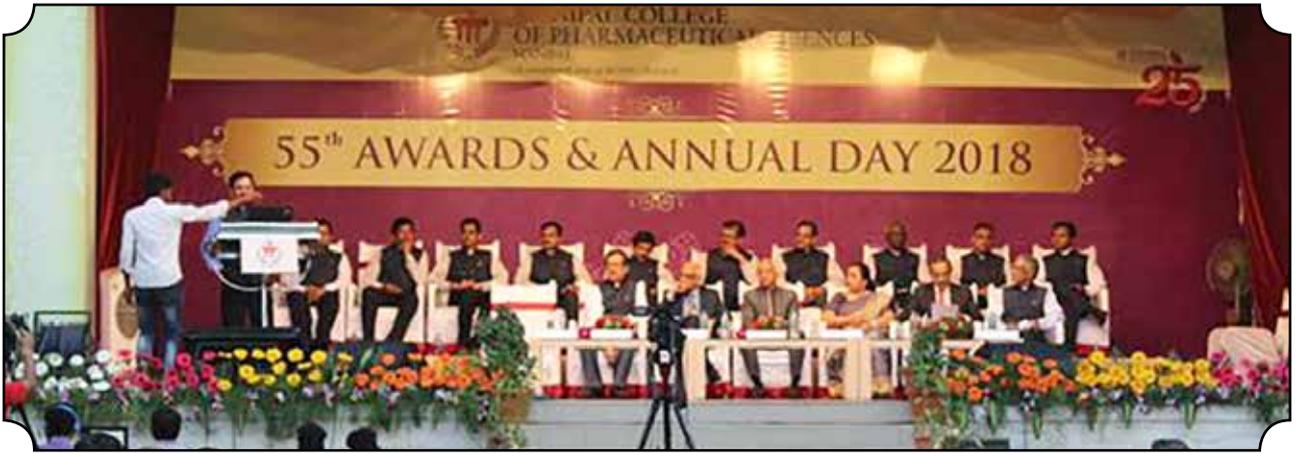
# Annual Day

The journey of college life is priceless. Each day becomes 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.

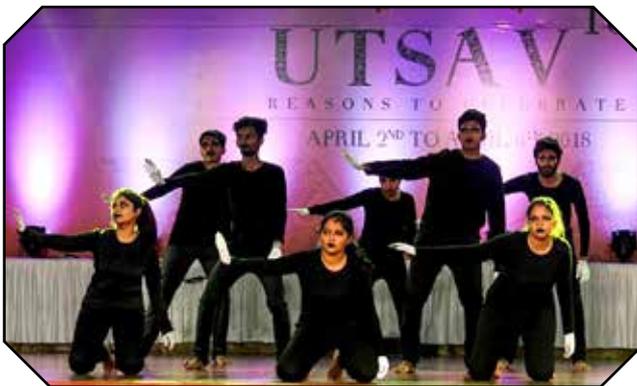
Manipal College of Pharmaceutical Sciences celebrated it's Annual and Awards day on February 10th,2018. The evening started off with the Welcome address by Dr Jyotsna followed by the Annual report by the Principal Dr C Mallikarjuna Rao. This was followed by felicitation of the Chief Guest for the evening Mr Srinivas Kaveri- Director, Bureau CNRS, Embassy of France, India. Malala Yousafzai once said" One child and One teacher can change someone's life". The next event of the evening was felicitation of the Teachers who have gone out of their way to pass on the torch of knowledge which included the Best Teacher Awards and award for Best research and upcoming research. This was followed by an energetic dance performance by the Second years who were disguised as peacocks which left everyone mesmerized. This was followed by a peppy dance number by the first years.

Now it was time to award the Distinction awardees which was followed by a soulful Sufi group singing event by the Eastern singing club which left everyone in a trance. The hosts for the evening made sure that the audience didn't lose track of their energy for a second. The award ceremony kept going on and a two band performances by the college band made everyone jump to their feet. One of the highlights of the informal function was the Drama performance which was based on the theme of Last days in Manipal. The team made sure they touched just the right nerves in everyones' hearts. The arena was now open for a scrumptious dinner and the day ended perfectly with a power packed Bhangra performance by the post graduate students who didn't fail to impress and made sure everyone from the Professors to students were on the stage dancing to the irresistible Punjabi beats.

The night ended with a teary eyed Goodbye video tribute to our graduating batch and we watched as they bid adieu to their last annual day.



# Utsav



January 2017.

1) Union Cabinet Approved strategic sale of India's first pharmaceutical company: Union Cabinet Approved strategic sale of Bengal Chemicals and Pharmaceuticals (BCPL). The Cabinet also approved the strategic sale of Hindustan Antibiotics (HAL). The government will also sell surplus land of Bengal Chemicals and Hindustan Antibiotics and other two pharma companies, Indian Drugs & Pharmaceuticals Limited and Rajasthan Drugs & Pharmaceuticals. After meeting the liabilities, steps will be taken to close Indian Drugs & Pharmaceuticals Limited and Rajasthan Drugs & Pharmaceuticals.

2) Life-saving Wilson's disease treatment available in India once again: Months after a reported shortage of the life-saving D-Penicillamine medicine to treat Wilson's disease, the country's drug regulator claims it has remedied the problem. The regulator says the shortage occurred due to non-availability of the active pharmaceutical ingredient (API)

February 2017

1) US President Donald Trump Statements a worry for Indian Pharma? : US President Donald Trump said on 1 Feb that other countries have been taking advantage of the US by manufacturing generic drugs outside the country due to lower production cost. He said there is a need to make medical products locally in the US. He urged the US drug firms to come back and start manufacturing drugs in America rather than abroad. To sweeten the deal, he said that the government will ease tax rates to facilitate drug manufacturing in the country

2) A new vaccine for malaria is up to 100 per cent effective when assessed at 10 weeks after last dose, according to the results of a clinical trial. The vaccine called SanariaPfSPZ-CVac. Most of the previous vaccines which have been tried involved the use of individual molecules found in the pathogen. However, they were unable to provide sufficient immunity to the disease.

3) HIV drugs scarcity : Cipla, the sole producer of lopinavir/ritonavir, a combination HIV drug prescribed for paediatric patients, has stopped manufacturing it over non-clearance of arrears by NACO.

March 2017

1) US FDA will lift the import alert imposed on the Sun Pharma Mohali (Punjab) manufacturing facility and remove the facility from official action initiated (OAI) status. This action clear the path for Sun Pharmato supply approved products from the Mohali

facility to the US market.

2)The Delhi High Court on allowed Indian drug manufacturers Natco Pharma and Alembic Pharmaceuticals to export Sorafinac and Rivaroxiban, generics of German pharma major Bayer's own cancer and blood thinning medicines. The court held that the export of the pharmaceuticals were for informational and data gathering purposes and in line with the global Agreement on TRIPS

April 2017

1)The US Food and Drug Administration noted incomplete laboratory records, failure to create accurate duplicates of key records, and to properly investigate drug batches that didn't meet specifications, among potential manufacturing violations FDA observed during an inspection of Sun Pharmaceutical Industries Ltd.'s Dadra unit, FDA called a Form 483.

2)The sixth centralized Pharmacy Placement Fair of Gujarat Technological University (GTU) was attended by 530 students on the first day. A total of 30 companies participated in the campus placement.

3)PMO wants drug pricing NPPA and departments of pharmaceuticals move to the Union ministry of health and family welfare from the ministry of chemicals and fertilizer

May 2017

1)Pharma companies face increase in regulatory issues from US health regulator.The tight regulatory vigil by the US Food and Drug Administration (USFDA) has become a major concern for the pharmaceutical industry.

2)The government's decision to make it mandatory for doctors to prescribe medicines using their generic names would "kill the pharmaceutical industry", the Indian Drug Manufacturers' Association (IDMA) wrote in a letter to Prime Minister Narendra Modi.

3)A new study published in the journal "Infection" alleges. The pharma industry in Hyderabad is polluting the environment with antimicrobials which is contributing to a rise in drug-resistant infections. Indian authorities have not done enough to ensure efficient treatment of waste water discharged by the pharma industry. Hyderabad is a global market for bulk drug purchasing with 50% of India's drug exports.

June 2017

1)Cipla ends litigation with Roche: Cipla withdrew from the ongoing patent dispute with Swiss pharmaceutical giant Roche related to anti-cancer medicine Elontinib Hydrochloride after it reached an out-of-court settlement acknowledging the latter's patent rights over

the drug.

2)Pharmacies across the country went on a one-day strike this week to highlight their concerns about the threat from e-pharmacies, and the cost that will be imposed by new regulations on the sale of medicines. The strike, called by the All India Organisation of Chemists and Druggists, had the support of well over eight lakh pharmacies.

3)FDC Drugs Ban: The Delhi High Court will heard the plea filed by several pharmaceutical companies that sought a stay of a central government notification that banned certain fixed dose combination (FDC) drugs. In March last year, the Centre had banned 344 FDC drugs citing health risks and lack of therapeutic justification.The ban covered about 6,000 brands and major pharma houses

July 2017

1)Spread of breast cancer reduced by targeting acid metabolite:-

It's a metabolite found in essentially all our cells that, like so many things, cancer overexpresses. Now scientists have shown that when they inhibit 20-HETE, it reduces both the size of a breast cancer tumor and its ability to spread to the lungs. "The drug is reducing the ability of cancer cells to create a distant microenvironment where they can thrive,"

2)Type 1 diabetes risk linked to intestinal viruses:-

Doctors can't predict who will develop Type 1 diabetes, a chronic autoimmune disease in which one's own immune system destroys the cells needed to control blood-sugar levels, requiring daily insulin injections and continual monitoring. Now, a new study led by Washington University School of Medicine in St. Louis has found that viruses in the intestines may affect a person's chance of developing the disease.

1)New study finds improved vaccine that protects against nine types of HPV:-

Cervical cancer is the second most common cause of cancer-related death worldwide, with almost 300,000 deaths occurring each year. More than 80 percent of these deaths occur in developing nations. The advent of human papillomavirus (HPV) vaccines has significantly reduced the number of those who develop and die from cervical cancer. And thanks to an international effort to improve the vaccine, the medical community is one step closer to preventing more HPV-associated diseases.

2)Asthma medicine halves risk of Parkinson's:-

Parkinson's disease is a chronic disease with unknown causes. The disease destroys the brain cells that control body movements. Shivering, stiff arms and legs and poor

coordination are typical symptoms of Parkinson's. The symptoms may develop slowly, and it sometimes takes time to make a correct diagnosis.

### 3)Diabetes drug shows potential as disease-modifying therapy for Parkinson's disease:-

A drug commonly used to treat diabetes may have disease-modifying potential to treat Parkinson's disease, a new UCL-led study suggests, paving the way for further research to define its efficacy and safety. The study, published in *The Lancet* and funded by The Michael J. Fox Foundation for Parkinson's Research (MJFF), found that people with Parkinson's who injected themselves each week with exenatide for one year performed better in movement (motor) tests than those who injected a placebo.

September 2017

### 1)Exciting' discovery on path to develop new type of vaccine to treat global viruses:-

Scientists at the University of Southampton have made a significant discovery in efforts to develop a vaccine against Zika, dengue and Hepatitis C viruses that affect millions of people around the world. In a study published in *Science Immunology*, researchers have shown that natural killer cells (NK cells), which are a fundamental part of the body's immune system, can recognise many different viruses including global pathogens such as Zika, dengue and Hepatitis C viruses, through a single receptor called KIR2DS2.

### 2)Danish discovery can pave the way for more effective cholesterol medicine:-

More than 600,000 Danes are being treated with cholesterol lowering medicine. 98 per cent of them are treated with statins, which curb the body's own production of cholesterol so that the level of cholesterol falls. However, statins also give rise to the body forming more of a harmful protein - known as PCSK9 - which counters the effect of the statins.

October 2017

### 1)The Nobel Prize in Chemistry 2017:-

Cool microscope technology revolutionises biochemistry:-The Nobel Prize in Chemistry 2017 is awarded to Jacques Dubochet, Joachim Frank and Richard Henderson for the development of cryo-electron microscopy, which both simplifies and improves the imaging of biomolecules. This method has moved biochemistry into a new era.

### 2)New drug hope for rare bone cancer patients:-

Patients with a rare bone cancer of the skull and spine - chordoma - could be helped by existing drugs, suggest scientists from the Wellcome Trust Sanger Institute, University College London Cancer Institute and the Royal National Orthopaedic Hospital NHS Trust. In the largest genomics study of chordoma to date, published today in *Nature*

Communications, scientists show that a group of chordoma patients have mutations in genes that are the target of existing drugs, known as PI3K inhibitors.

November 2017

1)World's smallest tape recorder is built from microbes:-

Through a few clever molecular hacks, researchers at Columbia University Medical Center have converted a natural bacterial immune system into a microscopic data recorder, laying the groundwork for a new class of technologies that use bacterial cells for everything from disease diagnosis to environmental monitoring. The researchers modified an ordinary laboratory strain of the ubiquitous human gut microbe *Escherichia coli*, enabling the bacteria to not only record their interactions with the environment but also time-stamp the events.

2)Discovery of a promising medication for amyotrophic lateral sclerosis (ALS):-

Researchers from the University of Montréal Hospital Research Centre (CRCHUM) and the Cumming School of Medicine (CSM) at the University of Calgary have discovered a medication that could make it possible to treat individuals with amyotrophic lateral sclerosis (ALS), or Lou Gehrig's disease. An article published today in JCI Insight concludes that pimozone was found to be safe and over the short term, preliminary data shows that it could stabilize the progression of ALS.

December 2017:

1)Gene-based Zika vaccine is safe and immunogenic in healthy adults:-

Results from two Phase 1 clinical trials show an experimental Zika vaccine developed by government scientists at the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, is safe and induces an immune response in healthy adults. The findings will be published on Dec. 4 in *The Lancet*. NIAID is currently leading an international effort to evaluate the investigational vaccine in a Phase 2/2b safety and efficacy trial.

2)Groundbreaking gene therapy trial set to cure hemophilia:-

A 'cure' for haemophilia is one step closer, following results published in the *New England Journal of Medicine* of a groundbreaking gene therapy trial led by the NHS in London. Clinical researchers at Barts Health NHS Trust and Queen Mary University of London have found that over one year on from a single treatment with a gene therapy drug, participants with haemophilia A (the most common type) are showing normal levels of the previously missing protein, and effectively curing them.

# World Cancer Day

Dr. TMA Pai Endowment Chair in Translational Oncology and Community Development Committee (CDC), MAPS jointly organized a cancer awareness program on 3-4 February 2018, during the occasion of World Cancer Day.

The program was inaugurated by the Chief Guest Dr. Avinash Shetty, Medical Superintendent, KMC, Manipal on 3rd February. He spoke about the requirement of cancer palliative care. Also said, 'simple blood donation can save millions of lives, youngsters should come forward and encourage others for the blood donation.' Dr. C Mallikarjuna Rao advised students to work towards targeted therapy for cancer and to develop drugs with minimum toxicity.

A talk on "The impact of genomics on the future of cancer therapy" was delivered by Dr. Mahadeva Rao, Co-ordinator, Dr. TMA Pai Endowment Chair in Translational Oncology and Head, Dept. of Pharmacy Practice, MCOPS. Dr. Rao spoke about genetic mutations in cancer, novel strategies to overcome the mutations, and personalized medicines. Having work experience at NIH, USA for many years, he said 'What invented in the USA may not be useful for us (Indians) as genome will differ in population. We have to work our own to find out medicine to our people'. The talk was very informative in conveying the message on the role of genomics in cancer therapy.

The talk was followed by blood donation drive. 136 students registered for the blood donation and 89 students were eligible to donate blood.

## CYNTHIA FERNANDES PALLIATIVE CANCER CARE VISIT

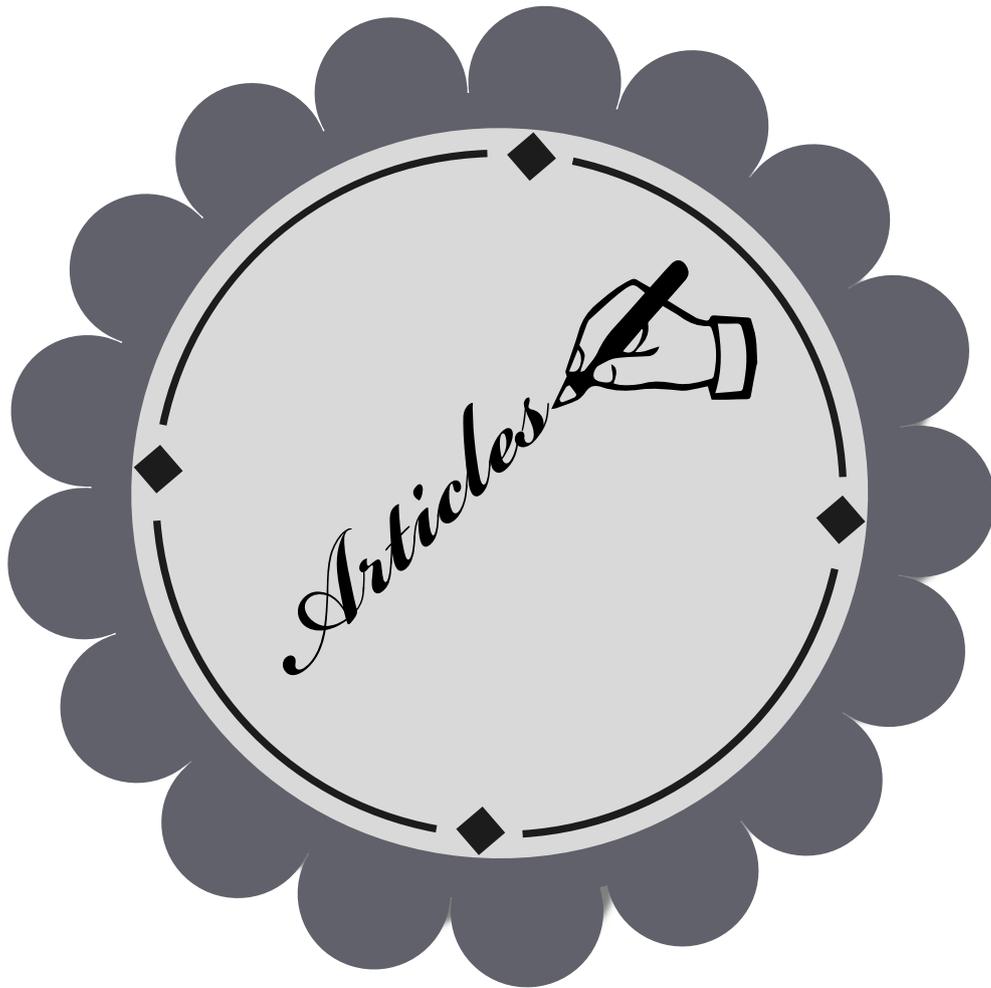
"We can do no great things, only small things with great love." – Mother Teresa

On the occasion of World Cancer Day (4th Feb), Community Development Committee of Manipal College of Pharmaceutical Sciences visited Cynthia Fernandes Palliative Cancer Care Centre, Santhekatte, Udupi.

Cynthia Fernandes Palliative Cancer Care Centre Established on Jan 5, 2006. This Centre was donated by Mr. Leslie Fernandes in memory of his wife Mrs. Cynthia Fernandes. This Centre aims to provide love of home and nursing care facilities for advanced stage cancer patients.

As a result of the generosity of our donors, we were able to raise Rs. 8000 from our college and we donated this amount at the palliative centre for the cancer patients. We were able to interact and spend time with the patients and staffs at the centre.





## ***Does “texting” and “cyber-slang” means the death of good writing?***

Texting is the easiest and cheapest mode of communication in the form of writing we use today. There is a massive difference between our speech and our writing habits. For instance whenever we are speaking or casually talking, we tend to use more colloquial words and short sentences that’s easily understood by everyone. Talking is largely subconscious and rapid and therefore not reflected. Unlike writing which came about 75000 years after speech can be reflected more. In writing, our tone and other body language is not expressed, and therefore it tends to sound much more articulate and formal. Being an eighteen year old, I cannot visualize a world without texting; it’s almost a necessity now. The speed at which communication is possible is beyond belief. Be it teenagers or elders, this method of communication has become insistent.

The sudden bloom of “Social Media” has made texting an even more integral part of one’s life, Whatsapp, SMS, Facebook or any messenger allows globalization, and brings the world closer. Now it’s possible to talk to somebody living on the other corner of the world with ease, which was neverpossible before, and perhaps thought to be mindless. Texting has revolutionized communication skills to another level when communication couldn’t be any faster. So as long as individuals are communicating, what’s the harm if it’s not grammatically correct or even abbreviated in twisted ways? The motive is to understand, either in a complex or easy way. Texting is actually developing its own type of grammar and conventions. Where “LOL” is not anymore used literally, but it has evolved to something more subtle and to a very common use. More internet slangs like “BTW”- By the way, “S2G” – swear to god, “OTW”- on the way and even “BRB” – be right back are commonly used. Many are not familiar withthese terms which cause mishap in understanding, but the ones who are in the realm of social media are well aware of it. There are a lot of arguments against weather or not language is being destroyed by this generation. Some say its evolution, while others suggest that the language would deteriorate if used this way. There are also arguments for how students are using these chatty terms in their daily speech and even writing in school, there are arguments against addiction of teenagers to technology and how cyber threats are increasing via texting. However it’s known that everything has its advantages and disadvantages, but texting has outnumbered its advantages and thus still exists and will exist in future.

When we speak, we don’t care about capitalization or punctuations, so why should we in the case of texting? Texting is fingered speech, which is basically writing whatever you speak. It’s the new kind of taking. So when people say its “poor language”, its only evolution of it. Many words we use today surely meant something else in the past. People also argue that these abbreviations tend to higher then rate of spelling errors. But, there has always been spelling error, since the very beginning of writing spelling

was always a problem, and not only today. Besides, youngsters have the knowledge between what is formal writing and what is a jargon. The fine line between them is known by most. I don't think texting and cyber slangs will impair our rich language. Besides, there is no evidence that imposes texting to ruin our composition. Anyhow, not all accusations were false. With the silverlining comes a dark could. Cyber slang is suspected to damage student's acumen. Most texting is usually light weighted, thus these traits or writing casually are displayed in professional writing. Some of their write-ups can be amusing albeit cringe worthy. The text-speak language is growing popularity, thus affecting a lot at once. Other than language, texting has also been accused to make people lazier. Crisp sentences and underrated dialect has made writing easier, and therefore many get into the habit to write such composition everywhere. These linguistics lack depth of meaning and intellect. There are words with weightage which are hardly used while texting, making those exquisite words disappear into thin air. However, these could be repaired by parents and teachers; they could encourage children to discern the right time and right place for texting language. This brings us to the fact that most people are bilingual, meaning they are well aware of the difference, while on the other hand children of clay minds are needed to be guided.

In conclusion I would like to state that since the beginning of language people from all around the world people have been worried of the decline in language, but look where it got us. Today the tongue we are speaking in consists of generations of evolution in it, and so it shall continue till this date. Words that mean something today, meant completely different in the past. With every passing minute language is evolving, thus this steep change in our language is perhaps just a start of something big. People keep worrying about the decline of language, but somehow the world still keeps spinning. People have been complaining about the decline in language since centuries, and not only today. Believe it or not, texting is certainly not the death of language. New words and new abbreviations will keep coming, and keep gaining popularity. But in the end of the day communication needs to be conveyed thus, people from all over the world, speaking different tongues connect in one single region of texting.

**AnanyaRudra**

1st year PharmD



## JUST STAY

There are some times I instinctively ask myself, “Does this matter?” Or those times that things seem to be ‘going down the pipes’ and nothing seems to work out and you’re forced to ask that question: “What difference is this going to make?” There are people I meet and I have quit thinking they’re a ‘waste of time’. There are some things in this world which are gifts beyond price; gifts that mean so much to another person, there is no way to fix a value. Sometimes we may never know the value of what we do and we do it because it’s the right thing to do.

A nurse took the tired, anxious serviceman to the bedside. “Your son is here,” she said to the old man. She had to repeat the words several times before the patient’s eyes opened. He was heavily sedated because of the pain of his heart attack; he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man’s limp ones, squeezing a message of love and encouragement. The nurse brought a chair so the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man’s hand and offering him words of love and strength. Occasionally the nurse suggested that the Marine move away and rest awhile.

He refused. Whenever the nurse came into the ward, the Marine was oblivious to her and to the night noises of the hospital- the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of other patients in the ward.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night. Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her. “Who was that man?” he asked. The nurse was startled. “He was your father,” she replied. “No, he wasn’t,” the Marine replied. “I never saw him before in my life.”

“Then why didn’t you say something when I took you to him?”

“I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn’t here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed.”

The next time someone needs you- just be there. Just stay.

**Elaine Fernandes**

2nd year PharmD



## BEYOND THE BOOKS

Stepping outside the lines drawn by our current education system is something I could never think of doing. Rote learning, memorizing and answering questions irrespective of understanding is what I had been taught till class twelve. However, incidentally, that did not happen in my final year of high school. One project that I took up changed it all. One project that gave me hands on experience, changed the way I perceived things. I expanded my sources beyond prescribed textbooks. I finally began learning, something I should have started doing twelve years ago. I conducted a very interesting experiment in class twelve. I would like to believe that I was meant to get such an intriguing opportunity to find out what it is like to understand something rather than just knowing it. During the year we had to submit one project for each subject, fortuitously, all my projects got accepted, except one, my biology project. No idea I suggested appealed to my teacher, so, I decided to think outside the box. Instead of following the conventional route of choosing something related to the syllabus, I decided to choose something different. I chose psychology. Memory piqued my interest. Memory. Something which every human being needs, something which gives a purpose to our intelligence. I thought of experimenting on memory. I picked out fifteen people of different age groups from the crowd. This was the starting mark for my project. Now I conducted this experiment covertly so that I would not make my subjects conscious of the process. I split my experiment into three steps. First, I asked them basic questions and observed the manner in which they replied. It took me some time and concentrated effort to take note of their eye movements and body language. Tedious as the task was, it was worth performing. Second, I slipped in a few words for them to memorise as I spoke. Now as expected, my subjects were unable to remember many of the words that I said. And the people belonging to the older age group had greater difficulty. I recorded the data and moved forward. The third test was the deciding factor of my experiment. It determined the success of my project. I used a story to slip in the same words I had said before in our conversations. Along with a story, I used audio-visual aids from my surroundings, such as the green trees or the sound of a bird chirping etc. The outcomes were favourable. Using these aids and an interesting story, my subjects were able to remember most or all of the words I had used previously. The difference between the results of the second and the third test gave me a basic idea about external factors determining the cognitive abilities of human beings. I expanded the base of my knowledge and continued the experiment on the same lines using different tools.

Now of course, my project got accepted by my teacher. She said "It seems a tad daunting to take up a project outside the textbook guidelines. But it is worth a shot." I read up more on this topic even after the project got submitted. Paradigm shifting ideas by brilliant minds drew my attention. That one project became a milestone for my

stepping stone. It was not much, but just enough to make me realize that there is more to knowledge than just books and notes. If an apple falling was just an apple falling to Newton, then probably the concept of gravity would have stayed unknown to the world for quite some time. But he saw more to it than any of the learned scholars could. It was something beyond the books, a forbidden arena, that he dared to explore at his time. And the outcomes were without a doubt, remarkable. I was standing at the bottom of a cliff. I could see wonderful trees, gardens and houses from there. It all seemed perfect. But when I climbed the cliff and reached its summit, I saw a whole new world which was much more beautiful than what I had been admiring previously. Similarly, these perfect books had been blocking my view all along. Writing the expected words on the paper was the thing that restricted me. But when I looked beyond that, I gained a completely different perspective. I started looking past the conspicuous, and entered a vast ocean of knowledge, which had a plethora of undiscovered possibilities. If beauty is not skin deep, knowledge is not paper thin either. A small experience can change the way you look at things, and gladly, I have been through mine.

**MahikaMilind Joshi**

1st year Bpharm



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## **Why Slasher Movies are Awesome.**

...And I stood there waiting. The chilly 2 AM air was blowing against my face making it numb. The moon was shining down on me, I was thanking god for the only form of light. I could hear my heart racing, beating out of my chest. There was a throbbing pain on my head was getting worse. The blood on my hands was getting cold. I was shaking but my legs were stuck onto the ground like bars of concrete. I felt like I couldn't move and in that second I couldn't think.

He was there only a few meters away. Dressed in black form head to toe. He was the reason I left her there in a pool of her own blood. Fear can make you do awful things. He held a bloody knife with the same ease as a writer holds a pen, like it was meant to be. His head tilting to the side. I could almost sense him smiling under that mask. That mask. It was pale white with a big creepy smile, something kids would buy from a cheap costume store. We stood across from each other in that big lawn, it was like he was waiting for me to react, and I was waiting for him.

And then he started running.....

Don't tell me you don't want to know what happens after that. Imagine that as a scene in a movie with edgy sound effects and terrifying screenplay. Hard to resist

isn't it?

Slasher films are a subgenre of horror films, typically involving a violent psychopath stalking and murdering several people, usually with bladed tools.

Slasher movies let you indulge in the best kind of fear, Fear of the Unknown. The killer's identity or motive is always a secret keeping us engrossed and secretly craving for more.

The movie involves various characters, usually teenagers, kids that people usually root for and of course a "final girl". They give a sneak peek into their lives so we start to care and when they are killed gruesomely, we feel bad. This increases our urge to find out who the killer is or why he is killing.

There are jumps and there are plenty of scares. While an action movie can get you excited a slasher film can keep you on edge from start to finish.

They are quick and spine-chilling. The adrenaline rush starts at the beginning of the movie and doesn't end till the killer is caught. You can feel your heart beating faster when the killer chases the characters.

Slasher films are the complete package with an opening murder scene, an introduction to the main cast and the "final girl", murders, murders and more murders, a fabulous and crazy party and of course a sex scene. There is always the comic relief, a character who is smart and funny but usually ends up dead. The "virgin theory" which states that the people who have sex are always killed. The "mean girl" one of the first to go.

They give us hope. Unlike horror films the antagonist in slasher films are humans, not ghosts or demons. As they are just mere mortals they can be stopped, hurt or even killed. Thus giving the victim a chance to save the day.

Whether it is Agatha Christie's 'And then they were none' or the multiple Academy Award winning 'The Silence of The Lambs', slasher movies are a classic. Enjoyed by people all around the world. Whether you watch them because your friend made you or because you enjoy the adrenaline rush, Slasher movies guarantee entertainment, anticipation, emotion and excitement all the way.

**Raveena Kantamneni**

2nd year PharmD



“Open your mouth and tell me the truth or I will need to force your mouth open” he said. I could almost see the wrath building in his eyes, his paan stained, uneven teeth too close to my face for my liking and the vein in his forehead slowly starting to bulge. I can’t tell him what he wants, there’s too much at stake, too many lives at risk. My wife had warned me about investigating such a high risk, politically charged affair but my stubborn nose just had to butt in and dig in a hole so deep I couldn’t crawl out of it. The Sand Mafia is no one to mess with, and I’d done just the same.

I’m pulled back to reality with a tight slap across my face and the huge vein staring at me demanding for more answers. “Tell me what you know before I hurt the ones you love”, he spat in my face. I said nothing.

The ropes tied across my hands and feet seemed to be getting tighter every second, chafing the skin with every movement I made.

The man torturing me is Satya, the right-hand man of Ashok Nandan, the kingpin of the Sand Mafia. Ashok Nandan started off as a mere architecture student, and worked in companies to one day venture off and start his own construction company and slowly made his way into illegal Sand mining, making millions and millions every month, and forged strong political bonds.

2 months ago I started feeling agitated at work. Writing boring articles about the latest Bollywood gossip didn’t seem to interest me anymore. My editor was kind enough to let me venture into investigative journalism and that’s when I tapped onto the Sand Mafia and their complicated route of corruption.

Satya now sat down in front of me on a short stool, with a slight smirk on his face. My eyes wander to the huge pliers his big hands had been fidgeting with. Oh no. “Last chance macha, tell me what you know and I’ll spare you.” I still kept silent. “Okay then, you asked for this.” Balancing the pliers between his grubby hands, one of his minions extended my right palm. With all my strength I tried hard to resist and. I grind my teeth together and shut my eyes as the pliers got hold of my little fingers nail. And before I knew it, I’m screaming in pain with tears running down my face and I feel the pain shooting up and down my right arm. Satya extracted my nail without flinching. Blood oozed out and my finger started swelling and I felt every single nerve ending in my finger starting to flare up and the pain pulsating and throbbing pain which was refusing to die. “Macha, this was just the beginning, tell me whatever you know and the pain will stop”

I couldn’t see clearly, my vision went blurry because of the tears and pain. despite this, I can’t tell them what I have on them, I may just be the beginning of their wrath - what if they never stop? What if they hurt and torture innocent people and families, just like how they exploited the poor people along the banks of the Cauvery river. I can’t believe a man could be so cruel, so as to hurt children and women and force them to

carry out sand mining. If they didn't listen to him, he would destroy their houses, take away their cattle, and force them into coercion till they had no more.

Satya stared at me with disgust, leaned in close, so close I could smell his bad breath and spat on my face. I didn't react, I just let the spit fall slowly down my face and over my shirt. Satya now walked to the small wooden table, flicked open a cigarette packet, and put one between his lips. he lit the cigarette in no time and inhaled in the tobacco, his eyes almost rolling back with the pleasure of the bitter smoke. After two more drags, he walked over to me, fidgeting with the cigarette and sat back down in front of me. He looked at me, looked back down at the cigarette and ushered to one of his minions, who waddled over and held my head, confused as I was, Satya now got up, and before I knew it, he put out the cigarette just below my right eyebrow, crushing it with all his might. I winced in pain and I could feel all the cells near my eyebrow slowly cooking and dying with the heat, and the cigarette ashes falling in my eye. Tears welled up again. I don't know how much longer i can fight this.

Satya laughed in my agony, his minions cracked a smile as well. Satya shouted, "Come on boys we'll get some tea while this idiot reconsiders his choices." and they all left the badly lit room one after the other.

This was my chance to escape.

I looked around as my tears dried but i could feel my eye starting to swell up. in the room was one table, one stool, pliers, a filament bulb and near my chair lied my extracted nail. The chair I was sitting on was wooden, just like the other furniture in the room.

There was no time to think, just react, so, I started to wobble the chair from side to side, in the hope that the chair will break. With a couple of pushes, I manage to fling myself to the left side. the flimsy chair topples over and the back of the chair cracks and the left arm of the chair breaks and my left hand is free. i remove the ropes off my hand and untie my right hand and my legs. my right hand and eye remain swollen. I push myself up and stumble towards the small window in the corner of the room. It's too high for me to reach, so I drag the table and place the wooden stool on it. before I climb up, I grab a broken, splintery piece of wood from the chair I just broke and I hobble on top of the table and trudge my way up the stool. The window is a little smaller than I expected it to be, but I wriggle my way out. Around me is the open sky and I see the tops of hundreds of buildings surrounding me. The sun is shining right above me and I look around and see a thin wooden plank connecting the next building to mine. Suddenly, I hear a rumbling sound there I see Satya and his goons coming after me. I make a dash for the plank and run as fast as my legs can carry me. I make my way onto the next building and turn around and quickly drop the plank in the space between the two buildings. It falls with a dull thud, and I run to the little door on the terrace and make my way down the stairs.

as I'm running down, I see a door that's slightly ajar, I pause, and open the door and little more and take a peep inside. I can see a woman carrying out her household activities. I call her and when she sees me she has almost a shock. she grabs the broom and holds it like a weapon while her other hand reaches for the telephone. I drop to my knees and beg for her help and tell her that there are goons behind me and I ask her where we are and what time of the day it is. I see her putting down the broom and she tells me that we are in Kurla, Mumbai and that it is 5:30pm.

As a child I had only visited Mumbai twice with my father but I've been born and brought up in Chennai, I don't have many connections in and with this city. I asked her if I could call my wife and child and tell them that I will come home to them soon. the lady also calls for an ambulance in which I fall asleep.

I wake up and feel my hand holding something; it's my wife's hand. once I saw her I was so happy and we both embraced each other. I had been unconscious for two days. I saw my bandaged finger and felt a slight soreness near my eyebrow. Days passed and slowly but surely I got better, stronger - emotionally and physically. With the support of my family and colleagues, I revealed the sand mafia and people like Ashok Nandan for the gangsters they really were in my articles and did my best to save the lives of those they put in harm's way.

The scars faded, I became a popular journalist, whose opinion suddenly mattered, however, my finger still looks as ugly as ever.

**SanjanaShastri**

2nd year PharmD



So, today, I am going to try and convince you why it is an absolute must for schools to provide free coffee and no, this is not because coffee is great for your liver. But just in case you're wondering, coffee is pretty great for your liver.

The very fact that I'm expected to encounter over 50 sweaty boys everyday, girl drama and burgeoning portions without the very pinnacle of my existence(coffee) is pretty darn outrageous. Imagine that it's the second last period of the day, you've just been through a torturous double period of Chemistry, and you still have a Geography period to go, 55 whole pointless minutes of learning about why you shouldn't build water canals in the remote regions of Gujarat. What could possibly help you feel better, and potentially salvage something from this seemingly bleak situation? A solid cup of steaming hot coffee, of course, was there even any doubt?

Another situation, you've just finished an awful surprise test in Biology, and you've probably dashed your hopes of getting an A+ in the subject, something that is considered a norm for you since you hope to be a doctor. What could uplift your

spirits and make you realise that all is not lost? Coffee again to the rescue. Hopefully, at this point I've established the importance of this beautiful liquid, which is why I now proceed to question why hasn't anyone done something introduce free coffee yet, the big fishes must be called in, the CIA, the FBI, a thorough investigation must be done. But then again, it would be pretty nice for me to become the pioneer of coffee in the educational world.

So, I'd like to end my article on a positive note as now future students will not have to bear the pain of a coffee-less academic life, don't be surprised if results go up by 10%. A special mention must go to the Ethiopian goatherd, who discovered coffee in the ninth century, what an absolutely beautiful man, it is pretty horrible he isn't considered to be on the same level as Albert Einstein and the other smart fellas.

**Sanjay Mathew**

1st year PharmD



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## EFFECTS OF SOCIAL MEDIA

I zeroed down to this topic after much self debate because as it happens, I too belong to the highly over rated Gen X – and am a victim of both the pros and cons of the SOCIAL MEDIA. But, but, but – what made me choose this topic was that in the recent past I happened to be in a situation where I was literally left handicapped coz both my mobile phone and my tab plotted against me and together decided to give up on me for reasons known only to them. After being showered with a lot of technical jargon, I was told it would take a day to get them to working condition. One of my worst nightmares in action.

My romance with these gadgets had started a couple of years ago and as every other contemporary of my hallowed generation major {make that 90% } part of the day I was totally glued to these 2 gadgets. They had become my appendages or rather an extension of me. Just for starters, I would like to mention here that I am a part of quite a few social media sites – facebook, instagram, snapchat, whatsapp, youtube, pinterest, to name a few. And trust me it takes a lot of time and thought to keep oneself updated on them all the time and also follow or stalk others. The elders in the house looking at my morose self were quite sympathetic { of which I have my own doubts though} because earlier they would always crib, complain and sermonise about my lack of social skills and how I have got addicted to internet. And as expected one of them said that finally I could really sit and talk to them face to face instead of facebook.

Much to my astonishment, I actually enjoyed talking to all of them, the little ones, their constant bickering, watching myriad expressions and emotions and what I immediately connected to was the very palpable human connect between all of us. It left me dumbstruck, that was it true that being a part of the virtual world had left me disconnected with the actual one? It also struck a chord in me that when I come home

for the holidays, I rarely go out for anything except the day when I land and the day when I leave home. God, how far have I strayed? And then started the self recrimination. As any other aspect, social media too is plagued by its positive and negative impacts. Let's first deal with its negative impact.

- Today the word media, is a synonym for human breath – its all over. Every wakeful moment of ours is ruled by the social media. Like the Freudian theory, if we were not able to hear the social media notification sounds, we wouldn't know what to do next. It controls our mind and activities with an invisible remote.
- Nowadays from the health point of view, - Sitting is the new smoking is the new adage doing the rounds. If we have a few minutes to spare we mindlessly keep scrolling through our social media – a number of diseases are linked to sitting. There is something called Facebook addiction disorder – which includes neglecting personal life, mental preoccupation, mood modifications, escapism, trying to hide one's addiction and social isolation.
- There is constant comparison with others lifestyle, especially economically which is healthy – it leads to narcissistic desires. This constant comparison also leads to jealousy and wanting to have an one up position over the others -.which ends up in lower self control, lower self esteem and increased spending.
- Personal information and photos are out on display on these sites which is the main reason for the rampant rise in cyber crime.
- Having more number of virtual friends doesn't mean we are more social. Being cocooned in our own world with social media as our only solace leads to poor social skills, brain or personality disorders due to which interacting with people face to face becomes a herculean task and we end up being misfits in the society. In times of need, virtual friends are of no use which leads to loneliness (inspite of having thousands of likes or hits). Loneliness results in depression and anxiety.
- Productivity of an individual be it in his work place, home or any institution gets affected – that's why nowadays most of the colleges or corporate sectors have jammers in their premises.
- Cyber bullying, phishing scams, hacking, identity thefts, sexting, stalking are all the effects of excessive usage of social media.
- On the flip side let's see what social media holds on a positive side. We get to connect with people with whom we have lost touch for various reasons. For someone who's not very articulate its very helpful to regain lost contacts.
- Educating oneself in any given field, by professionals is one of the highlighting features of social media – with distance and time being no bar.
- We can get any type of help and advice from the groups we are connected with.
- One gets to promote their thoughts, views or even their products via social media.

- Latest information and live updates are easily accessible.
- It helps creating an awareness on any issue among people on a massive scale. Can be used as a voice to rise against the evils facing our times.
- New ideas float around during various discussions and people are forced to think outside the box. Youngsters keep themselves abreast of the happenings around them to get the feel of online presence – which in turn boosts their self confidence.

Today social media is the basic thread on which the entire fabric of the society is woven around. We can argue endlessly and incessantly about the pro and cons of social media without ever reaching a solution. I personally feel its each individual's responsibility in knowing how much time he/she spends on the social media, for what purpose and when to call it quits depending on their need and requirement. And well, this is a record by my own standards in terms of time, that I have been away from the social media while writing all this – so I guess I will go and look into all that I have missed out on !!!

**Kalgi A Barodia**  
2nd year Bpharm




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## Expression of in Expressibility

As I begin writing my article for this year's college magazine, I have to constantly deal with derailment of thoughts and ideas . Perhaps I am nervous. The nervousness can be attributed to the fact that this is my first contribution to college magazine. Yet I express the feeling as "inexpressible". Can it be called the expression on inexpressibility? Indeed.

I disagree with those who say that expression is an art . I would rather say, "art is an expression" because expression comes as naturally to a carpenter or a doctor as to a musician. Their tools of expression might be differ but the ultimate goal is to express. Expression does not necessarily imply that we actually need a human like figure in front of our eyes with whom we can share our desires, joys and worries. The idea is of prime importance here is the realisation that we must express, perhaps, express to none but ourselves, the things we find beautiful, the aims that we wish to achieve, the sorrows that are not letting us to be. The idea that I am trying to highlight here is that we cannot exist without expressing.

Today is the first day of the remainder of our lives. And I deeply believe that each one of you've been set up to shine,constructed to fly and destined to amaze. Each day the world with express its power of hypnosis to make you believe that you are just a average. So how do you shoot back? "Expression" is the key. As I quoted before, even in times when we are so overwhelmed that we fail to express ourselves, we express our inexpressibility. So, keep expressing and the world will be a blessing.

**Soumyadeep Bose**  
B.Pharm 1st year



## DE-STRESS ? OR DISTRESS ?

“Hey! How’s your exam preparation going on?”

“What can I tell? Too many topics... I am unable to concentrate... awfully stressed yaar!!”

“Hi. Is your presentation ready?”

“No Boss! It is on next Monday, no? Shall start working it on Sunday. You know, I am creative only when I work under stress!”

Stress is one word, which is used quite commonly, by all age groups. It is widely discussed - in the newspapers, health magazines, school elocutions or dining table conversations. Stress takes a different form and meaning in each of our lives. For a corporate sector employee, it must be trying to finish his task within the stipulated deadline. For a teacher, it is to finish the syllabus in time or handle students with different IQ levels and temperaments. For a student, it could be coping up with exams. For the harried housewife, it is trying to create a sense of balance between her domestic duties and the family. So what is this STRESS – hovering in each of our lives.

The term stress has many definitions – but emotional or mental stress has been aptly defined by Lazarus and Folkman (1984) as “an internal state which can be caused by physical demands of body or by environmental and social situations, which are evaluated as potentially harmful, uncontrollable, or exceeding our resources for coping”. It is, in fact, become a part our DNA structure and is as natural as our breathing.

Is stress good or bad? For many, being stressed can be perfectly normal, especially during exam time. It has been said that sometimes being stressed-out motivates one to focus on the job at hand. For others, stress can lead to distress – and affect one’s health. In other words – there are two types of stress – the good stress which is beneficial and motivating and the bad stress that causes anxiety and health problems.

### The Good Stress

“In times of great stress or adversity, it’s always best to keep busy, to plow your anger and your energy into something positive.”

– Lee Iacocca

Many experts believe that stress is a burst of energy that basically advises you on what to do. It can help you meet daily challenges and motivates you to reach your goals. In fact, stress can help you accomplish tasks more efficiently. It can even boost memory. Stress is also a vital warning system, producing the fight-or-flight response. When the brain perceives some kind of stress, it starts flooding the body with chemicals like epinephrine, norepinephrine and cortisol. This creates a variety of reactions such as an increase in blood pressure and heart rate. Plus, the senses suddenly have a laser-like focus so you can avoid physically stressful situations — such as jumping away from a moving car — and be safe. Researchers believe that some stress can help to fortify the immune system. For instance,

stress can improve how your heart works and protect your body from infection. In one study, individuals who experienced moderate levels of stress before surgery were able to recover faster than individuals who had low or high levels.

### The Bad Stress

“Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they’ve started.”

– David Allen

Stress is key for survival, but too much stress can be detrimental. Emotional stress that stays around for weeks or months can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even heart disease. In particular, too much epinephrine can be harmful to your heart. It can change the arteries and how their cells are able to regenerate.

One should watch out for the following warning signs:

- Inability to concentrate or complete tasks
- Get sick more often with colds
- Body aches
- Other illnesses like autoimmune diseases flare up
- Headaches
- Irritability
- Trouble falling sleeping or staying awake
- Changes in appetite
- More angry or anxious than usual

### Conclusion

“It’s not stress that kills us, it is our reaction to it.”

– Hans Selye

Everyone should realize that stress in life is unavoidable and a little amount of stress is helpful to us to adapt to changes. The way we respond to stress is important, and one should channelize the stress to avoid negative effects. As John Newton, a British sailor and Anglican clergyman, suggested “We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday’s burden over again today, and then add the burden of the morrow before we are required to bear it.”

**Suhita.R**

2nd year PharmD



## The Disconnect

Have a glance around you. Most likely, you will see majority of people are bent forward towards the glow of their phones as these days social media took the centre stage by storm and creates a lasting impression on individuals. Gone are the days, where family actually spoke in the dining table. Today, restaurants are full of people more interested in pixels for uploading in social media rather engaging with others.

It's amazing to see how did the content on our phone are more interesting than the world around us? It's like social media attracts us with assuring publicity similar to that of a rat-trap that attracts rat by serving cheese as bait. Social media has become our primary form of communication. It's easier to look someone in Facebook than calling on the phone. Now-a-days, hardly we see any children playing in the ground with freedom. They prefer video games than playing outside. We have become physically independent but mentally not. We depend on Facebook, Whatsapp, and Instagram to dictate our moods. We think we are connecting more with social media yet we are disconnecting from each other.

None of us are criticizing technology or social media upright. We have the option to log out if we want to engage with actual world. Technology is a societal advancement that has given us enough option for research, work purpose and to communicate with each other. But the problem is we are relying on technology too heavily. So the next time you are with your friends or families try to refrain from pixels to upload in social media. Instead of counting the number of likes, count the memories in your life because at the end of the day, that's all matters.

**RishavBhattacharjee**



1st year B Pharm

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## The Jovial Janitor

It was a Wednesday evening ; the date was 27th July, 2016 and the bus conductor signalled me to get down at the tiger circle. I looked outside my window and it was dark with a heavy downpour from the sky. The time was around 07:25 pm so, I decided to have dinner at KMC foodcourt.

Since, it was my first day in Manipal there was a sense of anticipation. As I was hungry, I quickly grabbed my meal. Munching through my meal I was warmly greeted by a man dressed in a light oak-coloured uniform and a cap.

He was thin, short statured, middle-aged, wheatish in complexion having grizzly-gray hairs covered partially by his cap and posing a welcoming smile. His face was wrinkled and had fine lines suggesting he was in his forties. But, his physicality was overshadowed by his jovial appearance and the kind gesture which was remarkable.

He earned his livelihood working as a janitor in the foodcourt. Irrespective of the work load, he always kept harmonious attitude towards others. He had full commitment to

the tasks assigned to him. His work-ethic reminded me of my school's motto – "Love and service". It was nostalgic.

One and a half year went by and it is still astonishing to see the energy with which he conducts himself. His amusing nature makes everyone feel at home and positivity makes him appear like a child without worries.

After such a long time, he is like a friend and the one I can never forget.

Down the memory lane he promises to be the delightful chapter of the Manipal diary.

**Varun Nanda**

2nd year B.pharm



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## THINGS WHICH YOU CAN RELATE TO IF YOU ARE

### AN INTROVERT: -

1. Weekends for you are- finding a nice corner, your favorite book or tv show and coffee or tea.
2. The only reason you have friends are because an extrovert adopted you and introduced you to people
3. You secretly wish people didn't lift their phones when you call because hey! texting over calling any day.
4. You lie about having to do a ton of work when you actually do get invited to some place because staring at the wall is better than making small talk with other humans.
5. You prefer going alone for dinners or to other places rather than with a bunch of people since there is nothing like a quiet, alone time.
6. You are a completely different person on the internet and in the bathroom.
7. You might have a secret talent which you are very proud of but just not sure if the rest of the world can sink in your awesomeness. So ,you just keep it to yourself.
8. You've mastered the art of pretending to be a part of a conversation while you're actually zoned out because that is the only way you can survive human conversations.
9. Sometimes even shopping is a struggle because it's hard to talk to the shop assistants and ask for help. So ,you just keep walking in circles until you muster the courage or someone comes upto you.
10. You actually do envy the extroverts sometimes for their amazing social skills and enthusiasm and secretly wish you could be so too.
11. Life is a constant struggle between wanting to go outside and have fun but simultaneously wishing to avoid human contact.

It is okay, you are just another social-vegan like me. You avoid MEET!

## **A FODDIE:-**

1. Being hungry is a part of your personality because you are ALWAYS hungry no matter what time of the day it is.
2. If you have nothing to do you conclude that you are hungry and go grab a bite.
3. You hate sharing your food and cannot control your emotions when someone takes a bite from your plate. It gets pretty intense.
4. You keep looking at the watch and the kitchen door once you've ordered your meal anxiously waiting when will it be your turn.
5. People always come up to you for suggestions as to where to go or what to eat and secretly you love it.
6. Sometimes your order can be so long that the waiter just stares at you blatantly imagining how one person can eat so much. But you take pride in your appetite and capacity.
7. Even if you are not hungry but you walk into a grocery store, you cannot but help buy yourself at least a drink.
8. The only reason you go to the malls is because they have food courts and you can treat yourself after all that shopping and walking around.
9. No matter how much you've eaten there is always room for dessert.
10. You plan what you want to have the next day, the previous day itself.
11. No matter how late you are, you have to stop on the way to grab breakfast.
12. Your biggest fear is death by starvation.

The fridge is the only place that can light us up in darkness. That is how much we love food!

## **YOU WEAR GLASSES:-**

1. Finding the right frame is a struggle. You are never satisfied.
2. Your new frames is equal to everyone's new toy. Everyone tries wearing it and then pass a standard comment "Arey, you are so blind. Can't see only anything"
3. Visits to the ophthalmologist are a nightmare.
4. Watching 3D is impossible with 2 pairs of glasses just falling off your face.
5. The monsoon season is a real pain with the droplets messing up your lens
6. AC is all fun and games until you come out and science happens on your glasses and you can't see anything.
7. If you are a girl and you wear glasses all that eye make up you invested your time and

money in is either going to get masked behind your glasses or a little of it gets transferred onto the lens or both.

8. You never have the cloth that you are supposed to wipe the lens with, so you end up using your t-shirt and then complain about all those scratches on the lens.
9. You can never sleep on one side and enjoy your book or a movie.
10. People love asking you to take your glasses off and playing the “Guess how many fingers” game.
11. You look like a different person when you take your glasses off and it is hard to recognize you without them.
12. People automatically presume you are a nerd because of your glasses.
13. You get used to names like “Eh Chashmish!” “Aye Four eyes!” “These make you look exactly like Harry Potter”
14. Getting a Laser was an option until you watched Final Destination 3.
15. You never carry the case for you glasses and keep them in a random place. Then later you start having a panic attack when you can’t find them.

But no matter how much we struggle, we love our glasses to death and cannot go a minute without them.

**Varun Nanda**

2nd year B.pharm



## THE CYCLE OF EMOTIONS

The state stench of smoke in a brewery, seeps out of our pores,

The silence surrounding us , thick as smog.

The events of the night before, unspoken , pretending to be forgotten.

Your alter-ego is now hidden , behind a smile , until the next time .

You're not the only one pretending , inside I'm breaking,

I can't show you fear, or your smile would be real.

Don't you realize what you have taken ,

It wasn't expected nor forsaken.

Just because your ice heart melts,

There is no need to take it out on me.

Now I've seen you in your true light,

I want you to know , it's not alright.

## LUNCH

I settled down to a simple lunch

Pleased to break away from the monotony of gourmet

Bread and cheese, tomatoes with stalks intact,  
Fleshy umbilicalcords,evidence of their recent birth.

I ate hurriedly,bitinghunks,chewing chunks,

Coarse crumbs between finger and thumb,

Rolling back the years.

How do you like your carrots?

I like mine raw, flawed

Knobbled and contoured

Their earthersimplicity ,socially unacceptable.

I take this meal ,clumsy ,humble,

And wish for an honest , true cheese everyday.

## SUNNY WINTER DAYS

Warm hand keep the coldest hearts,

A darkening yesteryear

Where summer and winter are days apart.

One seems to bleed to another

A mix of indefinable colour

From skies of striking red to darkest blue

We move through life as a drop in the sea

Given one solid truth as an anchor

All things must come to an end.

Even this , the here and now.

## A BLACK AND WHITE MOON

As I sit here, beneath my black paper moon,

I gaze up at the white canvas sky

To see my own madness staring back,

I walk the streets passed a thousand eyes

But I am never seen,

There is no colour in this world

Except for the colour we give it

We paint our worlds with our words and actions,

Remember you can't erase

The mistake you make

### ***NOT WAVING BUT DROWNING***

Nobody heard him, the dead man,  
But still he lay moaning:  
I was much further out than you thought  
And not waving but drowning  
Poor chap, he always loved larking  
And now he's dead  
It must have been too cold for him his heart  
Gave way they said.  
Oh , no nono, it was too cold always  
(Still the dead one lay moaning)  
I was much too far out all my life  
And not waving but drowning.

### ***MUD GAMES***

Nobody heard him, the dead man,  
But still he lay moaning:  
I was much further out than you thought  
And not waving but drowning  
Poor chap, he always loved larking  
And now he's dead  
It must have been too cold for him his heart  
Gave way they said.  
Oh , no nono, it was too cold always  
(Still the dead one lay moaning)  
I was much too far out all my life  
And not waving but drowning.

### ***PIN WHEEL MEMORIES***

There are many knots on the inside and out  
A tangle of fear, hopes and dreams.  
Fresh memories twist themselves around  
the old ones,  
names and faces blur together-  
and opaque mixture that spines before the eye.  
Only the best and the worst take root  
Like thick black thumb tacks  
In a vibrant slash of minor memories,  
A flashing strobe between old and new  
All it causes is unnatural and unwelcome.

### ***THE CHAIR***

The chair had been there for decades,  
or so it seemed.  
Its body , battered , weakened by the years , was  
beyond repair-  
yet its aura remained intact- unspoiled by use.  
Wear had not worn it entirely,  
Life lingered in every fracture riddled  
across its back.  
Fractured that enticed the mind, sold  
stories long thought forgotten.  
Every memory etched into its flesh  
brought it closer to perfection.

## जुनूनीयत

जब इसद निके शोर शरु बेसे थक जाऊंगा  
तो ह एक गीत गुन गुना उगा  
एक ऐसा गीत जो की सी को नही सुनाया  
वो ह ऐसा गीत जो खुद भी कम गाया

हर एक लफ्ज में छपि कुछ है उसके  
जैसे मैं आज जुबान पर लाया  
बस एक ये ही खेवाइ श है  
की को ई खेवाइ श ही नही  
खुद से री हा ही न की चाह  
खुद से ही उड़ जाने की चाह

खीच लुंगा खुद को वहां  
जहां है मेरा जहां  
हर एक ज़रूर में जिसके गीत है  
वही जो सबसे अमीर है  
है एक जगह जहां बस वही बसता है  
कहीं नही बस यही सजता है

खुन क हिर एक बंद उसको ही चखेगी  
उस एक फुर्र जकी याद करेगी  
जुसिक भी खुद ही भुलाया था  
जो क भी नही याद आया था  
हर रंग, हर ताल, हर व्यक्त  
उसी से बना है  
बता मेरे खुदा तू क हाँ छुपा है ।।।।

Zeus painted a pattern of perfection  
And life they gave to their imagination  
'See the light' screamed god's angel  
Venus, and the women rose through their spell  
Under her lies the fragrance of wisdom  
that aroma airs more than geranium  
Graceful like butterfly, pretty to see  
and hard to catch she will be  
Femininity is the power she owns within  
to get her, the men get on knees therein  
Her purity speaks, her simplicity acts  
her dignity stays, her grace attracts  
Like a star she shines all the way  
and stays away from fake bouquet  
Until a bride with pride she become  
and in her life let that only man welcome  
every fight, every forgiveness and everything

**Hafsa**  
1st year BPharm

## DOODLING PEN

covering cowards fights beneath,  
tired soul hit and hid right realists,  
glory is gone under crossroads  
gratitude had not been present,  
its still doodling its place under,  
certain rights and wrongs.  
popping into the wild my mind still wanders  
about,  
That great gratitude of discovery,  
cry, laugh, go wild and be mild,  
its the only truth, to that for everything  
even the ones we did not get,  
wander and discover the ones you lost,  
in the woods and in the thoughts.  
and if you find it love it because  
that is all that matters,  
every fight, every forgiveness and everything  
you love is the sane road to peace.

**Amogh Mehrotra**  
B pharm 1st year

Like a treasure I found at last  
I look at the old frame of my past ,  
With shaking hands I wipe off the dust,  
The six youthful faces smiled at me,  
It was a reminder of what we used to be  
Until age crept up upon us with gee  
We were best friends just like thee  
Days passed, months and years,  
Our friendship became stronger as our bodies  
weaker,  
Then out of six passed one and remained five,  
Value the time that's written against your name  
One last time I look at the picture from my past,  
Just like a treasure I found at last .

**Niharika Marate**  
I year Pharm D

### The Power Of One

One song can spark a moment  
One flower can wake the dream  
One tree can start a forest  
One bird can herald spring  
One smile begins a friendship  
One handclasp lifts a soul  
One star can guide a ship at sea  
One word can frame the goal  
One vote can change the nation  
One Sunbeam lights a room  
One candle wipes out darkness  
One laugh will conquer gloom  
One step must start each journey  
One word must start a prayer  
One hope can raise our spirits  
One touch can show you care  
One voice can speak with wisdom  
One heart can know what is true  
One life can make a difference

Dreams, severed from the eyes of reality.  
Hope is just a mumble, over the blare of fatality.  
Ready to embrace the sea of tranquility.  
~EVANESCENCE

Depressed bodies, craving for sleep.  
Depressed souls, left no choice but weep.  
Desperate in their efforts, for promises to keep.  
~EVANESCENCE

Loyal to morality, yet no glory.  
Voices in the head, telling not to worry.  
Embark on a new life, an eventful story.  
~EVANESCENCE

Faith lost in me, because I've lost my stance.  
But I'm only human, give me another chance.  
For everyday I'm astray, lost in a trance.  
~EVANESCENCE

The human mind is crooked, reeking with jealousy.  
Clinging to their truths, wherein it's all fallacy.  
Realizing their blunder, but living life with secrecy.  
~EVANESCENCE

Darkened souls, enlightened minds.  
Yet lost to the charisma of what the heart finds.  
Not knowing the implications, the judgement it blinds.  
~EVANESCENCE

Untold words engulfed in reluctant thoughts.  
Paving their way towards eternity, as time rots.  
Regret making you realize, it was worth million shots.  
~EVANESCENCE

Fear broods worry, sends shivers down the spine.  
Optimism breeds hope, tells you everything is fine.  
But both take you to extremities, to cross the line.  
~EVANESCENCE

The sunset morphs into the mighty ocean.  
Endless eyes to savour it, amidst all the commotion.  
Some seek happiness from it, some love and devotion  
~EVANESCENCE

## यादसतातीहै

माँकेप्यारे आँचुलपर  
लापिटकर जबमसोईथी  
नकोईडरथामरेमनमें  
बसचापेककरखोईथी

माँकेहाथोंसेजबमैंने  
अन्नकादानाखायाथा  
प्यारभरेउनहाथोंने  
एकनयास्वादजगायाथा

जब-जबमेरी आँखेंभरती  
माँभीनीरबूहातीथी  
जब-जबमेखुलकरहूँसती  
माँभीफरिमुस्कुरातीथी

अबबसमेरी आँखोंमें  
माँकीतसवीरआतीहै  
जबभीयादकरतीहमाँको  
उनकीबातेंध्यानआजातीहैं

हाँसटलसेचटिठीलखिकर  
माँकीज्वालाकरतीहै  
बसमाँ! अबघरबुलीलो  
आपकीयादसतातीहै  
आपकीयादसतातीहै

## स्कूलकेवहप्यारेदनि

शुरू-शुरूकेवोदनिजबजानतेथेहमसरिफखुदको  
लगतथाक्यामलिपाएंगेदोस्त, सचचेहोंजो  
डरसाथामनमें, परसमयनेसबढलदयो  
चौदहसालकीयेअटूटदोस्ती  
जबकरतेथेहमबेदमेंसती  
रोज़सुबहकोवहटकि-टकिकरताअलारम  
कहताहमसेउठजाओ, करलोसारेकाम  
वहदौड़ना-भागनाऔरबससेरेसलगाना  
आधीरातकोस्कूलआनेकेलिएदोस्तोंकोमानना  
सुबहु-सुबहुअसेंबलीकीवोलाइन  
जहाँसोचतेहम "कबखतमहोगाअसेंबलीकाटाइम?"  
कलासजातेहीटफिनिपरझपटना  
औरनमलिनेपरदोस्तोंसेझगड़ना  
वोरूठना-माननानए-नएनामोंसेचुढ़ाना  
औरवहीपुरानीबातापरबारबारहसना  
वोघंटीबजनेकाइतज़ारऔरनबजनेपर,  
घड़ीदेखनाबार-बार  
औरकलासमेंबातेंकरनेपरटीचरकीफटकार  
वोझूठेबहनोसेस्कूलमेंघूमना  
औरसरकोदेखतेहीवाशरूममेंछपिना

लेकनियहकया! लदहीबीतगएवोलम्हेप्यारे  
जनिहेहमेशायादरखेंगेहमसारे  
चाहेकहीभीरहेंगेहम, पररहेगासदायहप्यार  
यादरहेंगेवोलमहेजबदोस्तोंकेसाथखुबखाईमार  
बचपनअधूराहोताइन्अनमोलपलोंकेबनि  
कभीनभूलपाएंगेस्कूलकेवहप्यारेदनि  
स्कूलकेवहप्यारेदनि

**RaashidaFarheen**

II year Pharm D

## PAIN

They say pain is supposed to be felt,  
It's not so simple like watching the ice melt,  
Pain is like an endless line  
You hurt when you're supposed to be fine  
"Pain"  
A four letter word which governs life.  
It can be soft, a sting of slight discontents..  
A feeling of hurt deep in your heart,  
Enough to cause you discomfort  
Yet not enough to tear you apart.  
But it also can be as hard as a lightning  
A wrecking ball crushing your soul  
Leaving behind hatred & revenge  
Your former heart, now just a gaping hole.  
The soul of a mortal is strange in its way  
As one can really expect it to be,  
The memory of joy keeps fading  
While the memory of pain stays with me.  
-thesilententity

### *Old Age*

Those pale milky white eyes,  
Full of stories to tell..  
Stories of those she loved and lived with.  
The same people who now are mere memories  
Memories cause some are no more while others  
left ,by their own choice  
Leaving her to live her last days alone....  
Those pale milky white eyes  
Eyes with so much mirth you feel like a child  
One just born,with no idea what awaits for him in  
life  
She remembers her family fondly, has stories to  
tell  
Of love , life , and of those she calls her own....the  
same people  
Leaving her to live her last days alone..  
Well it sometimes makes you wonder,  
Leaves many things upon which to ponder..  
Why abandon those who gave you life?  
Leaving them alone to deal with their strife..  
But do remember folks,bear in mind,  
Old age will come and it's not kind..

-thesilententity

### *Friendship over love*

Like fire & ice or sugar & spice  
Were these two friends with no malice..  
Personalities so unique,a phenomenon on their  
own,  
Still they were together,like meat on bone.  
Well opposite's attract or so they say..  
These two were different in their very own way,  
He was distant,cold and had madness in his  
eyes..  
She was kind,considerate& not at all bias..  
It was all going well until one fell in love,  
Then fate played it's part as decided above,  
Their friendship for him was too precious to  
lose,  
So it was time for him to man up & choose.  
Too afraid to confess,he decided it was time to  
leave..  
To go find a place to go sit & grieve.  
Meanwhile...Satan had a good laugh from above,  
Cause he always knew the boy would choose  
friendship over love...

-thesilententity



# Sketches



**Anagha Ramamurthy**

# Sketches



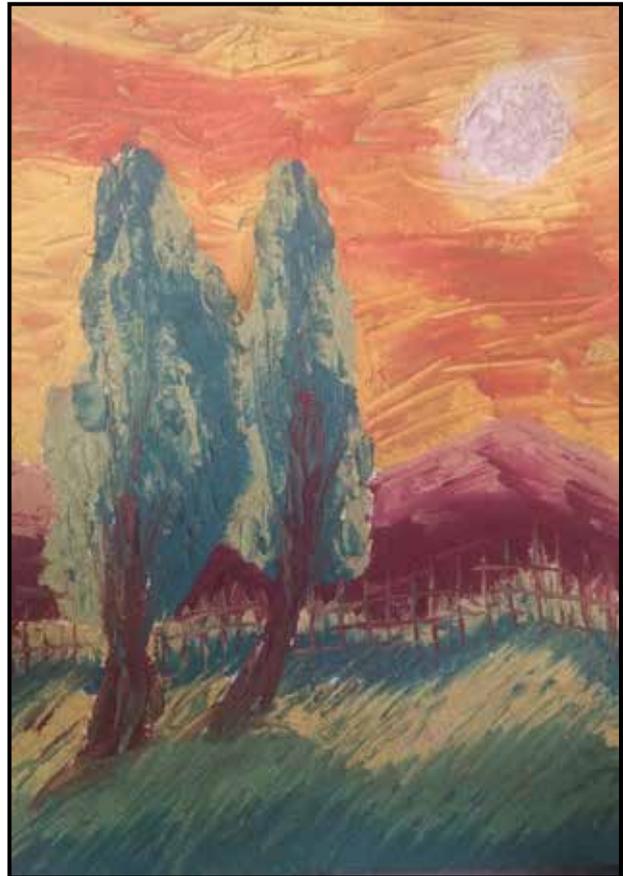
Maya T Rajagopal

# Sketches



**Semanti (1st year)**

# Sketches



Snigdha (1st year)

# Sketches



**Thomas George**

# Sketches



Jeba (1st year)



Nayonika Mukherjee



# Council Testimonials



## Editorial Committee

**Sanga** - a bubbly bong who is always hungry. We hope to see her next year.

**Sanjay** - "cute boy" Sanjay. He was a hard-working boy who completed all the tasks given to him.

**Ananya** - a friendly and diligent girl who completes any kind of task assigned to her with a smile on her face. Also, her hairstyle looks kinda like Gautam Budhha. Stay the same!

**Elaine** - "You know what" Elaine is an extremely hardworking and efficient member of the Ed board. She helped each and every aspect of Qalam and other things. Her presence was a boon to the Ed board.

**Aayush** - He is Ed board's Hit man and was the brains behind our logo. His tireless efforts help make Qalam a success. He is efficient, hard working and completely reliable.

**Kalgi** - she is the sweetest girl in the Ed board. She is enthusiastic and helps whenever and wherever necessary. She is dedicated to her post and does complete justice to it.

**Divya** - she is a friendly and hardworking girl. She is always ready to take on any kind of responsibility.

**Krupa** - extremely helpful and enthusiastic. She makes sure all the work assigned to her is done to perfection.

**Azra** - She is the epitome of what a creative mind must be. A very happy and calm person, without you are decor ideas would never have succeeded. Thank you !

**Suhita**- Where should I start. A very responsible and determined girl who welcomes every opportunity with a smile on her face. Thank You for being a constant support throughout my term. You were an amazing joint-editor and even though I am not able to put it in words here, all the very best for your future.

**Raveena**- Three-eyed Raven! Your charm is your constant confusion. Never change the way you are. Your bubbly attitude helped the Ed-Core stay calm and happy in the eye of tough decisions. Good luck for the future. And please remember to breathe before you take decisions.



## Academic Committee

**YAKSHITA SUVARNA** : *The most enthusiastic member of the committee. She is always ready to take up any work given to her. Her charming smile and attitude towards her duty made working with her a lot easier and enjoyable.*

**GAURAV KANDOI** : *The most energetic one. He is widely known for his dancing moves apart from his organizing skills. He gets the given work done before deadlines and manages to bring his classmates for all the events.*

**MUHIL VANNAN** : *The only time he replies in the council group is when he isn't attending the meeting With his common excuse 'Can't make it to meeting. Have football practice' .Apart from his lack of intrests in attending meeting he has been very obedient in completing his tasks and has been helpful during pharmaQuora.*

**EESHA SHUKLA** : *The quick worker of the committee. It has been great working with her. She is with no doubt confident and responsible in her approach towards her duties.*

**NIRANJAN GANESHKUMAR** : *The innovative one. He is one such member which every council loves to have. All credits to his determination, creativity and out of the box thinking. He has been a great help and asset to the committee.*

**FATIMAZAHRA MOLEDINA** : *The efficient one. Always turns up to meetings with a beautiful smile. Nicknamed as The perfectionist, she completes every task given on time and is highly reliable.*

**HAWA HASHIM** : *The soft talker of the lot but one of the most organized persons in the committee. She is punctual and hardworking no matter what the job is, you can count on her and she'll get it done. Thanks to her the scientific sessions were held in such a smooth way.*

**PAPPUDESI NIKHIL** : *With his 'Talk less, Work more' motto, he is one of the most silent members in the committee. Special thanks to his bike for being available at all times. All the works of the committee were completed in a timely fashion due to his co-operation.*

**MOHIYUDDIN** : *The most well behaved and responsible member of the committee. He has been a great addition and help to the committee with his suggestions.*

**NANDINI GANDHI** : *The Multi-tasking one. She shows up to meetings on time. With her experience, innovative ideas and creative skills she is a blessing to the committee.*

**SHANIA SARABHAI** : *The most talkative and one of the bold people I have come across. Even though she was held up with her busy schedule, she made sure she completed her tasks.*

**VINEETA PATHAK** : *Representing M.Pharms, She has done everything in her power to be of help to the committee.*

**KAMESH KESHRI** : *The Funny one. He always made his presence felt by coming up with all the 'jugaadu' ideas he can. He is an all-round sportsman with interests varying from Swimming and running to table tennis. 'Having a clear idea about what you're doing before starting the work' and his dedication towards it is something everyone should learn from him.*

**SAKSHAM PAROLIA** : *The Smart working one. He never fails to put up his innovative and realistic ideas on desk. He is determined and passionate about the work and the only guy who I'd go to in the time of crisis because of his ability to handle it in the easiest and the best way. He was a great support in organizing pharmaquora.*

**TRIDIB HALDAR** : *The man with a cam. He is well known for his amazing job behind the lens. He is one of the reasons for increase in participations for pharmaquora in M.Phams.*

**PAVITHRA DEVADIGA** : *The obedient one. Representing D.PHARM, She joined the council in the 2nd semester and was always on time and never hesitated to stay back for late evening meetings despite of being a localite.*



## Cultural Committee

**Rahul Kumar** : He is one of the most sincere and hardworking member of cultural committee. He has acted like a PILLAR providing unstinting sustenance in all kinds of cultural work. He has been a great aid to cultural committee. His presence was an asset.

**DivyaShriyan** : She is hyperactive and always in an upbeat mode. She has been on the line when ever needed. Her service has acted as great aid for cultural committee.

**HimanshuShahu** : He is a whiz-bang at managing events. He managed all the drama events magnificently. His work has been of great help to cultural committee.

**AnkitAwasthi** : He is the GREAT BHEEM of cultural committee. He is the one always running errands here and there for the committee. His service has acted as great aid for cultural committee.

**Naman** : He is a clever and very sincere guy. He has been there whenever needed. He is a man with patience and stability whose service has been of great aid to cultural committee.

**AvniNautiyal** : The girl from the capital of India. Very punctual and always on the line whenever needed. Her presence and service has contributed a lot to cultural committee.

**Rosella Pinto** : She has always been ecstatic at doing cultural work. This classical dancer knows her stuff and would sincerely complete the work bestowed onto her. Her presence was an asset.

**RutuRaajeevan** : This BUBBLY girl is always ready with a smile and a head full of ideas. This skilled dancer is punctual, reliable and responsible. She has been a lot instrumental in all the cultural events. Her presence was an asset.

**Deva Sooriya** : The very own PAPARAZZO of our college with an ever smiling face and brimming with ideas. This guy has been very instrumental in promoting college events at university level through different platform of social media. His service has acted as a great aid for cultural committee.

**RaasheedaFarheen** : A very committed and hardworking member of cultural committee. Her creative and aesthetic skills have played a pivotal role in all kinds of decoration stuff. Punctual and supportive- an absolute necessity for the committee.

**SanjanaShashtri** : At first glance she might look lazy and uninterested but she has always surprised me. With her friend Raasheeda , this duo has played an instrumental role in embellishing all the cultural stuff.this kind and liberal girl has proved to be an asset for cultural committee.

**NainikaKotian** : Nainika is like JACK OF ALL TRADES. She is a smart and obedient girl and knows her stuff. You can give her any task and it shall be done. Her support has served cultural committee great.

**Sahil** : Sahil is a very quiet and gentle guy. He has always sincerely done all the tasks given to him. His presence was apropos to a valuable resource for cultural council. I hope he again joins cultural council for the next year.

**Ravi**

“BhaiyoonaurBeheno” presenting the entertainment jukebox of our council. Along with Drama, Ravi has had exceptional managerial and organisational skills. To have aided the foundational core of this council and build future upon it further on.

**Asif**

Channelising his inner Justin Timberlake he rapped his way into everyone’s hearts. A pioneer in his own field he contributed to the council with his eccentricity.

**Soumyadeep**

A melodious artist at heart and can take command when beckoned upon. He is curious, lively and a true gem of a person.

**Astha**

Always an enthucutlet, she has been a great addition to the cultural council. Hope to see her again in the council.

**Rajeshwari**

A very helpful and supportive member. She aided team dynamics like no other. Wish to see her in the council in the future.

**Alison**

Multitalented by skills and multitasker by Practice. Her contribution to the council throughout the year were invaluable.

**Nishie**

She is a prompt hardworker . Throughout the year , whatever was assigned to her she made sure it was done to the fullest.



## Sports Committee

**TejasChinta** : The comedian of our team. He is thorough with his work and watching him work is always good entertainment.

**Anushka Singh** : She is smart with good organizational skills and has been valuable to our team.

**Shivangi Mishra**: The budding sportsperson. She pulls off all tasks given to her with great poise.

**PriyankaDakshin** : In spite of needing a few reminders to be punctual, she always made up to her commitments.

**AieshelSerafin** : She is hardly heard through her mouth, but is heard loud enough through her works for the council.

**AnujithSekhar** : Another silent entity among us. He is as fierce about his work as he is during badminton.

**AboliBhingarkar** : Her work spirits are as high as her athletic spirits. She is always up to the mark in completing her work.

**GarimaKango** : She is the charm of our coven. She seals off even the toughest of jobs with a big smile on her face.

**Maya Rajagopal** : She defines the word perfection. She does not hesitate to learn something new and does her job well.

**Gaurav Patel** : Forever ready to take up extra work and helps bring out unique ways to make it as simple as possible.

**Abhishek Yadav** : This MRC guy handles multiple tasks at once and completes it to perfection.

**Thomas George** : Not always on time, but he makes up for it by being there for all the important and last minute tasks. Good team person.

**ManjiriGude** : The transport system for our council. She always came through when we needed things done and is a great team person.

**MrinaliniRavikumar** : One of the best emcees I have come across. Highly talented with great management skills.

**Rajesh Kumar** : He has been a great council member and has contributed a lot backstage.

**Utkarsh Chandra** : One of the most resourceful and hardworking individual I have worked with.



## Student Exchange Committee

**BHARAT** : It was my pleasure to have you as Joint Secretary, you are a good team leader and a great person. Having you also as an SEO was a privilege for Student Exchange committee. We worked together for an amazing one year and indeed I learned a lot from you, like punctuality, dedication and keep pushing towards the goal.

**VICTOR** : Outgoing wouldn't have gotten a better representation than you, being a Nigerian nationality and the only Nigerian to be part of the council ever, you have made our council more diverse and gave it an exotic touch. Moreover, I am always inspired the way you are highly motivated towards being an extra-ordinary Pharmacist and also an asset in health care sector.

**APOORVA** : The girl with an innocent smile and sparkling eyes, has the power to make anybody smile back at her. You are one of those quite girls I have met with extreme potential in you. I am so happy to have known you as a person and also I am confident that you will achieve great success in life.

**PRATEEKSHA** : *The dedication you showed during the time we had to host a team of foreigners was extraordinary. I believe in the fact that you have got an amazing quality of keeping up to your promises. My special words only for you-“ you will go a long way girl”, just never stop believing in yourself.*

**RAKSHITA** : *The one which I am still trying to know fully, had very few conversations but those were all quality conversations. You carry a very strong grace with you, I believe that you are smart, hardworking and unique. You were an asset to our team and I had an amazing moment with you.*

**SHRAWAL** : *My favorite first year. You are than young man who not only represented first year for me but also made me updated about our coming generation of MCOPS will be in better hands. You are humble, hard-working and honest at your work and I was really happy to having known you for all the talents you have.*

**SHIMONA** : *My bubbly and beautiful girl , you are super cute, extremely energetic and highly practical. I loved your approach towards work as well as productivity you showed in all the work assigned to you. Keep the flag high girl and keep making me feel proud.*

**SARA** : *A perfect speaker, Debater, Friend and all together a person which is always a very right company. You are talented and unique in your own way and you are so hardworking and always up to help us out. I love the way you carry yourself and also the way you are so accepting and understanding. You truly helped me in some of the councils most needed time and you won for us and made us proud for you always.*

**JEMIMA** : *You are my Darling girl, got beautiful hair; sweet voice and brilliant ideas in your head. I was very happy to have known you better after you became part of this council as you were among those group of youngsters I felt the need to have always worked with. Life is beautiful the way it is and you accept this in a very positive way. Keep making me proud more and more, all the very best.*

**MANYA** : *Very dedicated, focused and down to earth girl. I still remember our conversation at CCD, and I was amazed seeing the intellectual thinker in you. You are one of a kind and I always appreciate it. You got all the qualities a person need to have to become a good pharmacist as well as a good counselor as whole. Will love to have one more coffee with you in CCD and yea this time you also need to grab a cup of espresso.*

**TAMANNA** : *You are a combo pack. Your sense of humor is amazing, plus your management skills are extraordinary; on top of that you are one who has a solution to all the problems that can keep coming at any point of time, So Tamanna you are AWESOME & INCREDIBLE. I love your way of talking, it's really loving and I love your super cool way of life style. You are the Rockstar of our committee.*



## Community Development Committee

### TESTIMONIALS

**Rupal Francisca Aroza, 4thPharmD** : Her first time in the council she proved herself to be very capable and took every challenge in her stride. Always ready to lend a helping hand, she is sweet, approachable, organized and always reliable. Thank you for your endless support and staying by my side throughout the year.

**Divya Krishnan, 3rdPharmD** : It is the second year I have been working with her. She is resourceful, creative and always available. She has shown sincere interest in every activity that has taken place and I'm confident that she will continue to achieve great things.

**S. Anitha Reddy, 3rdPharmD** : Enthusiastic, kind and filled with unique ideas. She has been a great support to the team throughout every event.

**Alisha T. Mathew and Freya Felicia D'sa, 2ndPharmD** : Youngest in the group, and always together, they have worked hand-in-hand to ensure maximum participation from 2nd years and put in their all in every event. In case of shortage of volunteers for any event, call them. Determined, hardworking and creative, they have proved themselves a real asset to the team. Looking forward to seeing their positive influence in next year's council as well.

**Abishek Wadhwa, 4thBPharm** : ALWAYS cheerful, a great writer, he kept the group entertained with his well-timed jokes even at work. He helped in making tough tasks easier with his smart ideas. It was great to have him in the council. Wishing him good luck for the future!



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# Testimonials

## 4<sup>th</sup> year Bpharm



**Mdumiseni Ntuthuko**

It is easy to get a thousand prescriptions, but hard to get one single remedy.



**AMAN SHAH**

'When is the quote due?'



**Pranav Mittal**

Quote: "My Manipal story... well my tummy speaks !!"



**Utkarsh Chandra**

All these 4 years , 2 affairs regretting,  
Couldn't learn Guitar nor Swimming !!!"



**Hrishika Maharishi**

The 'H' is silent -\_-



### **SpheleleNgubane**

Education is the most powerful weapon which you can use to change the world” - Nelson Mandela



### **HimanshuShahu**

Himanshu “Shahu” as name suggests “Born business minded”



### **Abubakarabdullahi**

Might all be at the same place at the same time but we all running a different race. Don't force it , just do you , Cause once you be you who could be you but you ?



### **Joshua Asika**

“Good things may come to those who wait.....but only the things left by those who hustle”



### **Mohammed**

“ The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you believe 100%



### **Annasingh**

“It's not in the stars to hold our destiny but in ourselves.”



**Vivian Kahamba**

Quote: Be fearless in the pursuit of what sets your soul on fire.



**Suravi Mukherjee**

Live simply .  
Love generously .  
Learn constantly .



**Mboniseqwabe**

“ Unavemaranthu, Maruntheunavu” Siddhar



**Fezilegums**

Live life to the fullest



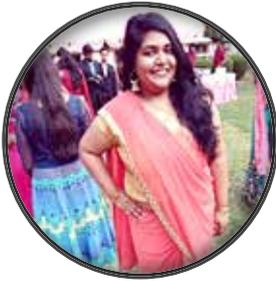
**ThakasaniMakhathini**

Success consists of going from failure to failure without loss of enthusiasm



**Anukriti Jain**

Quote- “As lost as Alice, As mad as the Hatter”



**Chaitali Taiwade**

Take only memories leave only footprints



**Ragini Mane**

“say it with your eyes”



**Dhaval Patel**

“I saw. I conquered. I came.”



**Sahana Pai**

let your hope soar into the unknown to remind you that not knowing is the beginning of every great endeavor. Suffer the pain of discipline or else suffer the pain of regret.



**Sushant Suresh**

“Not so SHANT after all”



**NAQIYAH ADAMJEE**

“Don't tell people your dreams, SHOW THEM!”



### **Reonafernandes**

College Inspired me to think differently. It's like no other time in your life!



### **SUSHANT SHEKHAR**

“A college degree is not a sign that one is a finished product but an indication that person is prepared for life”



### **Revanth Kumar**



### **Sowmith Paritala**

To succeed in life ,you need three things a wish bone , a back bone and a funny bone. ;-)



### **Shoney Thomas**

“You may not always end up where you thought you were going, but u will always end up where you are meant to be.”



### **Nandini Gandhi**

Where you can compromise, compromise. Where you can't, don't. But never compromise on what feeds your soul.



### **SrilekhaKaliki**

Take a look back at these 4 years for they only mean 4 things, friendsfriendsfriendsfriends! :)



**ParthGohil**

It takes a long time to become young.



**Siboniso Miya**

“An educated drug dealer!”



**Karan Kaul**

“Kaul me, maybe.”



**MusawenkosiNgubeni**

Smile now. Cry later



**ZULEKHA ABDULLATIF JUSAB**

“Your education is a dress rehearsal for a life that is yours to lead”



**SonghitaMukhopadhyay**

An expert in anything was ones a beginner...



**Abishek Wadhwa**

An exclamation mark in a world of full stops.

## 6<sup>th</sup> year Pharm D

### **Anila Alexander**

Let us all try to be a new decree in this world of outdated ideology. It will be difficult. We will be pushed to our breaking point. But how we rise above it with intelligence, kindness and empathy is what will define us. Wish you all the luck in your future endeavours.

### **Reena Joseph Chacko**

I didn't clear medical entrance that's why here I am.

### **Gifty James**

Imagine...Believe...Create...Hope.

### **Sushmithach**

6 lo.....ng years! I'm glad my sentence is up

### **B. ABHISHEK SHANKAR**

In sandy soil, when deep you delve,  
you reach the springs below;  
Similarly, the more you learn,  
the freer the streams of wisdom will flow.

RaghuvirKeni

"PrimumOfficium...words to live by."

Shobhan Ojha

"You talking to me?"



# Class Photos

## *BPharm*



*1st Year BPharm*



*2nd year BPharm*



*3rd Year BPharm*



*4th Year BPharm*

# PharmD



*1st Year PharmD*



*2nd Year PharmD*



*3rd Year PharmD*



*4th Year PharmD*



*5th Year PharmD*

*MPharm*



*MPharm Industrial Pharmacy*



*MPharm Pharmacology*



*MPharm Pharmaceutical Analysis*



*MPharm Pharmaceutics*



*MPharm Pharmacognosy*



*MPharm Regulatory Affairs*



*MPharm Pharmaceutical Quality Assurance*



*MPharm Pharmacy Practice*



*MPharm Pharmaceutical Chemistry*

# Staff Photos



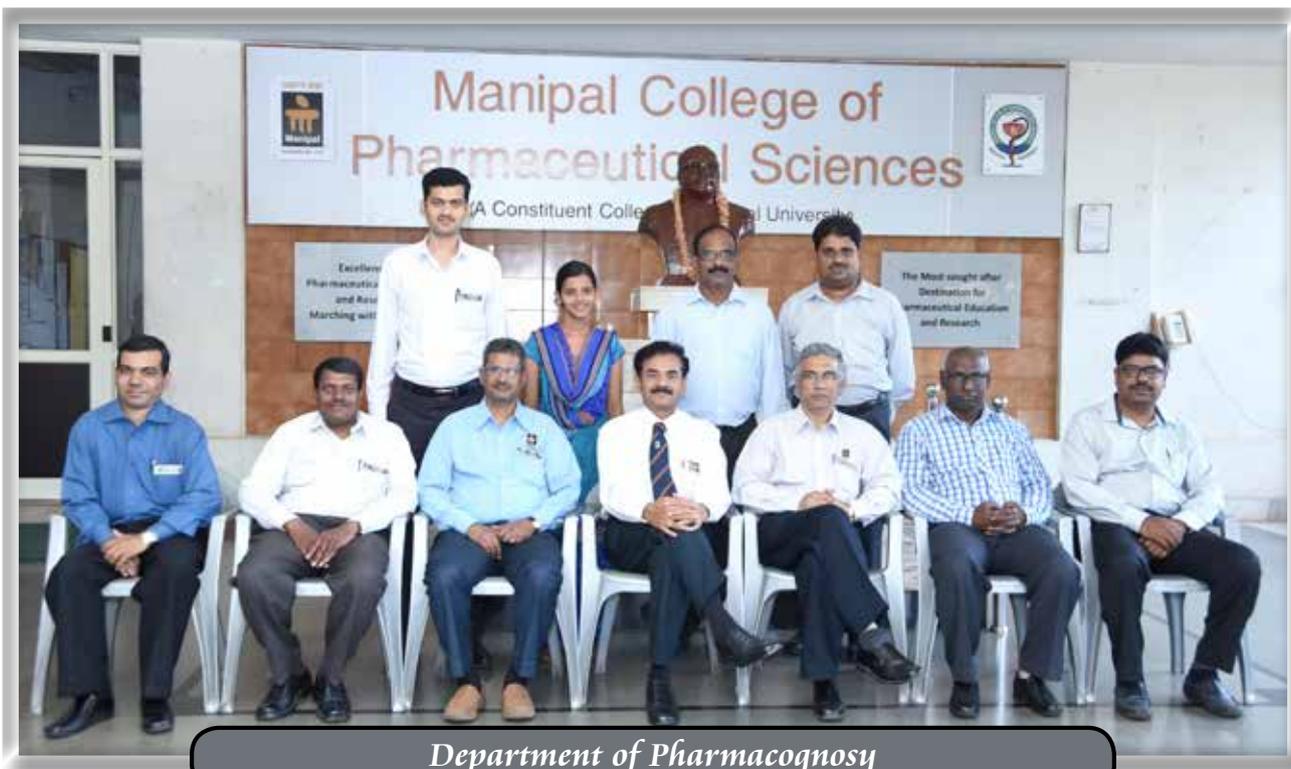
*Department of Pharmaceutical Chemistry*



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*Department of Pharmaceutics*



*Department of Pharmacognosy*



*Department of Pharmacy Practice*



*Department of Pharmacy Management*



*Department of Pharmaceutical Quality Assurance*



*Department of Pharmaceutical Biotechnology*



*Administrative Staff*

## Acknowledgement

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**Anushna Sen and Ashutosh Sinha**

Editors



Editorial Committee 2017-18





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