



prayash

ek soch...
2024



**TECHNOCRATS INSTITUTE
OF TECHNOLOGY-PHARMACY**





Rangoli Gallery



Create by Students

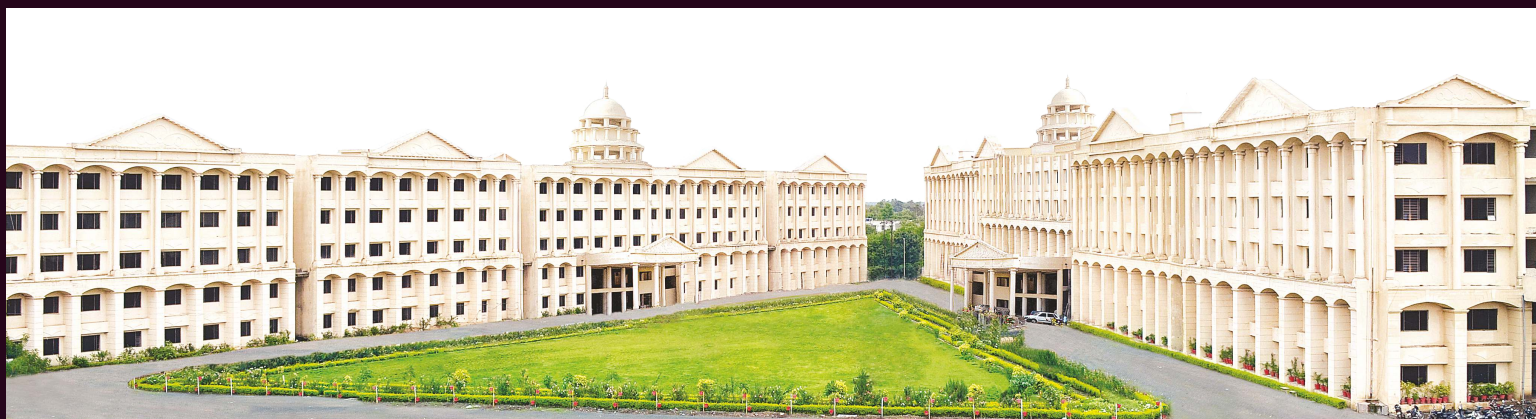


TECHNOCRATS INSTITUTE OF TECHNOLOGY-PHARMACY

Technocrats Group Campus, BHEL, Bhopal- 462021 MP, India

Ph. No.- 2805101, 2751693, 2713736

E-mail : technocrats.pharmacy@gmail.com | website : www.titpharmacy.net





Vision of Institution

To grow as an institute of excellence for Pharmacy Education and Research and to serve the humanity by sowing the seeds of intellectual, cultural, ethical, and humane sensitivities in the students to develop a scientific temper, and to promote professional and technological expertise.

Mission of Institution

M 1: To inculcate ethical, moral, cultural and professional values in students.

M 2: To provide state of art infrastructure facilities to the staff and students so as to enable them to learn latest technological advancements.

M 3: State of art learning of professionalism by the faculty and students.

M 4: To produce well learned, devoted and proficient pharmacists.

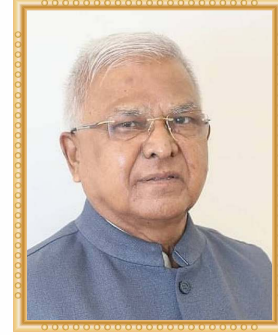
M 5: To make the students competent to meet the professional challenges of future.

M 6: To develop entrepreneurship qualities and abilities in the students.





राजभवन
भोपाल- 462052



श्री मंगूभाई छगनभाई पटेल
राज्यपाल

Message

मुझे यह जानकारी प्रासन्नता हो रही है कि टेक्नोक्रेट्स इंस्टीट्यूट ऑफ टेक्नोलॉजी-फार्मैसी भोपाल द्वारा वार्षिक पत्रिका “प्रयास-2023-24” का प्रकाशन किया जा रहा है।

शिक्षण संस्थाओं द्वारा पत्रिका का प्रकाशन विद्यार्थियों के लिए विचारों व भावों को अभिव्यक्त करने का सशक्त माध्यम है। इस प्रकार की पत्रिकाएं विद्यार्थियों को निखारने में सहायक होती है। मुझे आशा है कि पत्रिका में देशप्रेम और चरित्र निर्माण जैसे विभिन्न पहलुओं से संबंधित पठनीय सामग्री का समावेश किया जायेगा जिससे देश में ज़िम्मेदार युवा पीढ़ी का निर्माण सुनिश्चित हो सकेगा।

शुभकामनाएं।

मंगूभाई पटेल
(मंगुभाई पटेल)



डॉ. मोहन यादव
मुख्यमंत्री

Message

प्रसन्नता का विषय है कि टेक्नोक्रेट्स इंस्टीट्यूट ऑफ टेक्नोलॉजी-फार्मैसी भोपाल द्वारा वार्षिक पत्रिका “प्रयास-2023-24” का प्रकाशन किया जा रहा है।

तकनीकी शिक्षा प्राप्त कर रहे विद्यार्थियों की सृजनात्मक अभिव्यक्ति के लिये पत्रिका का प्रकाशन एक सराहनीय प्रयास है। साहित्य, संस्कृति और भाषा के ज्ञान के साथ-साथ यांत्रिकी वातावरण को सरस व समरस बनाने में भी इस तरह की पत्रिकाओं का महत्वपूर्ण योगदान होता है।

आशा है, पत्रिका “प्रयास-2023-24” महाविद्यालय परिवार के विचारों की संवाहक बनकर उपयोगी व महत्वपूर्ण दस्तावेज बनेगी।

हार्दिक शुभकामनाओं सहित।

डॉ. मोहन यादव



Message



Smt. Yashodhara Raje Scindia
Minister of Technical Education M.P.

I am delighted to learn that Technocrats Institute of Technology-Pharmacy Bhopal is publishing its college magazine “PRAYAS 2023-24”.

I appreciate the efforts and hope this will create healthy as well as innovative atmosphere among the institution’s beneficiaries, especially the youth joining the educational field.

This reputed institution has done a commendable job by imparting quality education in the field of Technical Education. By doing this it has greatly helped the youth of the state to catch up with time and excel in their respective fields.

With all my warm greeting I wish them all good luck and send my congratulations to the Management and the editorial team.

Smt. Yashodhara Raje Scindia
Minister of Technical Education M.P.



प्रो. (डॉ.) वीरेन्द्र कुमार
संचालक

Message

अत्यंत हर्ष का विषय है कि टेक्नोक्रेट्स इंस्टीट्यूट ऑफ टेक्नोलॉजी-फार्मैसी भोपाल द्वारा वार्षिक पत्रिका “प्रयास-2023-24” का प्रकाशन किया जा रहा है।

संस्था की पत्रिका का प्रकाशन विद्यार्थियों की बहुमुखी प्रतिभा को आगे लाकर पहचानने ओर उनके सम्पूर्ण व्यक्तित्व विकास के लिये आवश्यक है।

पत्रिका में ही उस महाविद्यालय के कार्यकलापों, छात्र-छात्राओं एवं शिक्षकों की प्रतिभाओं, उनका बौद्धिक स्तर एवं आदर्शों का प्रतिबिम्ब झलकता है।

मुझे पूर्ण विश्वास है कि आपका यह प्रयास अपने उद्देश्यों में पूर्ण रूप से सफल रहेगा एवं भावी पीढ़ी के लिये पथ प्रदर्शक का कार्य करेगा।

प्रो. (डॉ.) वीरेन्द्र कुमार



Prof. (Dr.) Roopam Gupta
Vice Chancellor, RGPV, Bhopal

Message

मुझे यह जानकर प्रसन्नता हुई कि टेक्नोक्रेट्स इस्टीट्यूट ऑफ टेक्नालॉजी एण्ड साईंस भोपाल द्वारा वार्षिक महाविद्यालय पत्रिका 'प्रयास-2023-24' का प्रकाशन किया जा रहा है।

महाविद्यालयीन पत्रिका किसी भी संस्था के लिये दर्पण की तरह होती हैं। मैं आशा करता हूं कि वार्षिक पत्रिका संस्था की शैक्षणिक उपलब्धियों को रेखांकित करने एवं छात्रों को सांस्कृतिक एवं साहित्यिक एवं अन्य शैक्षणेत्तर गतिविधियों में अपनी प्रतिभा प्रदर्शन के लिए उपयुक्त मंच उपलब्ध कराएगी।

पत्रिका के सफल प्रकाशन के लिए सम्पादक मण्डल, शिक्षकगण एवं छात्र-छात्राओं मेरी अनेक शुभकामनाएं।

मैं आशा करती हूं कि संस्था निरन्तर उन्नति एवं प्रगति के पथ पर अग्रसर होगी एवं तकनीकी शिक्षा के क्षेत्र में देश, प्रदेश एवं समाज को अपना योगदान देती रहेगी।

Prof. (Dr.) Roopam Gupta
Vice Chancellor, RGPV, Bhopal



Chairperson
TIT Group of Institutions

Message

Obviously, I am feeling an immense pleasure to orate that our college is going to publish a yearly magazine “PRAYAS 2023-24”, which does not only bestow academic excellence but also highlights overall multidimensional and moralistic developments of the college.

This magazine also throws light on the personality, working capacity and achievements of students, faculties and managements.

No doubt, I am again very much obliged to mention that the students and faculty-members gave good and moralizing articles for publication in this magazine.

In nutshell, I am of course, very much thankful to all the members, who taught the students very nicely, who gave their a highly remarkable contribution. I again wish them for their bright future and happy life.

Chairperson
TIT Group of Institutions

Message



Vice Chairman
TIT Group of Institutions

Obviously, I am feeling an immense pleasure to orate that our college is going to publish a yearly magazine “PRAYAS 2023-24”, which does not only bestow academic excellence but also highlights overall multidimensional and moralistic developments of the college.

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In nutshell, I am of course, very much thankful to all the members, who taught the students very nicely, who gave their a highly remarkable contribution. I again wish them for their bright future and happy life.

A handwritten signature in black ink, appearing to read 'Saurabh', written in a cursive style.

Vice Chairman



Managing Director
TIT Group of Institutions

Message

Indeed it is a matter of great pleasure that Technocrats Institute of Technology-Pharmacy is going to publish its annual institutional magazine “PRAYAS 2023-24”.

Furthermore, I am really very sure that this college magazine will provide a platform to the students to sharpen their writing skills by strengthening academic activities of college.

I extend my best compliments, hearty blessings to faculty members, staff members and rising sun of the nation i.e. students for their bright future and happy life. I also hope that they will strive for the creation of academic and professional excellence in the coming years.

In the end, I am feeling much pleasure to extend my warm greetings and wishes to all the faculties. Students and other staff members who gave their unique contribution for successful release of their annual magazine

Managing Director



Dr. Anurag Choubey
Director Administration

Message

I congratulate the team of students and teachers whose precious efforts have made this edition of “PRAYAS 2023-24”. accessible to us. It gives me immense pleasure to experience the warmth of this literary tradition in resonance with the glorious past of the institution. Rhyming with the change that is the law of nature, the magazine portrays the trajectory of transformation achieved in different spheres. I feel privileged to for hold the post of Director Administration and Director Academics of this reputed temple of learning that houses the stakeholders who thrive to maintain the dynamic spirit of learning and discovering through such endavours. The Institute is firm in its resolve to providing support to academic events and publication of literary writings.

I wish “PRAYAS 2023-24”. will scale greater heights with active participation of students and staff members of this institution.

Dr. Anurag Choubey
Director Administration



Dr. B K Dubey
Director Pharmacy

Message

It is a matter of great pride and satisfaction for Technocrats Institute of Technology, Bhopal (M. P.) to publish the 2020-21 issue of our annual magazine “PRAYAS 2023-24”. The institute has made tremendous progress in all the areas pertaining to co-curricular, extra-curricular development of the students and capacity building of the staff. I am sure that this issue of our annual magazine will send a positive signal to the staff, students and the people who are involved as well as interested in the technical education and technology-based activities. A magazine is like a mirror which reflects the clear picture of all sorts of activities undertaken by an institution and develops appropriate writing skills among students in particular and teaching faculty in general.

I express my deep sense of gratitude to Dr. Deepak Basedia, HOD (Pharmacy) under whose guidance this magazine issue work has been undertaken and completed within the stipulated time. I also express my heartfelt congratulations to all the faculties, staff members and students of the editorial board for the arduous task executed most effectively. I am hopeful that this creative effort shall not only develop the taste for reading among the students but also develop a sense of belongingness to the institution as well.

Dr. B K Dubey

HOD *Message*



Dr. Deepak Basedia
HOD Pharmacy

Pharmacy is one of the most trusted and noble profession and remains one of the most fascinating fields in the sciences. During the last few years due to phenomenal growth and advancement of science and technology, concept of pharmacy has drastically changed in recent times and today pharmacist is also closely involved as one of the most important member, working hand in glove in majority of the health delivery system along with pharmaceutical industry.

Technocrats Institute of Technology-Pharmacy Bhopal, established in the year 2002 approved and recognized by AICTE and PCI, Govt. of India. The institute offers courses in B. Pharm and M. Pharm. The college has well-equipped laboratories and excellent infrastructure to make the students acquire knowledge that would help them to face the competitive world. Students are provided the best quality education through traditional and modern teaching methods. National Seminars, Workshops and Industrial visits are conducted in the college at regular intervals which enable the students to gain new updated knowledge. The institute also focuses on personality development, confidence building, research exposure and enhancement of communication skills, apart from various cultural events and activities.

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 brings to light the names of the unsung heroes and their mighty deeds. I am happy that there is a dedicated team of staff and students who have brought out the "PRAYAS 2023-24", annual magazine of our college. I congratulate them for their successful venture and pray that each year brings more and more triumph to "PRAYAS 2023-24".

A handwritten signature in blue ink, consisting of a stylized 'D' followed by a horizontal line and a small flourish.

Dr. Deepak Basedia

Message



Ms. Najmus Sehar

Chief Editor
Technocrats Institute of
Technology-Pharmacy

Being the Editor In charge of college magazine “PRAYAS 2023-24”, it gives me great pleasure to bring to you this issue. The annual Magazine “PRAYAS 2023-24”, is designed to present to its readers the year’s various activities by the students and faculty in academic, cocurricular, extra-curricular as well as research & developments that have gone by, the magazine also showcases the talents of our faculty members and students. With a sense of pride and satisfaction I would like to say that with the active support of the management, faculty and students. The “PRAYAS 2023-24” is published which is a truly literary & creative document of the talents of our faculty, technical staff and students. The Magazine committee is composed of the student editor, sub editors & staff advisors. The varieties of articles in research field give us a sense of pride that our students and teachers possess creative potential and original thinking in ample measures. Each article is entertaining, interesting and absorbing. Along with those interesting general articles, stories, poems of the magazine will develop confidence, motivation, zencouragement, passion, perfection and dedication in readers. It also contained more about pharmaceuticals, research which sharpen their strength in areas like academic, non-academics of staff and students. I congratulate the editorial team for making “PRAYAS 2023-24”, innovative and inspiring.

Wish you all best luck

A handwritten signature in blue ink, consisting of a stylized 'N' followed by a horizontal line and a small flourish.

Ms. Najmus Sehar



Program Educational Objectives (PEOs) for B.Pharm Course

PEO 1: To inculcate quality pharmacy education and training through innovative Teaching Learning Process.

PEO 2: To promote professionalism, team spirit, social and ethical commitment with effective interpersonal communication skills to boost leadership role assisting improvement in healthcare sector.

PEO 3: To enhance Industry-Institute-Interaction for industry oriented education and research, which will overcome healthcare problems of the society.

PEO 4: To adapt and implement best practices in the profession by enrichment of knowledge and skills in research and critical thinking.

PEO 5: To generate potential knowledge pools with interpersonal and collaborative skills to identify, assess and formulate problems and execute the solution in closely related pharmaceutical industries and to nurture striving desire in students for higher education and career growth.



PROGRAM OUTCOMES

1. Pharmacy Knowledge: Possess knowledge and comprehension of the core and basic knowledge associated with the profession of pharmacy, including biomedical sciences; pharmaceutical sciences; behavioral, social, and administrative pharmacy sciences; and manufacturing practices.

2. Planning Abilities: Demonstrate effective planning abilities including time management, resource management, delegation skills and organizational skills. Develop and implement plans and organize work to meet deadlines.

3. Problem analysis: Utilize the principles of scientific enquiry, thinking analytically, clearly and critically, while solving problems and making decisions during daily practice. Find, analyze, evaluate and apply information systematically and shall make defensible decisions.

4. Modern tool usage: Learn, select, and apply appropriate methods and procedures, resources, and modern pharmacy-related computing tools with an understanding of the limitations.

5. Leadership skills: Understand and consider the human reaction to change, motivation issues, leadership and team-building when planning changes required for fulfillment of practice, professional and societal responsibilities. Assume participatory roles as responsible citizens or leadership roles when appropriate to facilitate improvement in health and well-being.

6. Professional Identity: Understand, analyze and communicate the value of their professional roles in society (e.g. health care professionals, promoters of health, educators, managers, employers, employees).

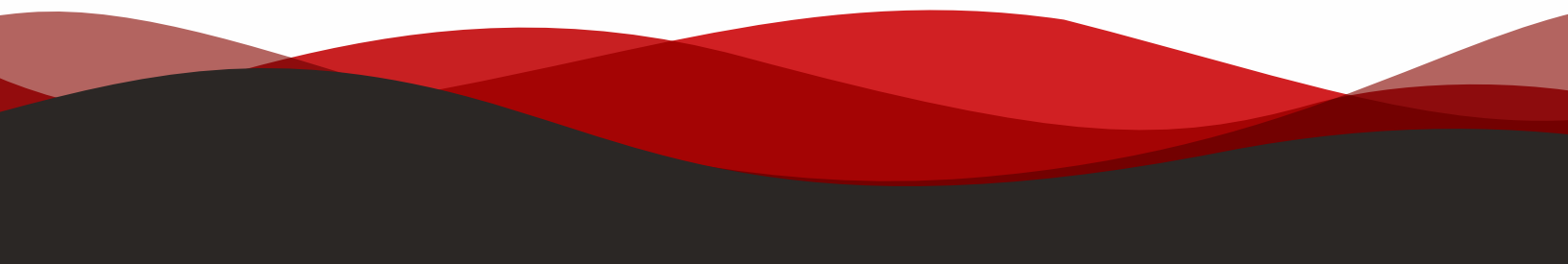
7. Pharmaceutical Ethics: Honour personal values and apply ethical principles in professional and social contexts. Demonstrate behavior that recognizes cultural and personal variability in values, communication and lifestyles. Use ethical frameworks; apply ethical principles while making decisions and take responsibility for the outcomes associated with the decisions.

8. Communication: Communicate effectively with the pharmacy community and with society at large, such as, being able to comprehend and write effective reports, make effective presentations and documentation, and give and receive clear instructions.

9. The Pharmacist and society: Apply reasoning informed by the contextual knowledge to assess societal, health, safety and legal issues and the consequent responsibilities relevant to the professional pharmacy practice.

10. Environment and sustainability: Understand the impact of the professional pharmacy solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.

11. Life-long learning: Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change. Self-assess and use feedback effectively from others to identify learning needs and to satisfy these needs on an ongoing basis.



Editorial Board



Student Editorial Board





Editorial Board

Advisory Board

Dr. B.K. Dubey
Dr. Deepak Basadia
Dr. Mukesh Patel
Prof. Bhushan Korde

Student Editorial Board

Seema Singh
Harsh Korav
Sachin kumar
Sanvi Jain
Om Kushwah
Sourabh Mhajan
Juli Kushwaha
Ankit

Chief Editor

Prof. Najmus Sehar

Editor

Prof. Anandi Lal
Prof. Kiran Satnani
Prof. Sandra Gautam
Prof. Pushpa Simayia



Oath of a Pharmacist

At this time, I vow to devote my professional life to the service of all humankind through the profession of pharmacy.

I will consider the welfare of humanity and relief of human suffering my primary concerns.

I will apply my knowledge, experience, and skills to the best of my ability to assure optimal drug therapy outcomes for the patients I serve.

I will keep abreast of developments and maintain professional competency in my profession of pharmacy.

I will maintain the highest principles of moral, ethical, and legal conduct.

I will embrace and advocate change in the profession of pharmacy that improves patient care.

I take these vows voluntarily with the full realization of the responsibility with which I am entrusted by the public.

Code of Ethics for Pharmacists

Preamble

Pharmacists are health professionals who assist individuals in making the best use of medications. This Code, prepared and supported by pharmacists, is intended to state publicly the principles that form the fundamental basis of the roles and responsibilities of pharmacists. These principles, based on moral obligations and virtues, are established to guide pharmacists in relationships with patients, health professionals, and society.

Principles

I. *A pharmacist respects the covenantal relationship between the patient and pharmacist.*

Interpretation: Considering the patient-pharmacist relationship as a covenant means that a pharmacist has moral obligations in response to the gift of trust received from society. In return for this gift, a pharmacist promises to help individuals achieve optimum benefit from their medications, to be committed to their welfare, and to maintain their trust.

II. *A pharmacist promotes the good of every patient in a caring, compassionate, and confidential manner.*

Interpretation: A pharmacist places concern for the well-being of the patient at the center of professional practice. In doing so, a pharmacist considers needs stated by the patient as well as those defined by health science. A pharmacist is dedicated to protecting the dignity of the patient. With a caring attitude and a compassionate spirit, a pharmacist focuses on serving the patient in a private and confidential manner.

III. *A pharmacist respects the autonomy and dignity of each patient.*

Interpretation: A pharmacist promotes the right of self-determination and recognizes individual self-worth by encouraging patients to participate in decisions about their health. A pharmacist communicates with patients in terms that are understandable. In all cases, a pharmacist respects personal and cultural differences among patients.

IV. *A pharmacist acts with honesty and integrity in professional relationships.*

Interpretation: A pharmacist has a duty to tell the truth and to act with conviction of conscience. A pharmacist

avoids discriminatory practices, behavior or work conditions that impair professional judgment, and actions that compromise dedication to the best interests of patients.

V. *A pharmacist maintains professional competence.*

Interpretation: A pharmacist has a duty to maintain knowledge and abilities as new medications, devices, and technologies become available and as health information advances.

VI. *A pharmacist respects the values and abilities of colleagues and other health professionals.*

Interpretation: When appropriate, a pharmacist asks for the consultation of colleagues or other health professionals or refers the patient. A pharmacist acknowledges that colleagues and other health professionals may differ in the beliefs and values they apply to the care of the patient.

VII. *A pharmacist serves individual, community, and societal needs.*

Interpretation: The primary obligation of a pharmacist is to individual patients. However, the obligations of a pharmacist may at times extend beyond the individual to the community and society. In these situations, the pharmacist recognizes the responsibilities that accompany these obligations and acts accordingly.

VIII. *A pharmacist seeks justice in the distribution of health resources.*

Interpretation: When health resources are allocated, a pharmacist is fair and equitable, balancing the needs of patients and society.

The endorsement of this document was reviewed in 2017 by the Council on Pharmacy Practice and by the Board of Directors and was found to still be appropriate.

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Toppers

FINAL YEAR



Shristi Soni
8.69 CGPA



Piyush Raj
8.54 CGPA



Kumar Gaurav
8.0 CGPA

THIRD YEAR



Namrata Shende
8.89 CGPA



Anuska Dwivedi
8.8 CGPA



Yashwant Kumar
8.3 CGPA

SECOND YEAR



Modassir Nawaz
8.39 CGPA



Manu Pawar
8.28 CGPA



Vishesh Tiwari
8.01CGPA

FIRST YEAR



Devesh Ku Upadhaya
9.2 CGPA



Shanvi Jain
8.9 CGPA



Shubham Kushwaha
8.7 CGPA

Congratulation **GPAT QUALIFIER**

Heartiest congratulations on your outstanding achievement in qualifying the Graduate Pharmacy Aptitude Test (GPAT)! This accomplishment is a testament to your hard work, dedication, and exceptional aptitude in the field of pharmacy.



PRATIK PATIL

GPAT AIR-1087
NIPER AIR-1201



Future prospectus of Pharmacy Profession in India

Pharmacy profession has evolved from its conventional and traditional system to an advanced patient focused basis over the years. In the past century the pharmacist was more involved in compounding and manufacturing of medicines, but this role has significantly reduced over time. This advancement in the role of pharmacist calls for them to be the part of the broader health care team working for providing better health care for the patients, thus contributing in achieving the global millennium development goals. To match up the role of today's pharmacist need to be expanded to include pharmaceutical care concepts, making the pharmacist a health care professional rather than a drug seller in a commercial enterprise.

Therefore, pharmacy schools should prepare a program that has competence with the changing role of pharmacist. The education should provide ability for critical thinking; improve the problem-solving skills and decision-making during pharmacotherapy. The student should be trained to create, transmit and apply new knowledge based on cutting edge research in the pharmaceutical, social, and clinical sciences, collaborate with other health professionals and learn to enhance the quality of life through improved health for the people of local society and as well as the global community.

Pharmacy and Its Promising Future in India: Advancements and Opportunities

► **Introduction:** Pharmacy, as a critical component of healthcare, plays a pivotal role in ensuring the well-being of individuals and the overall health infrastructure of a nation. In India, the field of pharmacy has witnessed tremendous growth and transformation over the years. With a population of over 1.3 billion people, the demand for quality healthcare services and access to affordable medications is ever-increasing. This article explores the future of pharmacy in India, focusing on advancements, challenges, and opportunities in this dynamic field.

► **Technological Advancements:** The integration of technology in pharmacy has revolutionized the way medicines are discovered, developed, distributed, and dispensed. In India, digital health platforms, telemedicine, and e-pharmacies have gained significant momentum, especially in urban areas. The advent of Artificial Intelligence (AI), Big Data analytics, and machine learning has enhanced drug discovery processes, making them faster and more efficient. Furthermore, the adoption of electronic health records and inventory management systems has improved patient care and pharmacy operations, ensured accuracy and reduced errors.

► **Regulatory Framework and Quality Control:** The Government of India has been actively working towards strengthening the regulatory framework for pharmaceuticals, focusing on quality control and patient safety. The implementations of Good Manufacturing Practices (GMP), stringent



quality checks, and adherence to international standards have boosted India's reputation as a reliable producer of generic drugs. This has not only ensured the availability of affordable medications but has also opened doors for increased exports, making India a global pharmacy hub.

➤ **Role of Pharmacists:** Pharmacists, as healthcare professionals, are instrumental in bridging the gap between doctors and patients. They provide valuable insights on medication use, dosage, potential side effects, and interactions, ensuring optimal therapeutic outcomes. The future of pharmacy in India envisions an expanded role for pharmacists, involving patient counselling, disease management, and promoting preventive healthcare. This shift towards a more patient-centric approach will enhance the overall healthcare experience, particularly in rural and underserved areas.

➤ **Pharmaceutical Education and Research:** Pharmacy education in India has evolved significantly, aligning with global standards and technological advancements. The focus is now on developing competent professionals equipped with the knowledge and skills necessary to meet the emerging challenges in the field. Collaborations between academia and the pharmaceutical industry have increased, fostering research and innovation. The establishment of research institutes, drug discovery centres, and the promotion of interdisciplinary studies contribute to the growth of pharmaceutical research and development in the country.

➤ **Challenges and Opportunities:**

- While the future of pharmacy in India holds immense potential, it also faces several challenges. One significant hurdle is the need to address the issue of counterfeit medicines and ensure a robust supply chain. Strengthening pharmacovigilance systems and implementing stringent quality control measures are essential to maintain the trust and safety of patients.

- Furthermore, the growth of e-pharmacies presents both opportunities and challenges. Epharmacies have the potential to improve medication access, especially in remote areas, but they need to comply with regulations and maintain high ethical standards.

➤ **Conclusion:** The future of pharmacy in India looks promising, with advancements in technology, regulatory reforms, and the evolving role of pharmacists. The integration of digital health, research and development, and patient centred care will play a crucial role in shaping the landscape of pharmacy in India. As the nation continues to strive for affordable and accessible healthcare, the pharmacy sector will remain at the forefront, ensuring the well-being of millions and contributing to India's overall health infrastructure.



OTC MEDICATION AND IT'S SIDE EFFECTS

Over-The-Counter (OTC) medicines are those you can buy at the store. You don't need a prescription from your doctor. They help you feel better by treating or preventing common health problems. These could include pain, allergies, constipation, cold and flu, or nausea. But sometimes, OTC medicines can cause adverse effects.

Side effects Drug-drug interactions: The body metabolizes every drug/medicine differently. When medications are used together, the ways they affect the body can change. This is called a drugdrug interaction.

The main Interaction types are:

1. Duplication: This is when you take two medicines that have similar active ingredients. It can give you more treatment than you need. An example is taking OTC ibuprofen (Advil, Motrin) plus a prescription anti-inflammatory medication. Too much anti-inflammatory or pain reliever can hurt your kidneys or liver.

2. Opposition: Medicines with active ingredients that have opposite effects on your body can interact. This may reduce the effectiveness of 1 or both medicines. For example, OTC decongestants may raise your blood pressure. This can work against (cause opposition to) medications that lower your blood pressure.

3. Alteration: One medicine may change how your body absorbs, spreads, or processes another treatment. For example, aspirin can change the way some prescription blood thinning drugs work.

Drug-food interactions: Food may change how your body processes some OTC or prescription medicines. This is called a drug-food (or drug-nutrient) interaction. Sometimes the things you eat and drink can affect the ingredients in your medication. This can prevent the medicine from working the way it should. For example, drugs taken by mouth are usually absorbed through the stomach lining. The nutrients from the food you eat are also absorbed this way. If you take a medicine with food, but the directions say not to, your body might not absorb the medicine correctly. But what you eat and when you eat does matter with some medication. This is why some medicines should be taken on an empty stomach. That means 1 hour before or 2 hours after eating. At the same time, some medications are absorbed or processed better when you take them with food.

Allergic reactions: It's not common, but some people are allergic to certain medicines. Signs of an allergic reaction include itching, rash, hives, and breathing problems.

There is a misconception that they are safer because OTC drugs are more readily available than illegal drugs and prescription drugs. While OTC drugs are safe when used responsibly, hundreds of OTC drugs contain psychoactive chemicals that people may try to maximize for recreational use.

Statistics

Approximately 3.1 million young people aged 12-25 have used a non-prescription cough and cold medication to get high.

Around 80,000 people annually visit the emergency room due to Paracetamol overdose.

One in eight teenagers, or approximately 12% admit to abusing OTC cough syrup.

Precautions

Try to limit how often you use OTC medicines. Could you not use them unless you need them?



Take medicine just as your doctor or the drug facts label instructs. Don't take a higher dose of the medication than recommended.

When giving medicine to children, use the correct measuring device to ensure they get the right amount. This could be a spoon for measuring medicine or a syringe or cup.

Don't take capsules apart or stir medicine into your food unless your doctor says it's okay. This may change the way the treatment works.

Don't take medicine with alcoholic drinks.

Don't take vitamin pills at the same time you take medicine. Vitamins and minerals can cause problems if taken with some drugs.

Keep track of any allergies and adverse reactions to OTC medicines in the past. Avoid medications that contain the same ingredients.

Remember that even if you took medicine in the past with no problems, you could still have a reaction when you take it now.

By: **Dr. Deepak Basedia**

NANOSPONGES: A NOVEL DRUG DELIVERY SYSTEM

In drug development, sustained release technology must minimise discomfort from a wide range of APIs to improve patient compliance, formulation stability, and shelf life. Researchers face issues with drug delivery and release. Nanosponges may solve these problems. Nano sponges are virus-sized mesh structures that can retain drugs. Small sponges move through the body and deliver medicine in a controlled and predictable manner. Cross-linked polymers enclose medicinal compounds. It may reduce unwanted effects, improve stability, add elegance, and increase formulation flexibility. They're lipophilic and hydrophilic.

Advantages: Masks disagreeable taste and converts liquids to solids with fewer negative effects. Biodegradable, nonallergenic, non-irritating, non-mutagenic. Their average pore size is 0.25 μ m, so germs can't penetrate. They're stable from pH 1 to 11 and tough up to 300 C.

Disadvantages: Nano sponges include only small molecules. Depend only upon loading capacities Composition Polymer: Substituting functional and active groups affects the polymer's cross-linking ability. Polymer selection relies on needed drug release and encased drug. Hyper cross-linked polystyrenes cyclodextrins, polyvelerolactone, ethyl cellulose, and PVA.

Cross-linking agent: Selection of cross-linking agent depends on the structure of the polymer and the drug to be formulated.

Drug substance: Antibiotics, anticoagulants, anticonvulsants, antiepileptic drugs, antifungal agents, antihistamines, antihypertensive agents, cardiac drugs, antioxidants, anthelmintic, diuretics, antipsychotic drugs, NSAIDs, steroids, etc.

Method of Preparation of Nanosponges: Emulsion solvent diffusion method: Method uses organic and aqueous phases. Aqueous phase contains PVA and organic phase contains medication and polymer. The medication and polymer are combined with organic solvents and introduced gently to the aqueous phase. Nano sponges are filtered,

rinsed, 0 then air-dried or baked at 40 C for 24 hours. Products were stored in a vacuum desiccator to remove leftover solvent.

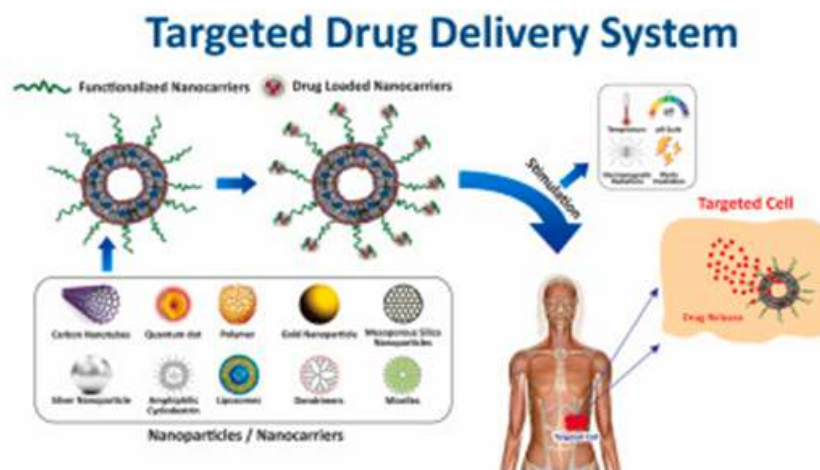
Quasi- Emulsion Solvent Method: The Nano sponges are prepared by using the different polymers. To prepare the inner phase Eudragit RS100 was dissolved in suitable solvent and the drug was added to solution and dissolved under ultra-sonication 0 at 35 C. The inner phase was poured into the PVA solution in water (outer phase). It was stirred for 60mins and the mixture was filtered to separate the nanosponges. Then dried in an air0 heated oven at 40 C for 12hrs. Solvent Method: Mix the polymer with a suitable solvent, particularly with a polar aprotic solvent such as dimethyl formamide, di methyl sulfoxide. Then add this mixture to excess quantity of the cross-linker, molar ratio of 4:16. Carry out the 0 reaction at temperature ranging from 10 C to the reflux temperature of the solvent, for a period of 1 to 48hrs. Dry the product under vacuum and grind in a mechanical mill to obtain homogeneous powder.

Ultrasound Assisted Synthesis: Mix the polymer and the cross-linker in a particular molar ratio in a flask. Sonicated the 0 mixture for 5hrs for 90 C. Then allow the mixture to cool and break the product roughly. Wash the product with water to remove the unreacted polymer and subsequently purify by prolonged Soxhlet extraction with ethanol. Dry the obtained 0 product under vacuum and store at 25 C until further use. Characterization Thermo-analytical Methods: Thermo-analytical methods determine whether the drug substance undergoes some change in the thermal degradation of the Nano sponge.

Infra-Red Spectroscopy: The interaction between Nano sponges and the drug molecules in the solid state can be estimated by using Infra-Red spectroscopy. Nano sponge bands often change only slightly upon complex formation. Infrared spectral studies give information regarding the involvement of hydrogen in various functional groups. X-ray Diffractometry: Powder XRD detects solid-state inclusion complexes. Liquid has no diffraction pattern, unlike a Nano sponge. Two components create a mixture's diffraction pattern. They provide a mixture different peak and determine chemical degradation and complicated creation.

Zeta potential: It measures surface charge by adding an electrode. It can be estimated in particle size equipment (Zeta Sizer).

Conclusions: Nano sponges can modulate medicine delivery to a place. Hydrophilic and lipophilic molecules can be carried. Small particle size and spherical shape allow for oral, parenteral, and topical administration. Nano sponge technique entraps chemicals, decreasing side effects and improving formulation flexibility, stability, and elegance. Nanosponges, a first-of-its kind device for oral and targeted medication delivery, provide many benefits over standard topical dose forms for treating tropical diseases. Nanosponge technology provides site-specific drug delivery and patient compliance. This interesting medicine delivery technology needs more research.



MODERNIZED DRUG DELIVERY SYSTEM

While the broader public may be familiar with the breath-freshening strips found at stores, many are unaware that similar “thin films” also have an application in the pharmaceutical market. Referred as Orodispersible Polymer Thin Films (OTFs), these are the most innovative and patient-centred novel drug delivery systems. Many Pharmaceutical companies and academic experts across the world are already in the process of exploring the true potential of these films in delivering drugs not only from synthetic sources but also from natural sources. They have proven very useful for patients who have trouble swallowing because drugs can be delivered without the need to chew or swallow. Such patients include children, those experiencing nausea, and the growing elderly community. OTFs are polymeric films designed to deliver therapeutical moieties into the oral cavity or the gastrointestinal (GI) tract, where the former sticks to various parts of the oral cavity and slowly releases the drug into the patient’s systemic circulation. Drugs from these films enter the circulatory system directly, and thus, bypassing the first-pass metabolism. In short, the Orodispersible breaks down immediately upon contact with saliva and can rapidly deliver hydrophilic as well as hydrophobic active compounds. There are two main types of OTFs – Oromucosal and Orodispersible. Within orodispersible films, there are two subtypes:

1. **ORALLY DISINTEGRATED** which disintegrate in the mouth, then dissolve and are absorbed in the GI tract (poorly water-soluble drugs).

2. **ORALLY DISSOLVING**, which disintegrate and dissolve simultaneously in the mouth (water-soluble drugs). As the films can be manipulated for precision dosing, this is useful in several cases, including children who often need smaller doses, adults who need partial doses and drugs in development where the production doesn’t include large doses. Arise. It was previously thought that OTFs could not carry water-insoluble drugs. However, recent research has shown that BCS Class II/IV drugs (Classified as having low solubility by the Biopharmaceutical Classification System) can be incorporated into orally disintegrating films. Although OTFs offer many advantages for drug delivery, they are still a novelty that requires more research and optimization to deliver a wider range of drugs, particularly water-insoluble ones. Unlike tablets and capsules, OTFs often do not carry additional solubilizers – they rely mainly on polymers to increase a drug’s solubility. So, developers are exploring innovative particle engineering techniques to improve the delivery of water-insoluble drugs via thin films. Because there is not much guidance on how to develop and test OTFs, the companies in this business are gaining experience in working with novel drug delivery systems, developing formulations, and navigating the regulatory processes that affect OTF development. OTFs also come with certain limitations in the areas of packaging and dosing. For example, the larger and thinner surface that provides several advantages, is also more sensitive to humidity and temperature, requiring special packaging. The best practice in the industry they are taking is a customized approach that selects for OTF components based on their chemical properties. Having this type of expertise would likely yield more efficient OTFs with a higher chance of success in the future world.





ROLE OF PHARMACIST ON ADDRESSING MENTAL HEALTH :- Stratergies for Support

Pharmacists play a vital role in addressing the mental challenges faced by the patient. nowadays this generation we live in is very sensitive in terms of mental health. influenced by social media, academic pressure, economic uncertainty, and societal expectation Pharmacists can play a crucial role in addressing these issues by providing support, education, access to resources. By addressing mental health issues, pharmacists contribute to mental health, pharmacists contribute to hosting patient care, improving overall well-being and quality of life. here are some ways by which the pharmacist can help the patients.

1. MEDICATION MANAGEMENT ensuring that patients receive a appropriate medication monitor for side effects and provide education on proper use.
2. COUNSELLING AND SUPPORT pharmacists offer emotional support , listen to concerns & provide resources for mental health services .
3. REFFERAL & SCREENING pharmacist can conduct basic mental health screening and refer patient to mental health proffesionals when needed.
4. EDUCATION & AWARENESS phrmacists can educate patients communities about mental health , reducing patients stress and promoting awareness awareness continues to grow , the importance of pharmacists in addresing mental health issues will only continue to increse.

By: Krishna Suralkar

मेशी माँ

मेरी पहली चीख पर,
जिसने गले लगाया।
मेरी पहली चोट पर
जिसने मरहम लगाया।
लिखती तो बहुत हूँ मैं अब,
पर तुम ही थी जिसने,
वो पहला अक्षर लिखना सिखाया।।
वो घर के पीछे बड़ा सा बरगद,
और उसका वो डरावना सा भूत।
तुमने ही उससे लड़ना सिखाया।।
जिंदगी की इस दौड़ में,
बहुत तेज चल रही हूँ मैं।
तुम ही तो थी जिसने चलना सिखाया।।
डांटा, डराया कभी फिर रुलाया,

वो पहला तमाचा भी तुमने लगाया।।
जो रोयी मैं फिर,
तो गले से लगाया।
कहानी सुनाके फिर मुझको हँसाया।।
कभी मेरी आँखों में काजल लगाया,
कभी काला टीका भी मुझको लगाया।।
वो पेपर से पहले, सुबह रोज उठकर ,
दही और शक्कर मुझको खिलाया।।
माँ अब मैं बड़ी हो गई हूँ,
तुझसे अब छुपा लेती हूँ।
अब आंसू आँखो में नहीं आते,
मन ही मन रो लेती हूँ।।
मैं कहती नहीं हूँ,
पर हर दिन हर पल।
याद तुझे मैं करती हूँ,
प्यार तुझे मैं करती हूँ।।

By: Gaurav

अनसमझी बातें

पता नहीं वो मुझे कैसे समझ जाती है।
साँसे बनके वो मेरी रूह में समाती है।
मेरी अनकहीं बातों को वो पहचान कैसे पाती है।
पता नहीं वो मेरे दिल की बातें कैसे जान जाती है।
पतझड़ सी दुनियां मे वो चाहत के फूल खिलाती है।
गमों के अंधेरों में वो दियों सी जल जाती है।
पता नहीं वो मुझे कैसे समझ जाती है।
जब चुभती है खंजर सी बातें तब वो हौले से बतलाती है।
खुद से जादा वो मुझपर अपना हक जताती है।
पता नहीं वो मेरे दिल की बात कैसे जान जाती है।
मेरे आंसुओं को रोकने के लिए वो दुनिया से लड़ जाती है।
मैं कुछ भी कह दूँ, लड़ आती है।
मैं कुछ भी कह दूँ अच्छा या बुरा वो बच्चों की तरह मान जाती है।
पता नहीं वो मुझे कैसे समझ जाती है।
मुझे हँसाने के लिए वो नादान तरकीबें रचाती हैं।
मेरे दर्द के समंदर में वो खुद डूब जाती है।
पता नहीं कैसे, पर वो मुझे मुझसे ज्यादा समझ जाती है।

By: Sakshi

विद्यार्थी और अनुशासन

नियमित यथार्थ समाज, संस्था द्वारा निर्धारित या स्वयं उसके नियमों का पालन करते हुए जीवन जीने का प्रयत्न ही अनुशासन है। अनुशासन किसी वर्ग या आयु विशेष के लोगों के ही नहीं बल्कि सभी के लिए परम आवश्यक हुआ करता है। जिस जाती देश और राष्ट्र जनो में अनुशासन का अभाव रहता है, वे अधिक समय तक अपना अस्तित्व नहीं बनाए रख सकते। यदि किसी अन्य कारण से अस्तित्व नहीं बना भी रह जाए, पर अनुशासन के अभाव में स्वतंत्र सत्त का बना रहना कदापि संभव नहीं हुआ करता है इसलिए विद्यार्थी जीवन क्योंकि भविष्य के लिए तैयारी का समय माना जाता है। आज वह अपने जीवन को जिस प्रकार बना लेगा, कल जिस सांचे में ढालने का प्रयत्न कर लेगा कल वही सब उसकी सफलता-असफलता का मापदंड बन जाएगा।

आज का विद्यार्थी ही कल का नेता तथा अन्य सब कुछ है। अनुशासन शब्द 'अनु' उपसर्ग और 'शासन' शब्द के मेल से बना है। अनु उपसर्ग का अर्थ होता है पश्चात् या साथ और 'शासन' का अर्थ है नियम या व्यवस्था। विशेषकर विद्यार्थी जीवन क्योंकि पढ़ने लिखने और आपसी व्यवहारों से आप सही हो गई है। उनका पालन करना या उनके अनुसार चलना ही वास्तव में अनुशासन हुआ करता है। विद्यार्थी वर्ग का अनुशासनहीन होने का अर्थ है देश के वर्तमान और भविष्य दोनों का अपने लक्ष्यों से भटक जाना इसे शुभ लक्षण नहीं कहा जा सकता है।

आज का विद्यार्थी या युवा वर्ग इतना अनुशासनहीन क्यों होता जा रहा है? प्रश्न करने पर उत्तर मिलता है कि वह जिस जीवन और समाज का अंग है उसके अलावा ही जब अनुशासन की धजियाँ उड़ा रहे हो, तब इस वर्ग से अनुशासन की आशा करना या मांग करना कोई अर्थ नहीं रखता आज के विद्यार्थी विद्या उपार्जन करने लगा है दुखद स्थिति मुख्यतः यही कही जा सकती है। इसी से छुटकारा पाना बहुत ही आवश्यक है। अतः विद्यार्थी का अनुशासन ही उसके जीवन की असली पूजा है। किसी भी ऊँचे लक्ष्य की प्राप्ति के लिए जीवन में धैर्य हठ विश्वास कठोर परिश्रम व अनुशासन का होना बहुत ही आवश्यक होता है।

By: Madhur

एक साल निकल गया

ना सोचा था कभी की एक साल इतनी जल्दी गुजर जाएगा। वक्त कहां हमारे लिए यूं ठहर जाएगा आई.आई.टी. और ए.आई.ई.ई.ई. सदमे के थे मारे फिर आयी स्टेट पीईटी और हो गये लोकल यूनिवर्सिटी के हवाले हर चेहरा था नया और था हमारे लिए अंजाने फिर भी सोच कर आए थे कि बनाना है इस भीड़ में अपनी पहचान हर किसी के दिल में होता है रैगिंग का डर क्या पता कब कौन सा सीनियर मिल जाए किधर दिन गुजर जाते हैं फ्रेशर्स पार्टी आ जाती हैं साथ में रैगिंग का डर उड़ा ले जाती है। यारों से झगड़ना और उसे फिर मनाना उनकी छोटी सी तकलीफ भी दिल से लगाना वो क्लास में घुसना हमेशा लेट

और टीचर का कहना "गेट आउट फ्रॉम द गेट" वो सेमेस्टर आने पर होश आना और फिर खूब चिल्लाना और उस समय सब के दिल में होती है। टॉपर बनने की हसरत? किताबों से मिलती नहीं है किसी को फुसत

वह प्रिपेरेशन लीव की पढ़ाई

और रिजल्ट लेट आने पर यूनिवर्सिटी को दुहाई देना फिर रिजल्ट आता है और पूरी होती हैं आल क्लीयर की आस जो रह जाते हैं वो रीवेल से करते हैं उम्मीद और हो जाते हैं उदास

सीखा बहुत है हमने और बहुत कुछ है जाना

पता चला गया है कि किससे रखनी है दूरी। किस का है साथ निभाना अब हम भी हो गये हैं सिनियर और आ गया है थोड़ा अभिमान.....

प्यारे जूनियर हो जाओ अब सावधान!!!!

By: Uzair

दे दो मेरा बचपन

दे दो मेरा बचपन, मुझे माँ के आँचल में खोने दो सोया नहीं हूँ चैन की नींद कई दिनों से, आज चैन से सोने दो। वो पापा की डाँट वो माँ का दुलार भूल गया हूँ सब कुछ, आज याद करके फिर से रोने दो। वो खेल वो खिलौने वो मिट्टी के धरौंदे गुम हो गये वक्त की रेत में, आज उस पल को मुझे जीने दो दे दो मेरा बचपन मुझे माँ के आँचल में खोने दो।



By: Abhinandan



I MISS YOU MOM

I used to think that people
didn't need their mom's
so much after they grew up.
But I have realised that's not true
So after when I making a decision.
I wish you were here.
So I could ask your advice
And so many times,
when something happens
That I know you would enjoy.
I wish you were here
To share it with me
Now that I'm older
I have realised how
special our relationship is.

By: **Shubhrant**



MOTHER

Kind sweet full of love
Fun happy and calm
Intelligent thoughtful, organized,
Words that describe my mom

So many words that say the same
How great a mom she is
Memories made each and every day
And all the nice things she says
I can truly say how wonderful
I feel my mother is
She knows exactly when I am in need
Not to mention all the things she does

How does she manage so many things,
I do not know how she does it
But I can tell you one sure thing
I am sure glad she does not quit.

By: **Abhishek**

सॉफ्टवेयर इंजीनियर

If roses grew in
Heaven



If Roses grow in Heaven. "Lord"
please picks a bunch for me....
Place them in my mother's arms and
tell her they are from me.
Tell her I love her and miss her.
And when she turns to smile,
Place a kiss upon her cheek.
And hold her for a while,
Because remembering her is easy,
I do it every day.
But there's ache with in my heart
Because I am missing her today.

By: Kritika

अपने प्रोजेक्ट के बोझ तले दबा जा रहा है,
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है।
दस हजार लाइन के कोड में एरर दूँढ लेते हैं,
पर मजबूर दोस्त की आँखों की नमी दिखाई नहीं देती है।
कंप्यूटर पर हजार विंडो खुली है,
पर दिल की खिड़की पर कोई दस्तक सुनाई नहीं देती है।
शनिवार और रविवार को नहाता नहीं,
अब हफ्ते के दिन नहा रहा है।
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है,
जिंदगी से हारा हुआ है पर बग्स से हार नहीं मानता।
अपनी एप्लीकेशन की एक-एक लाइन इसे रटी हुई है,
पर आज कौन से रंग के मोजे पहने हैं ये नही जानता।
दिन पर दिन एक प्रोग्राम बनाता जा रहा है,
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है।
कोडिंग करते करते पता ही नहीं चला कि,
कब बग्स की प्रियोर्टी माँ-बाप से बड़ी हो गयी की।
किताबों में गुलाब रखने वाला कब सिगरेट के धुएँ में खो गया,
और दिल की जमीं के अरमानों की विदाई हो गई।
वीकेंड्स पे दारु पीकर जश्न मना रहा है,
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है।
अगर इसके मजे लेना है तो पूछ लो इससे कि,
सैलरी बढ़ने की पार्टी कब दे रहा है।
हंसी उड़ाना है तो पूछ लो विदेश कब जा रहा है,
विदेश के लौटे टीम मेट की चॉकलेट खा रहा है।
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है,
आपने अब तक ली होंगी बहुत सी चुटकियाँ।
सॉफ्टवेयर इंजीनियर के जीवन के बारे में,
बताती है ये कुछ पंक्तिया की,
हजारों की सैलरी वाला कंपनी की,
करोड़ों की जेब भरता है।
सॉफ्टवेयर इंजीनियर वही बन सकता है,
जो लोहे का जिगर रखता है।
हम लोग जी जी के मरते हैं जिंदगी,
है ही कुछ ऐसी एक फौज की नौकरी।
दूसरी सॉफ्टवेयर इंजीनियर की दोनों ही एक जैसी,
इस कविता का हर शब्द दिल की गहराई से आ रहा है।
वो देखो एक सॉफ्टवेयर इंजीनियर जा रहा है.....

By: Ruby

Never give up

बीच रास्ते से लौटने का कोई फायदा नहीं क्योंकि लौटाने पर आपको उतनी ही दूरी तय करनी पड़ेगी जितनी दूरी आप तय करने पर लक्ष्य तक पहुँच सकते हैं।

Success and Life

सफलता हमारा परिचय दुनिया को करवाती है
और असफलता हमें दुनिया का परिचय करवाती हैं...

Greatness

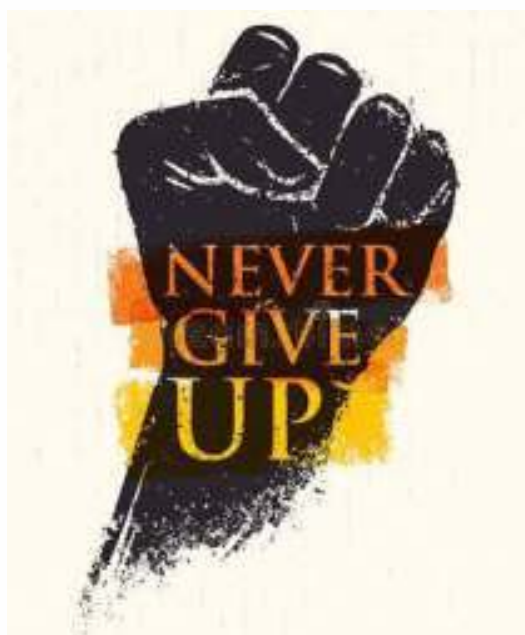
महानता कभी न गिरने में नहीं
बल्कि हर बार गिरकर उठ जाने में हैं...

Education Degree

किसी डिग्री का न होना दरअसल फायदेमंद हैं
अगर आप इंजीनियर डॉक्टर हैं
तब आप एक ही काम कर सकते हो पर यदि आपके पास कोई डिग्री नहीं है तो आप कुछ भी कर सकते हैं...

Important Thought

1. अगर जिंदगी में बड़ा करना है तो जिंदगी में केवल खुद पर और भगवान पर निर्भर रहना सीखे... अगर आप खुद पर भरोसा नहीं कर सकते हैं तो कोई और आप पर भरोसा नहीं करेगा इसलिए अगर आप चाहते हैं कि लोग आप पर भरोसा करें तो पहले खुद पर विश्वास कीजिये।
2. आत्म विश्वास के बिना किसी काम ने सफलता नहीं पाई जा सकती हैं चाहे काम छोटा हो या बड़ा... संघर्ष के बिना आत्म विश्वास नहीं बढ़ा सकता है इसलिए हर दिन संघर्ष करने के लिए तैयार रहिये...



LIVE YOUR LIFE

Be strong enough to face the
World each day
Be weak enough to know you
Cannot do everything.
Be generous to those who need
your help.
Be frugal with what you need
for yourself.
Be wise enough to know that you
Do not know everything.
Be foolish enough to believe in
Miracles.
Be the first to congratulate an opponent who
succeeds.
Be loving to those who love you
Be loving to those who do not love you
And they may change.
Above all, be yourself!

By: **Devesh**



टिफिन बॉक्स



टिफिन में खाना भरके
ले जाया करते थे,
और वापस में कुछ
अनमोल लम्हें लाया करते थे।
शायद स्कूल के वो दिन इतने हसीन ना होते,
अगर दोस्त के टिफिन के
इतने शौकीन ना होते।
लंच पीरियड में कुछ
जंग सी छिड़ जाती थी,
क्योंकि खुद की टिफिन तो
लंच से पहले ही खत्म हो जाती थी।
स्कूल के वो आधे से ज़्यादा लम्हें,
उस टिफिन बॉक्स में कैद हैं,
अब तो वो टिफिन बॉक्स घर के किसी कोने में
पड़ा है,
और हॉ वो अनमोल यादें भी उसी में कैद हैं।

By: **Sudhanshu**

Student Life is Golden Life

It is said that “student life is golden life,” because student life is the most important part of human life. It is the period of pure joy and happiness, because the mind of a student is free from cares and worries of a grown-up life.

In this period, the character of man is built. So, it is called the formative period of human life. Every student should try his best to make the best use of his student life.

The primary duty of a student is to learn and to acquire knowledge. He must do all his work at the right moment and maintain punctuality and discipline. He must remember that if a student becomes successful in his student career and his character is built on a sound basic, he will be able to shine in any sphere of life and serve his society and countries.

A student should spend most of his time of this golden period in reading and learning. A good student never waste his time fixed for reading uselessly. But he must not be a book-worm being always engaged in his studies. He should also be careful about his health and spend some time daily in some sports and games. He should try to develop his body and mind at the same time.

As a student he must try to develop his intellect. He should also try to acquire some good qualities like obedience, dutifulness, respect on elders and love and sympathy for fellow man in the society. The duty of a student is to obey his parents and teachers and respect the elders of the society.

Student life is the happiest period in the life of a person. It is a life, free from all anxieties of the tough world. The mind of the student is full of noble ideas and his eyes are full of dreams.

His studies are his preparation for the coming struggle of life. If properly utilized, student life lays the foundation of future its success and achievements. If misused, defeat is sure however earned may out future efforts be.

Students are the future hope of country. So every student should try to be the best citizen in all respect, so that he may serve his country as far as he can.

The students play a very significant and vital role in making a modern and progressive India. Though the prime duty of students is to study, they have many other social and political activities in our society. Thus, an ideal student becomes the bright citizen of future India.

An ideal student should also take active part in different social activities.

He should help the senior and old people when they are sick or helpless.

He should join in scouts and Red Cross to learn how to protect their society and nation.

He should also take an active role for a political movement which he considers to be good for his nation.

So an all round development is at the basis of life of an ideal student.



By: **Ritik**

Artificial Intelligence

एवरेस्ट पर फतेह करेगी दुनिया की पहली रोबोट नागरिक सोफिया, काठमांडू। दुनिया की पहली रोबोट नागरिक सोफिया ने कहा है कि वह संसार की सबसे ऊँची चोटी माउंट एवरेस्ट पर फतेह करेगी। विश्व के सबसे उन्नत कृत्रिम इंटेलिजेंस रोबोट ने संयुक्त राष्ट्रीय विकास कार्यक्रम को संबोधित किया। रोबोट ने यह नहीं बताया कि वह अपना एवरेस्ट अभियान कब शुरू करेगी।



सोफिया साउदी अरब की नागरिकता पाने वाली पहली रोबोट है सोफिया ने कहा, “विज्ञान और तकनीकी ने विकास के बहुत से मौके दिए हैं!”

सोफिया ने सभी से धरती को भविष्य के लिए सुरक्षित बनाने की अपील की । इस महिला रोबोट को हॉगकाँग की हैन्सन रोबोटिक्स नामक कंपनी ने बनाया है। वह मानव लक्षणों के साथ निर्मित पहली रोबोट है।

By: Juli

मुस्कुराहट

मुस्कुराने से कुछ भी खर्च नहीं होता है, पर इससे मिलता बहुत कछ है।

जिन्हें यह मिलती है वो समृद्ध हो जाते हैं। परन्तु जो देते हैं, वे गरीब नहीं होते हैं।

यह एक पल में हो जाती है। और इसकी याददाशत कई बार हमेशा कायम रहती है।

कोई भी इतना अमीर नहीं, कि इसके बिना जी सके और कोई भी इतना गरीब नहीं जो इसका लाभ न उठा सके।



यह घर से सुख लाती है। विजनेस में सद्भावना भरती है। और यह दोस्ती का हस्ताक्षर है।

यह थके हुए के लिए आराम है। निराश लोग के लिए आशा की किरण है। दुखी लोगों के लिए सूर्य की रोशनी और कष्टों के लिए प्रकृति की सबसे अच्छी दवा है।

परन्तु इसे खरीदा या चुराया नहीं जा सकता उधार नहीं लिया जा सकता यह भीख में नहीं मिलती इसका तब तक कोई मोल नहीं होता है। जब तक इसे किसी दूसरे को नहीं दिया जाता है।

दूसरों के साथ वही व्यवहार करो जैसा तुम चाहते हो कि वे तुम्हारे साथ करें।

By: **Shubham**



POWER OF POSITIVITY

I am in competition with no one I run my own race

I have desire to play game of being better than anyone

I just aim to improve to be better than I was before

That me and I am free

12 STEPS TO SELF CARE

1. If it feels wrong don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No".
8. Don't be afraid to say "Yes".
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity
12. Love.

11 WAYS TO STAY MOTIVATED

1. Think someday at time
2. Set realistic goals and dreams goals
3. Reward yourself
4. Give yourself breaks
5. Celebrate your progress
6. Be gentle with your self
7. Don't compare with others
8. Surround yourself with people, who support you
9. Visualize what you want to see
10. Create a vision board
11. Stay positive

5 ETHICS OF LIFE

1. Listen :- Before you speak
2. Earn :- before you spend
3. Think :- before you write
4. Try :- before you quit
5. Live :- before you die

7 Things To Change In Your Life Right now

1. Less frowning, more smiling.
2. Less talking, more listening.
3. Less junk food, more real food.
4. Less complaining, more encouraging.
5. Less arguing, more understanding.
6. Less worrying, more smiling.
7. Less talking, more giving.

By: Seema

पुस्तकालय



पुस्तकालय है मेरा नाम, ज्ञान बॉटना मेरा काम
जो भी तुम पढ़ना चाहो, मेरे पास आ जाओ।
दिव्य दृष्टि तुम पाओगे, सफल सदा कहलाओगे
ग्रन्थ काव्य व परीक्षाएँ महापुरुषों की अमर गथाएँ
असुरलोक या जीव जगत ईश्वर हो या उनके भक्त
गणित मराठी व इतिहास विविध पुस्तकें मेरे पास
विज्ञान हो या कम्प्यूटर, मैं सब विषयों का ट्यूटर
ज्ञान सब के पास, बच्चे न होना उदास
ध्यान लगाकर तुम सब पढ़ना, सदा ही तुम आगे
बढ़ना।

By: Suman

HAPPINESS IS NOT THE SAME AS PLEASURE

When most people seek happiness, they are actually seeking pleasure: good food, more enjoyment, more time for TV and movies, a new car, parties with friends, full losing 10 pounds, becoming more popular, and so on.

But while pleasure is great, it's not the same as happiness. Pleasure is correlated with happiness but does not cause it. Ask any drug addict how their pursuit of pleasure turned out. Ask an adulterer who shattered her family and lost her children whether pleasure ultimately made her happy. Ask a man who almost ate himself to death how happy pursuing pleasure made him feel.

Pleasure is a false god. Research shows that people who focus their energy on materialistic and superficial pleasures end up more anxious, more emotionally unstable and less happy in the long-



run. Pleasure is the most superficial form of life satisfaction and therefore the easiest. Pleasure is what's marketed to us. It's what we fixate on. It's what we use to numb and distract ourselves. But pleasure, while necessary, isn't sufficient. There's something more.

By: **Manu**

इंसानियत का मजहब

“मस्जिद पे गिरता है”

“मंदिर पे भी बरसता है”

“ऐ बादल बता तेरा मजहब कौन सा है”

“इमाम की तू प्यास बुझाये”

“पुजारी की भी तृष्णा मिटाये”

“ऐ पानी बता तेरा मजहब कौन सा है”

“मजारों की शान बढ़ाता है”

“मूर्तियों को भी सजाता है”

“ऐ फूल बता तेरा मजहब कौन सा है”

“सारे जहाँ को रौशन करता है”

“सृष्टि को उजाला देता है”

“ऐ सूरज बता तेरा मजहब कौन सा है”

“मुस्लिम तुझपे कब्र बनाता है”

“हिन्दू आखिर तुज मे ही विलीन होता है”

“मिट्टी बता तेरा मजहब कौन सा है”

“खुदा भी तू है”

“ईश्वर भी तू है”

“पर आज बता ही दे ऐ

परवरदिगार आपका मजहब कौन सा है”

“ऐ दोस्त मजहब से दूर हटकर, इंसान बनो”

“क्योंकि इंसानियत का कोई मजहब नहीं होता है”

By: **Rohan**

Alumni Speak

1

Subodh Raghuwanshi



At the very outset, I extend my sincere thanks to the esteemed faculty at TIT- PHARMACY, who cultivated the quest for continuous learning through a plethora of theoretical and practical training sessions. The entire staff always has showcased professionalism and extended immense help wherever required by considering students' development as a focal point. The overall environment in TIT- PHARMACY has helped me foster and hone my skills as an individual by participating in several technical and sports competitions, allowing me to portray leadership and cultivating a sense of confidence in my overall being. On the personal front, I have gained friends from colleagues into an extended family for a lifetime, going to good places in their careers. The paradigm shifts to the new normal did not deter the sheer enthusiasm of the faculty, and the training sessions happened as they used to with the same vigor during the COVID-19 times. TIT-PHARMACY is a one-stop learning destination that I would recommend to every aspiring Pharma graduate.

2

Kunal Singh



TIT- PHARMACY has prepared me to face the worst or toughest course of action that I'll meet. These four years have been wonderful for me. I have made friends and connections. I have grown academically and professionally. TIT- PHARMACY will teach you to excel academically; there are no second thoughts on that subject, but it will also prepare you to face the outside world and show you the competition level you will face in the future. Due to the pandemic, 1.5 years of academics continued from home. During that time, I missed my college life a lot. Surely, I covered some part of it after the Lockdown was uplifted. I hope you all would enjoy your time in St. John, I'll like to convey a message to future students enjoy your UG life at TIT-PHARMACY, live to your fullest don't get scared about your future. You all are getting shaped knowingly – unknowingly, and surely will succeed in the future.

Alumni Speak

3

Ranjana Singh



Most of the time, I always wanted to be on the other side of my college gate, and when the day came, I found many memories left deep inside the gates of TIT- PHARMACY, which still linger in my heart. Basking in the sun with friends, short naps during the lecture; teasing friends; last day exam preparations; small moments of success; care and love of friends and faculty. Blank viva's; birthday celebrations; taking extra supplements to increase the length of answers; waiting for cultural programs; future planning and the passion for becoming 'A Pharma Graduate' one day. All these moments ended the day we left and turned into memories that still ring a bell on our Happy Days! So, the journey can always turn into happy days, not the race. Things may end, but memories will last forever. Thank you, TIT- PHARMACY, for believing in me and making my Undergraduate program memorable. I will cherish the memories, and my relationship with you will always remain special and near to my heart. Thank you for everything, TIT- PHARMACY.

4

Rohini Ahuja



My journey during college days was splendid, and all kudos to TIT- PHARMACY for making it a meaningful part of my life. With my four years of stay here, I would honestly say that if you want to discover your potential and be encouraged, there is no better place than TIT- PHARMACY. The dynamic management and professors here put their trust in the students and continuously supported us to reach heights. The best part about being in TIT- PHARMACY was exposure to practical knowledge through lab sessions and various competitions. This valuable exposure helped me gain a deeper understanding of the concepts learned in theory. The vast opportunities and the competitive environment have always helped to bring out the best of me. And how can I forget the friends that I have made during this precious time of my life? The TIT- PHARMACY pages of my life diary stand evergreen, and my relationship with this place will remain forever. Wholehearted thanks for everything!

Alumni Speak

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Sneha Phulanbrikar



I express my deepest gratitude to TIT- PHARMACY for helping me acquire the abilities that helped me pursue my Master's. I am truly grateful to my professors and peers for fostering an environment conducive to learning and development. During my undergraduate years, I received advice and guidance that inspired me and gave me the direction I needed to reach my objective. They also provide a huge platform for sports and cultural activities. My respected professors nourished and shaped me into a vibrant person, and I am deeply grateful to them. I would also like to thank my friends for helping me develop my individuality. Being a part of TIT-PHARMACY fills me with joy and pride.

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Pankaj Suryanwanshi



My journey to NIPER began from TIT-PHARMACY, when, during Lockdown, one of my seniors and my Professor told me to start preparing for GPAT/NIPER. I started preparing for the entrance with no clue where to start and what to study, considering that we have to cover the entire B. Pharm syllabus for the entrances. Initially, as happens with every aspirant, there were phases of doubts about oneself, getting overwhelmed with the huge syllabus and the competition. But to achieve anything in life, you always start with the smallest steps first, which ultimately takes you towards your bigger goal in life. And the most important thing I have realized is, "First, it happens in the mind and then in reality." So, practicing and maintaining positive self-talk is essential, believing that you have already achieved what you aim for. I wish you all the best in your future endeavours, and keep giving your best rest; everything will fall into place.



PATENT

1. 2023-2024 **Ms.Neelmani Chouhan** 202311005200 QSAR modelling to forecast the health effects of Nanocrystalline metal oxides from a toxicological perspective.
2. 2023-2024 **Ms.Neelmani Chouhan** 202341018341 Green Synthesis of Nanometals Using Plant Extracts.



PAPERS PUBLICATIONS

1. **Dr. B.K.Dubey** Synthesis, Characterization And Biological Activity Of 1, 2, 3- Triazine Derivatives *Aegaeum Journal* July, 2023.
2. **Dr. B.K.Dubey** Topical Delivery of Capsaicin through Microsphere Loaded Gel *International Journal of Pharmaceutical Research* 2023.
3. **Dr. B.K.Dubey** Formulation and Evaluation of Silver Nanoparticles for Effective Treatment of Topical Fungal Disease *The Pharmaceutical and Chemical Journal* 2023.
4. **Dr. B.K.Dubey** Phytochemical screening & antifungal activity of Stem of *Lantana camara*. *World journal of pharmacy and pharmaceutical sciences* Jan, 2024.
5. **Dr. B.K.Dubey** Evaluation of CNS stimulation of *Asparagus recemosus* extract. *International Journal of Pharmaceutics and Drug Research* Nov, 2023.
6. **Dr. B.K.Dubey** Formulation of SDS Aided and Ethosomal Fluconazole Topical Gel for Improved Antifungal Effect. *The Pharmaceutical and Chemical Journal* 2023.
7. **Dr. B.K.Dubey** Evaluation of anti-inflammatory activity of Hydroalcoholic extract of *Brassica oleracea*. *Journal of the Maharaja Sayajirao University of Baroda* 2023.
8. **Neelmani Chauhan** In silico Synthesis and Biological Evaluation of some Novel Quinoline Derivatives. *Journal of Population Therapeutics and Clinical Pharmacology* Aug. 2023
9. **Neelmani Chauhan** Antidiabetic Potential of Flavanoid Included Diabetic Rats. *World Journal of Pharmaceutical Research International* Sept. 2023.
10. **Neelmani Chauhan** Evaluation of Anti-Arthritic Activity of Ethanolic Extract of *Aconitum heterophyllum* Roots. *Journal of the Maharaja Sayajirao University of Baroda*. 2023.
11. **Neelmani Chauhan** Isolation and Evaluation of leaves of *Sebania* as a potential anti-TB agent. *European chemical bulletin* Volume 12 Issue 04 international 2023.
12. **Najmus Sehar** To Develop simple, Accurate and precise Method for Analysis of Drug in the Blood Plasma and Validate them for Trazodone Hydrochloride. *International Journal of Drug Discovery and Herbal Research (IJDDHR)* April 2024.



I am specialist in medicine

I manufacture and research medicines

I am a regulator of the medicines and ensure its quality

I am counselor to the patients

I ensure safe and effective medicines

I am a Pharmacist: a healthcare professional

WHAT DOES A PHARMACIST DO?

6 WAYS PHARMACISTS ARE IMPORTANT FOR OUR COMMUNITY

1 PREPARE OR SUPERVISE THE DISPENSING OF MEDICINES

Pharmacists are not distracted by the requests of a patient and purely focus on the medicine. This protects the patient as well as the doctors and nurses.

2 ADVISE PATIENTS ON HOW MEDICINE SHOULD BE TAKEN

Over the counter medication can still be dangerous if taken incorrectly. A pharmacist is trained to have knowledge over a huge range of common over the counter products.

3 ADVISE ON GOVERNMENT CONTROLS AND REGULATIONS

A pharmacist is also trained to advise you on regulations concerning the manufacture and supply of medicines.

4 PUBLIC HEALTHCARE EDUCATION

Whenever there are public healthcare sessions and workshops, the pharmacist is one first of the healthcare practitioners to be called upon to educate the public on health matters.

5 PATIENT EDUCATION

It is the pharmacists who give counsel to the patient on how to use the prescribed, drugs, when to do so, and the things to avoid when taking the drugs.

6 PHARMACEUTICAL STORES

It makes healthcare provision quite sustainable when reputable drug stores operated by certified pharmacists are located near us.

