

# Ab Aeterno

(2018-2019)



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]: 2018-19**



# Contents

## **MESSAGES**

Dr Ramdas M Pai, President & Chancellor, Manipal Academy of Higher Education	2
Dr H S Ballal, Pro Chancellor, Manipal Academy of Higher Education	2
Dr Poornima Baliga B, Pro Vice Chancellor (Health Sciences) Manipal Academy of Higher Education	2
Dr C Mallikarjuna Rao, Principal, Manipal College of Pharmaceutical Sciences, MAHE	3
Dr M Sreenivasa Reddy, Vice Principal, Manipal College of Pharmaceutical Sciences, MAHE	3

## **COUNCIL SPEAKS...**

Faculty Advisor	4
Editor	5
President	6
Vice President	7-8
Cultural Secretary	9
Sports Secretary	10
CDC Secretary	11

## **EVENTS**

Academic	12-13
Community Development	14-16
Cultural	17
Sanskriti	18-23
Qalam	24-25
Student Exchange	26-27
Sports	28-35

<b>ARTICLES</b>	36-52
-----------------	-------

<b>DRAWINGS</b>	53-63
-----------------	-------

<b>COUNCIL REVIEWS</b>	64-72
------------------------	-------

<b>TESTIMONIALS</b>	73-81
---------------------	-------

<b>CLASS PHOTOS</b>	82-89
---------------------	-------

<b>STAFF PHOTOS</b>	90-93
---------------------	-------

<b>ACKNOWLEDGEMENT</b>	95
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# 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

Student life in institutions of higher learning is an exciting opportunity to the young minds to acquire talents, skills and knowledge as a result of the education they receive from their teachers. It is also a golden opportunity to the students to shape their personality to ensure a successful professional career. I am sure, the students of Manipal College of Pharmaceutical Sciences will live up to the expectations of their teachers by their good academic performance. I wish them a bright future.

**Dr H S Ballal**

Pro Chancellor  
Manipal Academy of Higher Education, Manipal



A magazine is the reflection of the contributions, aspirations and achievements of students, faculty and other team members of an institution. If it weren't for a magazine, even though if a college may reach new heights of glory the outside world may never know of it. Thus, the college magazine plays a vital role in projecting what the institution has to offer. The best part of curating the college magazine is that it can be cherished for years to come by the alumni, parents, students, faculty and other friends of the college. The magazine is a portrait of the college since it harbours such powerful stories from some strong minds.

I'm sure the college magazine has made a certain impact and brought out some aspects of MCOPS to the public in a way they have never seen. I wish the entire team of MCOPS, Manipal all the very best

**Dr. Poornima Baliga B**

Pro Vice Chancellor (Health Sciences)  
Manipal Academy of Higher Education, Manipal

# Messages



I am indeed very happy to learn that the MCOPS college magazine for the year 2018-19, Ab Aeterno, is all set and getting released soon. The look and feel of the book tells me that the editorial council has put-in a tremendous work to bring out this volume of our college magazine. Let me congratulate the editorial team headed by Suhita R and her colleagues, Raveena and Aayush for the marvelous work.

A college level magazine is a platform for the students and faculty to showcase their literary talent – a blend of rousing innovations and ingenuity. I am sure the Ab Aeterno of MCOPS is the yoked product of the artistic energies of the academic community at large. The essence of the inspired resourcefulness of our faculty and the students could be seen in their contributions to this magazine in different sections viz., poetry, sketches, anecdotes etc. The students of MCOPS begin their academic life in Manipal with a great zeal and excitement and leave the portal with lots of sweet memories. Our magazine documents many of these and becomes a treasure of memories of life of Manipal in making students nostalgic even after several years, since the time they left Manipal.

MCOPS is marching steadily with times. This is evidenced from the accolades, a plenty, that it has since a year. The most pleasing perhaps being the International honour – the QS World Ranking by the Subject of Pharmacy and Pharmacology in a band between 201 and 250 – a no-mean-feat-achievement, would not have been achieved without the contributions from the students and the staff of MCOPS. We hope to continue this zest and enthusiasm throughout the following years that would help MCOPS to be undisputedly the Numero Uno.

My dear students, you are in a noble profession of pharmacy. The society is awaiting at large for your services, directly and indirectly. I sincerely wish each one of you excel at your chosen job and make your alma-mater, teachers and parents proud. Lastly, let me quote what Mr Shiv Khera says in the preface of his book 'You Can Win' on success.....

“Success does not mean an absence of problems; it is overcoming problems. Success is not measured by how high we go up in life, but how many times we bounce back when we fall down”

Wishing you all good luck

**Dr C Mallikarjuna Rao**

Principal

Manipal College of Pharmaceutical Sciences, MAHE

I am delighted to write this message to the students of MCOPS, MAHE. We at MCOPS are a privileged lot. Our institution continues to remain at the top among all the pharmacy colleges of India. We not only encourage our students in academics, but also promote their curricular activities. This magazine is a 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 individuals involved in bringing out the magazine, especially the editor and Dr. Rekha Shenoy, the staff advisor to the editorial committee.

**Dr M Sreenivasa Reddy**

Vice Principal

Manipal College of Pharmaceutical Sciences, MAHE





## FACULTY ADVISOR SPEAKS-EDITORIAL COUNCIL



This has been my first assignment as the editorial board in-charge. At the outset, I would like to thank the principal, Dr C Mallikarjuna Rao for giving me this opportunity. When I took up the responsibility, little did I know that I would be working with an enthusiastic team of students who were go-getters. There were occasions when I had to be tough on them, but all this was to bring the magazine in a timely manner. Come what may, the students bounced back always with a smile on their faces. Of utmost appreciation is the very fact that the Ed-board students were working tirelessly, even at the fag-end of the academic year. Our team, worked methodically to obtain reports and photographs as and when the events occurred at

MCOPS. Qalam was a classic literary fest, which wooed participants from other institutions of MAHE. I received valuable inputs from Ed-board students- Suhita, Raveena and Ayush regarding the college magazine. I am thankful to Jayesh Mudgal, my predecessor who constantly gave me gentle reminders and shared his experience when he was in-charge of the magazine. The purpose of the college magazine is to tap the literary and artistic potential of students and faculty. I want to extend my sincere thanks to my editorial team for the cooperation and support lent in the making of this magazine Ab Aeterno

The editorial board welcomes the comments and suggestions to improve the quality of magazine. I would like to thank students, teaching & supporting staff for your kind & continued support in the making of Ab Aeterno. I wish a happy reading to all of you.

### **Rekha R Shenoy**

Associate Professor

Department of Pharmacology

Manipal College of Pharmaceutical Sciences, MAHE

## The Editor - In - Chief Speaks



“I’m glad I paid attention in 8th grade on how to write a formal letter, it has helped me a lot throughout my journey”

When I first heard about the various clubs in the college offered to the students three years ago, it took me less than a second to decide that I wanted to be a part of the Editorial Board. There’s just something about books, writing and literature that helps me find my calm in the chaos and that was the beginning of a new chapter in my life. Now, in retrospect the entire journey with this committee, from being a class representative to the Joint Editor and now finally the Editor has been one big rollercoaster ride. Along the way there were ups and a whole lot of downs but I got to do it all with some amazing people at every stage. The

Editorial Board will always be dear to my heart because we are given the opportunity to put together the memories of everyone’s college life, the little moments, the achievements and accolades in the form of words and pictures that can be cherished for a lifetime. This journey wouldn’t have been possible without my two pillars of strength Aayush and Raveena who constantly gave me the push that I needed, Rekha ma’am our faculty advisor for being patient and listening to our mishaps and of course my entire council who taught me what it is to actually be a leader. A big thank you to all the other councils and the heads, the President-Rahul Konapur, Vice president-Saksham Parolia and General secretary-Niranjan Ganesh for constantly supporting us throughout. We also hosted the Inter MAHE literature fest-Qalam which couldn’t have been possible without the aforementioned people. With all the love-hate relationship I’ve had with the Board, let me end on a cliché note “I’m not sad that this is my last year with the council, I’m glad that I got to be a part of something so meaningful”

### **Suhita R**

3rd year PharmD

Editor-in-Chief, MAPS



# The President Speaks



If You Want to Go Fast, Go Alone. If You Want to Go Far, Go Together

As I reflect on this past year, the experience has been simply incredible. I have been continually supported by a passionate and dedicated band of student leaders as committee heads, especially my close friend and student council Vice President Saksham Parolia with whom I had dreamt of heading the student council way back in 2016.

Rather than list everything we've accomplished – and trust me, I could go on for a while – I will give some of Student council's greatest accomplishments this year. We started off with Genesis, the student council inauguration on 5th September, 2018. The college magazine and the newly designed logo of MAPS were launched by our Principal, Dr. C Mallikarjuna Rao. The day also witnessed the genesis of Photography Club of MCOPS under the leadership of Ms. Raveena. Later in the year, we saw the

inception of MANCH, the one stop destination club for all the music, theatre and art enthusiasts. They made an impact by performing street plays on issues like Importance of Mental Health, Role of Pharmacists in the society to name a few. We provided assistance in organizing and volunteering for the Run against Drug Abuse which had a Footfall of more than 2,500 runners. We always knew our best was yet to come and it came in the form of hosting GPPEd, which saw delegates from all around the world descending to MCOPS for a five-day conference. This is something which the council will always be proud of.

All this wouldn't have been possible without the able support of the committee heads. I'd like to thank Niranjan Ganeshkumar, Ravi Savani, Suhita, Aayush Menon, Sahithi Thotakura, Sara Mathews and Rupal Aroza and their respective joint secretaries for believing in making the impossible happen.

MCOPS has taught me a lot of things. It has taught me the thrill of victory and agony of defeat. Taught me to have faith in my own ideas and believe in myself. It taught me to be gentle with the people and also tough enough to fight the world. It made me learn enough to step into the real world. I wouldn't say we were the best and all but I would certainly say that the college gave the opportunity for the average to be the best! That's what education is about; that's what school is about... In extension, that's what life is about!

Serving as your President has been the best honor of my life at MCOPS. The experiences since being sworn in, have been immeasurable, and I truly want to thank each one of you for sharing your Manipal story with me for the past 12 months. Every end is a new beginning in itself. I'd like to wish the student council 2019-2020 all the very best and I'm sure they're going to take the bar even higher and keep the college flag flying high.

We rise or fall as one.

Signing off

**Konapur Rahul**

4th year BPharm

President, MAPS

## The Vice President Speaks



I still remember the day I got elected as the Vice President of the College Student Council as if it were just yesterday. It was 13th of August, 2018 and Dr. Manjunath Setty, Secretary of the Student Council (MAPS), was presiding over the election in Room No. 124 during a short break we (students of 4th Year PharmD) managed to get in between the only two lectures we had in schedule for the day. Me and Rahul had been dreaming about this together for years now. Finally, it had come true. After all the years of hard work, building trusts and delivering commitments. All of a sudden. Me, the Vice President and Rahul, the President of the college student council. All dreams finally come true. But the real work had just begun. We had kept on planning a lot of things to execute after achieving a position considerable responsibility in the council. We had felt these basic issues as members of the council throughout our years of working in different capacities for the council.

On 5th September, 2018, we as a Council organized Genesis 2018-19 which is the Annual Student Council Inauguration event where we got recognition of not only of our designations but also for our responsibilities working in different positions for the council. The first thing me and Rahul wanted as soon as we became the heads of the Council was for it to have an identity of its own. So, we got down and worked towards getting our Council a logo it had deserved for some time now. We sought help of our really close friend and a skilled graphic designer, Navaneeth and Mr. VivekGhate, a Research Scholar in Pharmaceutics Department for helping us portray how MAPS could be visualized as an artistic interpretation of an organization. Thus, we can see hints of snake which signifies poison, the colour brown which signifies earth from which everything comes and finally where everything goes. A mortar and pestle with a little twig of leaf which basically signifies the true essence of Pharmacy as an occupation. We were delighted that it came out just exactly how we imagined it as. And it was to our absolute bewitchment that we got the chance of unveiling the MAPS logo to the entire council as well as the entire college on the day of Genesis 2018-19. That was one of the most thrilling moment of the year for me. Another thing we had planned was the inception of an exclusive Photography Club for MCOPS, a team comprising 14 photographers under the leadership of Raveena Kantamneni of 3rd Year PharmD who made sure that not even one event went without being shot by the photographers. The third thing that happened was the creation of the college t-shirt for 2019 an initiative taken by the Academic Council CRs which is still being worn by 300+ including professors and few HoDs too!

This edition of the Student Council saw members taking a different and a more creative path and going out of their way to create different student clubs to fill the creative void that had been present in MCOPS. Such an example is the creation of M.A.N.C.H. Dramatics, a drama club founded by 2nd Year students Amogh Mehrotra and Gaurav Kandoi.

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” - Nelson Mandela

As a Vice President of the Council I also headed The Academic Council 2018-2019 under the guidance of Dr. Pradeep Muragundi. Our objective this year as Academic CRs was to streamline as well as narrow down the communication gap between the CRs and the students of the class. CRs were motivated and encouraged to deliver and respond to all the queries of the students

regarding academics, examination scheduling and attendance issues as honestly and as aptly as possible.

The main event under me was PharmaQuora '19, the Annual Academic Event of Manipal College of Pharmaceutical Sciences. My aim for this year's PQ was to conduct an event that everyone talks about for some time at least! And that meant completely overhauling the event. There were a ton of things that I wanted to implement this year. Firstly, a standardized attendance system was initiated by creating specific QR Codes for individual delegates who attended the workshops and talks during the event and scanning them during the same. Secondly, Make Your Own Model which is a model-making competition that was initiated this time. Thirdly, we made Poster Presentations compulsory for the students of final year BPharm as a part of their project peer-review process. Finally, this PharmaQuora got its own identity by getting its own webpage where students could not only directly register and pay through an online portal but also submit their abstracts for plagiarism check and verification. Also, encouraging the guides to motivate the students under them to present their work was the highlight of this year's PQ. PharmaQuora '19 was very well received by the likes of honourable Pro Chancellor of MAHE Dr. HS Ballal, our Principal Dr. C Mallikarjuna Rao, our Vice Principal Dr. Sreenivasa Reddy, HoD of Pharmacology Department Dr. KSR Pai and Secretary of MAPS Dr. Manjunath Setty that it was decided that we will get extra support from the faculty members to encourage the students to take part in research work at an early stage so that they get motivated to showcase their talents in such events in and around Manipal. PharmaQuora couldn't have been a success without the support of our teaching staff, HoDs of various departments, guidance of Pradeep Sir, Mr. Siva Kumar and Dr. Sreenivasa Reddy for giving valuable feedback and ideas for the event and not to forget each and every member of the council who didn't lose hope in my leadership and lent continued support from the first till the very last day of the event. Winding it all up at the end, I'll confess that it has been a dramatic year for the Council and its members as well. But at the end it's the memories that we will all cherish for the remainder of our lives.

“Wrong is wrong even if everyone is doing it. Right is right even if no one is doing it.”

Finally, I would like to ask few things in return from the future council. It is just that they keep working hard with utmost diligence, respect and sincerity towards the upliftment of the students of MCOPS, keep their head held high, make them feel proud belonging to such a reputed college, respect the system and everyone in it, show gratitude, listen to everyone, never ignore anyone and always be optimistic about the future.

Finally, this is me, Saksham Parolia, the Vice President of Manipal Association of Pharmacy Students 2018-19, signing off!

Make us prouder!

Godspeed!

**Saksham Parolia**

4th year PharmD

Vice President, MAPS

## The Cultural Secretary Speaks

A key to success in anything is assembling a strong and supportive team, which in my case , I was gifted with. Taking the position of cultural secretary I knew there would be ton of work but I was excited as we know its all worth it in the end .

I'd already been a part of the council and witnessing the phases of its evolution inspired me to put in extra efforts aiding its transformation further . My team and I had a roller -coaster 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 success . I extend a big thanks to everyone who did their bit , Ms. Rutu Rajeevan, Ms. Sanjana Shastri and each member of our team .

Signing off,

**Ravi Savani**

4th year BPharm

Cultural Secretary , MAPS



## The Sports Secretary Speaks



“In the middle of every difficulty there lies an opportunity”. Thankfully, I had that opportunity in a difficult situation to take up this post . I didn’t have to look far for inspiration. I have got some amazing people who encouraged and supported me in every decision I took. I worked in the sports council for the past three years and every year it was a new opportunity for me to grow, learn something new and I have enjoyed every moment being a part of sports council and MAPS.

Personally, this council is one of the dearest things to me as I have met some amazing people here and got a chance to learn from them. This is the place where I have learned to be honest, clean minded and responsible even in the toughest situations. This is where I gained courage and confidence to stand for the right things and lot of memories to remember and cherish.

The fund raising event MCL was organized with lots of energy and enthusiasm had a lot of participation with more than 15 teams taking part and a series of challenges making it more interesting. A total of six students represented MAHE at various south zone and All India tournaments. The teams representing MCOPS at the inter-collegiate tournament did very well, the volleyball(M), throw ball(w) and football(w) made it to the semi - finals. The boys football team came runners up after giving a very tough fight in the finals.

Ms Himani Powle won the inter-MAHE athletics women championship. Mr Siva Kumar won three medals in the inter-MAHE staff athletics tournament.

I would like to express my sincere gratitude to our sports advisor Mr Vasudev Pai who did his best to always support us , former sports advisor Mr Venkatesh Kamath who gave his inputs throughout the year, former sports secretaries of MCOPS Ms Alekhya Lavu and Mr. Ahad for their inputs and the joint secretaries Ms Garima Kango and Mr Thomas George L.

There is always a better one coming.

With best wishes to the upcoming council

Signing off

**Sahithi Thotakura**

4th year PharmD

Sports Secretary, MAPS

## The CDC Secretary Speaks



“Altruism is innate, but it’s not instinctual. Everybody’s wired for it, but a switch has to be flipped”

The switching happened for me when I joined the council in 2017 with an earnest hope to serve the community in best ways possible. Being a newbie to the council, I always had a genuine intention and deep curiosity which drove me to work hard. I strived to learn from nuances, my seniors within the council and my peers about the protocols, processes and hierarchies. With the responsibilities entrusted upon me, I gave it my all.

We kicked off the year by collaborating with SCIO and spreading awareness about menstrual hygiene and proper cleanliness practices under “Swachh Bharat Abhiyaan”, at Planet Mars Foundation Orphanage, Udupi. We provided them with kits that satisfied their basic sanitary needs as our way of celebrating the World Pharmacist Day themed as “Pharmacist-Your Medicine Expert”.

Come November of 2018, we counseled pregnant and lactating women along with children of all age groups at the Kasturba Hospital regarding breastfeeding, nutrition and diaper care. In association with International Alliance of Patients’ Organization, ACPI-KSPOR, to mark the Patient Solidarity Day as a part of National Pharmacy Week. A fundraiser quiz was also organized.

It gives me immense joy and satisfaction to have organized all the CDC events and none of it could have been possible without our members viz, Divya, Alisha, Freya, Krishna, Aromal, Balaji, Balaram, Gayatri, Lavanya, Mrinal and Tashreefa.

I would like to express my sincere gratitude to our Faculty Advisor, Dr. Kanav Khera for his constant support and guidance throughout the year. Also extending my genuine regards to Dr. Anantha Nagappa Naik for presenting us with an invaluable International opportunity. My heartfelt thanks to Dr. Benitta Matthews for being my savior, strength and support.

I take this opportunity to thank Mr. Rahul Konapur, Mr. SakshamParolia and Mr. Niranjan Ganesh for their undivided support and unstinted efforts.

I’m highly indebted to Ms. Samriddhi Kamath for being there for me through thick and thin.

Also thanks to all four of them for letting me make their ears bleed with my never-ending bickering and ranting.

I am highly appreciative of the incessant support of Tanvi, Nikhil, Shawn, Manish, Ayush, Hari, Ashvitha, Sannidhi, Akash, Suhita, Sahithi, and Sara.

Special thanks to Dr. Usha Nayak and the administrative staff particularly, Ms. Jayashree.

Here’s to a great year of goodwill, commitment, networking, hard-work, grit and pragmatism.

Wishing the next student council the best and hoping to see it expand its horizons unremittingly.

**Rupal Aroza**

5th PharmD

Secretary, Community Development Committee, MAPS

## Academic events

Pharmaquora is an annual academic event , organized by the academic council of Manipal college of Pharmaceutical Sciences led by Mr. Saksham Parolia, Vice president, MAPS, under the guidance of Dr. Pradeep Murugundi, Faculty Coordinator, Pharmaquora. The event took place in MMMC and MCOPS on March 6th and 7th.

Day 1- Started off with the inauguration ceremony which took place in MMMC and the chief guest, Mr. Pratap Kumar Nair, CEO & VP of Apotex Healthcare along with the dignitaries lighted the lamp . It was followed by a speech from Mr. We-ting lee and two research scholars from Pharmaceutics department . Post lunch the registered participants presented the posters and they were thoroughly evaluated by the judges.

Day 2- Began with the selected students giving oral presentations and later the students showed their artistic skills in model making competition. This was followed by a CPR workshop by Dr. Chandani Gupta, Department of Anatomy, KMC and workshop on Scientific writing by Dr. Bharti Chogtu, Deputy Director, Directorate of Research. The valedictory where the winners of model making, quiz finals, poster and oral presentations were announced along with the winners of most popular poster. All in all, Pharmaquora 2019 ended with a success and with the promise of a better Pharmaquora 2020.









## CDC Events

As the famous American essayist, Sir Ralph Waldo Emerson once quoted, "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well," the Community Development Cell (CDC) of MAPS portrays exactly that in all its activities conducted at MCOPS.

Known for their community building and awareness creating activities, like their visit to Planet Mars Foundation, an orphanage in Kallianpur earlier this year, CDC under the supervision of Dr. Kanav Khera - Coordinator of CDC, Dr. D Sreedhar - Faculty Coordinator for the happening, Rupal Aroza - Head of CDC and Divya Krishnan - Joint Secretary of CDC also took charge of the mega affair - the 57th National Pharmacy Week (NPW) held at MCOPS this year.

The National Pharmacy Week celebrated every third week of November, aims to spread awareness about the profession of pharmacy and recognize the pharmacists and pharmacy technicians for the important role they play in educating patients, promoting safe and effective use of medication, and serving beyond the traditional patient care.

The theme for this year's NPW was 'Pharmacist For A Healthy India' which was celebrated with week-long events held at MCOPS.

On the first day, CDC along with the Cultural Council of MCOPS, MAPS outset the NPW with an inauguration ceremony, and a street play by the dramatics club of MCOPS - MANCH. The street play was a huge success, leaving the students excited for more.

Next was a quiz contest organized solely by CDC as a fundraiser event that took place on the second day. The quiz had 20 MCQ questions in the prelims round, after which 6 teams were shortlisted for the finals. As the rounds kept going, the environment got invigorated with the fervid competition amongst the teams. Finally, the students of 3rd PharmD were exhilarated as they bagged the first two places in the quiz.

On the third day, an area for patient counseling was set up outside the Women and Child Block Pharmacy, KMC, where interested students spread out to impart their expertise in the field of Pharmacy and counseled the patients visiting the Pharmacy. The event was indeed a triumph of sageness for the students as well as the patients.

Succeeding the above events was a Debate competition conducted by CDC and the Editorial Council of MCOPS, MAPS. The topic for the debate was 'e-Pharmacy - a boon or a bane?' that left the audience thrilled of the future prospects in Pharmacy as the participants wrangled over the pros and cons of e-Pharmacy.

Then came the most awaited event of the week - the cyclathon! This event was organized by CDC in collaboration with the facilitator K Rajeswar Reddy of 3rd PharmD and the Sports Council of MCOPS, MAPS. The event was a great stress reliever and a fun activity for the students and teachers both.

Finally, to wrap the ribbon around the edge of the board, CDC along with the Student Exchange Committee of MCOPS, MAPS, Swachh Bharath Abhyan and antimicrobial resistance program hosted a talk on the last and final day of the NPW on 'Health of India and pharmacist's role in its upliftment', by Dr. Mohammed Zabiuddin Ahad, SRF, antibiotic stewardship programme, KMC and alumni of MCOPS.

Dr. Ahad stressed various disease burdens in India like Hypertension, Diabetes and how it is affecting the Indian population. In addition to it, Dr. Ahad addressed the importance of rational use of Antibiotics and how to prevent antibiotic resistance.

Following the talk, a pledge on AMR by IPSF was taken, after which the NPW came to an end with a prize distribution ceremony where all the winners and participants of the week-long events were awarded certificates.

Coming to 2019, CDC (MAPS) first organized a talk on the 12th of January 2019 that took place at MCOPS to celebrate the National Youth Day 2019, in commemoration with the 157th birthday of Swami Vivekananda. The talk was delivered by Dr. Geetha Maiya, Director of Student Affairs, MAHE, who spoke on the various student-related topics, uplifting the students to do better academically and in all other aspects of their life at Manipal.

Next in line amongst the endeavors of CDC, followed the pedagogic tour organized by CDC along with the Student Exchange Committee on the 27th of January 2019, where students from Griffith University, Australia visited Spandana Vocational Rehabilitation Centre for Mentally Challenged Person, Uppoor. The tour was orchestrated by Ms. Samriddhi Kamath of 5th PharmD, who made sure that students from both the institutes felt involved and learned from each other. Overall, the tour was a great success, leaving everyone delighted.

Then came the World Cancer Day where CDC hosted a talk with the expert himself, Dr. Mahadev Rao, Professor and Head of Department of Pharmacy Practice, MCOPS, MAHE. In his talk, Dr. Rao not only discoursed the basics of cancer but also guided the students on the sites that can be referred for latest updates in Cancer Research and how students could utilize these resources. Following this event on the 5th of Feb, CDC (MAPS) in collaboration with Dept. of Pharmacy Practice, Dept. of Clinical Psychology and Dept. of Palliative Medicine and Support Care, MAHE, organized and conducted a Health Education programme for Cancer Patients on the 28th of Feb 2019. The event was conducted at Shirdi Sai Baba Cancer Hospital and Research Centre, Manipal from 9 am to 12 pm. The patients along with their well-wishers were educated on various aspects of nutrition, personal hygiene, and management of adverse drug events due to chemotherapy. Patient Information leaflets in English and Kannada were provided to the patients for the same. Booklets by JASCAP (Jeet Association for Support to Cancer Patients) were also provided on various types of Cancers to the patients and the staff at Shirdi Sai Baba Cancer Hospital and Research Centre during the day.

In between, on the 19th of February, a Blood Donation Camp at the Blood Bank, Kasturba Hospital, Manipal in collaboration with MCOPS was also run by the members of Community Development Committee (MAPS) in association with the Student Exchange Committee (MAPS). The Camp was held from 9.30 am to 4.30pm, both at MCOPS and Kasturba Hospital as well. A total of 161 volunteers from various Institutes of MAHE contributed their blood for the cause, which included teaching and non-teaching staff, students and non-student donors. In the end, 119 units of blood were collected, and a Certificate of Appreciation, Donation Card, and refreshments were given to each donor as a token of gratitude.

And voila! That's not all. CDC continues to do more; be it extending their hand to help with the Annual Manipal Polio Camp that takes place in the second week of March every year, or any other benevolent act for that matter, CDC is always upfront without dropping their anchor of goodness.





## Cultural Events

The Inaugural function of student's council of MCOPS, MAHE was orchestrated on 5th September, 2018.

The event commenced with lighting of the lamp done by chief guest, Col. Prakash Chandra, our Principal Dr. C. Mallikarjuna Rao and Vice President Dr. Sreenivasa Reddy.

Niranjan, the general secretary of student council welcomed the chief guest and other dignitaries. He briefly introduced the councils and their respective heads.

Rahul Konapur, President of the student council spoke about their vision for year 2018-19 and also mentioned how important it is to be united and work as a team.

Addressing the function, our Principal Dr. C. Mallikarjuna Rao emphasized on importance of extracurricular activities in a student's life. He also appreciated sports committee for the exponential growth in number of students taking part in sports events. Principal's speech was followed by unveiling of the new logo of MAPS.

In his speech, the chief guest, Col. Prakash Chandra reminisced about his college days and being a part of student council. He also appreciated student council's last year's performance.

The magazine, 'Ab Aeterno' meaning from time immemorial was launched by Anushna, former Editor-In- Chief. Saksham Parolia, Vice President student's council concluded the event by delivering a vote of thanks.





# SANSKRITI

Sanskriti is the fest where culture meets joy.

The most fun and exciting week in MCOPS.

(11th-17th October 2018).The organising committee did a great job and the event was a grand success.This year the cultural committee is headed by Mrs.Angel Alex and Mrs. Bhavana. The Cultural Secretary is Ravi Savani and the Joint Secretary are Rutu Rajeevan and Sanjana Shastri

The first day of Sanskriti began with various events and debate was the most fascinating one. Topic of the debate was Management of the Health Care System : Pharmacy is the key member .The evening was followed by a battle of words which was finally won by Anushna Sen and Ashutosh Sinha (Fourth year). Second in place were Pratiksha Deodar and Sharon Samkutty (PG) and the third place was occupied by Sanjana A. Shastri and SriyaRaghini Peri( Third year ).

The Instrumental Solo was one where students of MCOPS showcased their talents in the field of Music & Arts. The winner is Arpan Adhikary (1st year BPharm), followed by Lipin Lukose ( 2nd PharmD) and third place was bagged by Keerthana (1st PharmD).

Indian classical dance is sustained by a profound philosophy.The performers gave their best and it was a treat to watch them.

Ramya Sri-3rd year BPharm bagged the first place,Anusha Prabhu-4th year bagged the second place, Koumudhi Rajanala-PG bagged the third place.

Stand-up comedy is an art form and it dies unless you expand it. The winners are

Ravi Savani-4th year won the first prize,Snigdha Hiremath-2nd year won the second prize, Sanjana Shastri-3rd year won the third prize.The audience thoroughly enjoyed the event.

Painting was one event among the many held,with the participation of 24 enthusiastic students from various years. The participants who portrayed their imagination best by the medium of colours and won the contest are :Kriti Hegde (1st prize), Shreya (2nd prize) Priyanka and Dheeraj (3rd prize)

On day 2 of sanskriti, mimicry was one amongst many other events that was held. The theme selected for this year is "Celebrities, politicians and businessmen meeting at Garba night". Contestants exhibited outstanding performance by impersonating various personalities like Arvind Kejriwal, Rahul Gandhi, Amitabh Bachchan, Amrish Puri, Salman Khan, Shashi Taroor, Donald Trump and, other Bollywood stars. Jishnu of 1st Year B Pharm secured 1st Place, followed by Ravi of 4th Year BPharm securing 2nd place and Swapnil of 3rd PharmD and Gaurav of 1st BPharm secured 3rd place.

The key to extempore speaking is that the words spoken are chosen as we speak them. All the contestants spoke to the best of their ability. The winners were Sriya Peri-3rd year BPharm bagged the first place, Fatimazahra Moledina-3rd year bagged the second place, Pratiksha Deodar-PG bagged the third place.

Street play - a theatrical form of art normally performed in outdoor spaces usually reach out to the audience with a social message. Keeping that in mind, day two of Sanskriti was filled with some beautiful plays portrayed by the students on issues such as LGBTQ pride, ignorance against ragging and their consequences, superstitions, taboo and many such more. The first prize was bagged by First year, the second prize was by Fourth year and the third place was occupied by Second year.

Indian Classical Vocals(Solo) competition held on Day 2 of Sanskriti, lit the traditional vibes in MCOPS. The melodious journey of classics was completed with 9 enthusiastic and mellifluous contestants. The first prize was bagged by Sahana (PG), second prize by Akshay (3rd year), and third prize by Divya (1st year).

Cartooning as they say, is a fine art and it was one of the most interesting events on the second day of Sanskriti. The topic given to the participants was 'Adultery- not a crime' and 2 hours being the maximum time limit. The winners are Sanyukta(1st), Sandhya (2nd), and Yamini (3rd).

With much zeal and enthusiasm, Sanskriti started on a positive note. Among the various events one of them was Indian non-classical group where a harmonical tussle took place between the batches and it was eventually won by Suneha and team (1st), Saumyadeep and team (2nd) and Shruti and team (3rd).

The 8 different groups of 8 different themes made spectacular pieces of three dimensional works. Each art piece provokes an idea, theme and awareness. The winners are Garima and team(1st), Rifa and team(4th), Hawa and team(4th).

Poetry is when an emotion has found its thought and the thought has found words. Hindi poems usually bring out the deepest thoughts and expressions. The first position was bagged by Flydon Melrick Picardo from 1st year followed by Rishav Bhattacharjee from second year at the second position. The third position was shared by Shreya Narayan from 4th year and Kareena Mulchandani from 1st year.

JAM is a speaking competition, which is all about having fun and at the same time entertaining the crowd. It is short for Just a Minute, which was originally a show on BBC Radio in the 70s. The winners were Niranjana(1st), Sanal(2nd), Shruti(3rd).

On the day of the western solo vocals the hall reverberated with the soulful melodies of all the participants. The event was won by Gursimran followed by Aditi and Amrita.

Spot photography is one of the most exciting and fascinating events and was won by Prakrithi followed by Semanti and Sanjana A Shastri.

Clay modelling - an event where art comes to life was won by Suhita and team followed by Shatabisha and team and the third place was tied between Yakshita and team, Anusha and team and Rifa and team.

Collage is an art form where multiple snapshots from various sources combine into one sensible form. The topic of the event was 'Humans' which was won by Anjali and team, followed by Shobith and team and Suneha and team.

Dancing is the most loftiest, most moving, the most beautiful of arts because it is not a mere translation or abstraction of life it is life itself. The eastern solo event was won by

Rosella followed by Kriti and Rutu , whereas the western solo event was won by Tamanna followed by Reema and Yashwitha.

Poetry is one of the best ways of expression of thoughts and ideas and the students enthusiastically participated in the event and the first prize was bagged by Ayush Menon followed by Gautam and Kareena A Mulchandani.

Potpourri, one of the most awaited events was filled with enthusiasm and was won by Sriya and team followed by Shruti and team.

From the evergreen songs of the 70s or 80s to the latest releases of the year the eastern solo competition had it all . The competition was won by Roopa followed by Raksha and the third place was tied between Pavan and Akshay.

The event room of Face painting came alive with lots of colours and life as the student artists painted their models unleashing their hidden potential. The event was won by Daksha followed by Kriti and Rifa. Rangoli as they say is very much 'art of the moment' and its transient nature makes it dynamic The event was won by Rutuja and team followed by Poonam and team and Prajna and team.

Antakshari being one of the most exciting events saw a huge participation and was finally won by Suraj and Apoorva ,followed by Garima and team and Akshat and team.

The general quiz was an interesting event which was further won by Ashutosh and team followed by Harika and team and Niranjan and team. The event for mad ads was filled with creativity and was won by Ravi and team.

There is nothing more exciting than a group of friends singing melodious tunes and so the Western group singing was won by Gursimran and team followed by Karen and team and Relta and team.

On the last day of Sanskriti, 7 teams took part in eastern group dance and they set the stage on fire with their blockbuster performances. 3rd year batch secured first position whereas m pharm students got second position.

The event of folk dance was won by Pragati and team followed by Pavitra and team.

The western dance group event was won by Yashwitha and team.

The event for mad ads was filled with creativity and was won by Ravi and team.

Iris Apfel Once said "Fashion you can buy, but style you possess. The key to style is learning who you are, which takes years. There's no how-to road map to style. It's about self expression and, above all, attitude."The last day of Sanskriti presented us with the crowd favorite fashion show.

The event was performed in 4 slots where 7 deadly sins, sexual assault, section 377, and individuality were the themes involved in each slot. The first place bagged by the 3rd years and the second place was bagged by the post-graduate team.







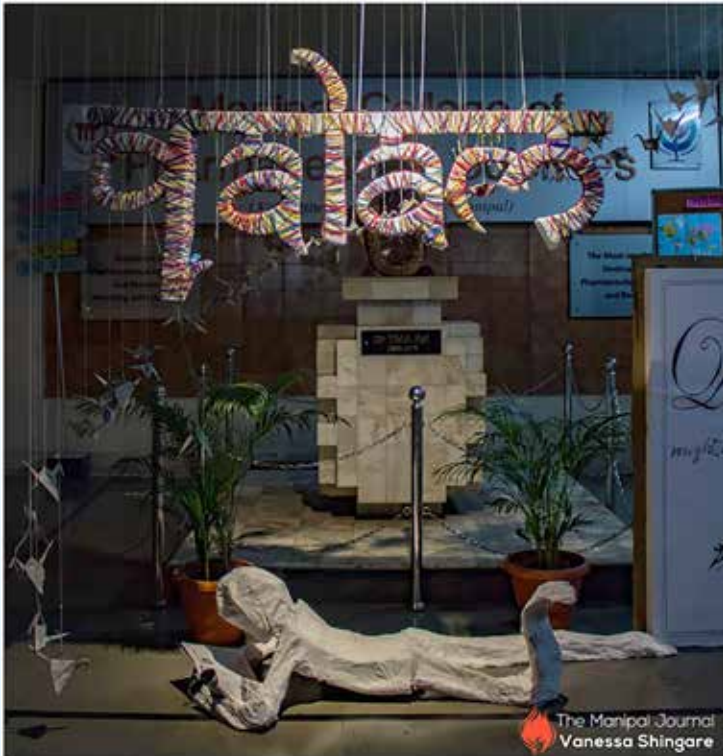








## QALAM



Qalam”, -mightier than the sword was the first literary fest of MCOPS which was the brainchild of last years’ editors.

The second edition of this intercollege fest was a much-anticipated event. Qalam is an initiative to celebrate literature and dedicate a fest to the ardent poets and writers amongst us. This year Qalam had an addition to its event list in the form of book quiz. Apart from the events, Qalam is well known for its theme-based decoration which gives the college and the participants new zeal to engage in them. The fest began with story book quiz which was filled with zest and enthusiasm. It was dedicated to the avid readers and six teams were selected for the final

round. Blurb writing witnessed some budding writers and unique stories. It was won by Anarghya and Anjali. The debate prelims were also conducted on the same day. The topics were Brexit, Israel , marijuana, surveillance.

The second day of Qalam commenced with spell- bee prelims and it was followed by spell- bee finals. The event consisted of rounds like Jumble letters, Guess the lyrics, Finding a word from its meaning. The event was won by Utkarsh and Anjana. The third day of Qalam consisted of book quiz finals and debate finals. The book quiz finals consisted of 6 rounds namely Walk down memory lane, Rapid fire, Connect the pictures, Less or known books and Pick your author. The event was won by Varun, Shreya and Aayush followed by Swapnil, Anagha and Aieshel. In the debate finals the topic was Diplomatic isolation of Pakistan and was won by Sarbanu and Manasvi followed by Rajdeep and Adhiraj and in the third place were Varun and Saharsh.

The last day of this enthralling fest started of with the valedictory function where the chief guest was Dr. Padma Rani, Director, School of Communication (SOC). She encouraged our students to make literature a part of their everyday lives. The winners were awarded with cash prizes and certificates. It followed by slam poetry, the most awaited event of the entire fest. The evening was filled with soulful poetry by students who took a brave step in voicing their opinions. The audience was captivated with the beauty and the ease with which the young poets expressed their emotions. It was finally won by Vedant. The four-day long fest came to end with a scrumptious dinner that was laid out for the participants. This marked the end of Qalam 2019 leaving us hoping for more in the forthcoming years.



## Griffith-MCOPS Interaction

Fostering student interaction, Dr. Surulivel Rajan M from the Department of Pharmacy Practice, MCOPS, orchestrated an interactive session with a team of students from 3rd PharmD, between 3rd year Pharmacy Students of Griffith University, Australia and 3rd year undergraduates of PharmD. The session included a plethora of questions from both the sides and was hosted by Ms. Fatimazahra Moledina of 3rd PharmD. Both the parties built a great rapport as they acquainted each other with particulars related to their country, culture, university, personal information and participation in extra-curricular activities. Overall, the session was fun-filled and had a favorable outcome for all the students present and the faculty including Dr. Surulivel Rajan M himself and Dr. Radhakrishnan Rajesh - Class Coordinator of the 3rd year PharmD undergraduates. To make the session a memorable one, a video of it was recorded and pictures during and after the session were taken by Mr. Anujith Sekhar and Mr. Liston D'Souza of 3rd PharmD. Other volunteers from 3rd PharmD also included Ms. Elaine Fernandes, Ms. Thashreefa Basheer and Ms. Maya T.

**By Fatimazahra Moledina, 3rd PharmD**

## SEC Events

Good Pharmacy Practice Education (GPPEd) was conducted at MCOPS during 2nd to 5th March, 2019.

The program was inaugurated by the chief guest Dr. K Sathyamoorthy, Director of School of Life Sciences, Manipal. 1st Symposium was based on the topic 'Opportunities and effect of artificial intelligence on pharmacy and other health care sector' which was discussed by Dr. Surulivel Rajan, Associate Professor, Department of Pharmacy Practice, MCOPS. Followed by 'CPR Training and First Aid Management' by Dr. Jayaraj Mymbilly, Professor & Head, Emergency Medicine, KMC which was held in Simulation Centre, KMC library.

In the afternoon session two workshops were held, the first one on the subject of 'Herbal Compounding' spoken by Dr. Archana Kamath, School of Life Sciences, MAHE and Mr Vasudev Pai, Asst. Professor, Department of Pharmacognosy, MCOPS. The second workshop was on 'Compounding and Dispensing' which was given by Dr. Jose A B, Compounding Pharmacist, Kasturba Hospital, Manipal and Dr Anup Naha, Associate Professor, Dept. Of Pharmaceutics, MCOPS.

Day 2 of GPPEd was held on 3rd March which began with panel discussion by the students of MAHE on 'Interdisciplinary approach towards healthcare practice'. Followed by a workshop on 'Pharmacoeconomics and outcome research' delivered by Dr Pradeep M Muragundi, Associate Professor, Department of Pharmacy Management, MCOPS.

The afternoon session was spent by visiting the Ayurvedic Hospital and Medicinal Plant Garden of Alva's Ayurvedic Medical College, Moodbidri under the guidance of Dr Manjunath Setty, Professor, Department of Pharmacognosy, MCOPS.

4th of march which was the third day of GPPed started with the second symposium of the event which was conducted in Prof. P Gundu Rao hall. The symposium was on antiviral stewardship and was conducted by Dr. Arun Kumar, Professor and Head, Department of Virus Research, MAHE.



After a small tea break, Ms. Amanda Cross and John Jackson conducted an educational workshop on Medication therapy management. The workshop got a great feedback from the students. After the workshop, was the valedictory event which was conducted to appreciate the efforts of all the volunteers and participants who took part in GPPed. For the valedictory function, Dr H Vinod Bhat, Vice-Chancellor MAHE was the chief guest. Dr Raghu R, Director, Office of International Affairs and Collaboration, MAHE was the Guest of Honour. The second last day of the event ended with workshops on Pre clinical studies and Standard evaluation of antibiotics conducted by Dr. Sreedhara Ranganath Pai, Professor and Head, Department of Pharmacology, MCOPS and Dr. Jesil Mathew with Dr. Raghu Chandrasekhar, Associate Professors, Department of Biotechnology, MCOPS respectively.

Both the workshops got a good response from the students and students found the workshops to be very educative.

5th March, the last day started off with post GPPed cultural programs which had many MCOPS students as the participants. Different groups of students from different batches came together to perform eastern and western dances. The students had also prepared a beautiful song for the audience. GPPED was a great success.



# Sports

Just like every year, Athlos was yet again another remarkable event that took place on 2nd March 2019 at MIT Hockey Ground . This edition of athlos was bigger, brighter and sportier than ever. The occasion was graced by the presence of Dr Keerrthilatha Pai , Dean MCOCS. Mr. Venkatesh Kamath was awarded for heading the sports council all these years. All the batches of MCOPS competed against each other in the march past with students of PG securing the first position. The various winners of different events were awarded for their excellent performance. The teachers of MCOPS competed in a friendly race to boost up their students which was a treat for the eyes of their students. Running is all about having the desire to train and persevere until every fiber in your legs, mind, and heart is turned to steel.

In 100 meters women's race Megha of Third year secured the first position followed by Venetia Vegas of first year at the second position and Ranjani of second year at the third position .

In 100 meters men's race first position was backed by Sujayendra Rao of PG followed by Manoj RV of third year at the second position and Ganesh Prakash of PG at the third position.

In 200 meters women's Gauthami of third year ,Ranjani of second year and Shivangi of second year again secured first , second and third position respectively.

In 200 meters men's race first position was backed by Sujayendra Rao of PG followed by Sheikh Danish of first year at the second position and Jessy of third year at the third position

In 400 meters women's race first position was backed by Megha of third year followed by Gauthami of third year at the second place and Aboli of third year at the third place.

In 400 meters men's race first position was backed by Siddharth Varma of PG followed by Sheikh Danish of first year at the second position and Surakshith Hegde of first year at the third position.

In 800 meters women's race first position was backed by Anushka of second year followed by Aboli of third year at the second position and Anna of first year at the third position

In 800 meters men's race first position was backed by Srikanth of third year followed by Abhishek Kumar of third year at the second position and Ashwani of third year at the third position

In 1500 meters men's race first position was backed by Anushka of second year followed by Aboli of third year at the second position and Kareena of first year at the third position

In the men's 1500 meters race first position was secured by Abhishek Yadav of third year followed by Thomas George of third year at the second position and Srikanth Reddy of third year at the third position .

In men's 3000 meters race Abhishek Yadav of third year stood first followed by Srikanth of third year at the second position and Shiva Kumar of PG at the third position.

In women's Shot put Krishnaveni of PG secured the first position followed by Himani Powle of PG at the second position and Alekhya Kavuri of PG at the third position

In men's Shot put M. Suresh of PG secured the first position followed by Sudhanshu Rai of PG at the second position and Anjith of third year at the third position .

In women's discus throw Himani Powle of PG secured the first position followed by G Krishnaveni of PG at the second position and Alekhya Kavu of PG at the third position .

In men's discus throw Sudhanshu Rai of PG secured the first position followed by Sivakumar of PG at the second position and Anjith of third year at the third position.

In women's Javelin throw Priyanka of fourth year secured the first position followed by Kareena of first year at the second position and Alekhya Kavu of PG at the third position .

In men's Javelin throw Suresh M of PG secured the first position followed by Mohammed Shiyaf of fourth year at the second position and Rohith R Shetty of first year at the third position .

In women's long jump Himani Powle of PG secured the first position followed by Gauthami of third year at the second position and Kareena of first year at the third position .

In men's long jump Ganesh Prakash of PG secured the first position followed by Pouya Hosseini of first year at the second position and Siddharth Varma of PG at the third position.

In women's High Jump Himani Powle of PG secured the first position followed by Gauthami of third year at the second position and Kareena of first year at the third position .

In men's High Jump Thomas George of third year secured the first position followed by Surakshith of first year at the second position and Ashik G Shetty of first year at the third position .

In women's Triple Jump Gauthami of third year secured the first position followed by Keerthi of PG at the second position and Poojitha Reddy of PG at the third position

In men's triple jump Pouya Hosseini of first year secured the first position followed by Ganesh Prakash of PG at the second position and Sujayendra Rao of PG at the third position

In women's 4×100 meters relay first years secured the first position followed by PG at the second position and second years at the third position

In women's 4×400 meters relay third years secured the first position followed by second years at the second position and PG at the third position.

In men's relay second years secured the first position followed by PG at the second position and first years at the third position.

The event concluded with Tug of war between the batches of MCOPS. This was followed by medal distribution to the winners of various events. The best outgoing sportsperson male award was awarded to Kamesh Keshri whereas best outgoing sportsperson female award was awarded to Srija Das . The batch of PG was declared the overall winner of ATHLOS 2019.



## NON-ATHLETIC EVENTS

**BASKETBALL:** Good defence and no offense , the game of basketball is an art . The athlos basketball was held on 31st January . The teams from all the batches of MAPS played against each other to win the title . The matches were full of zest and aggression , where each player was determined to make their team to the finals . The finals for boys was held between PG and 3rd years , where PG students won the match . The finals for girls was held between first years and second years where first year girls defeated second years to win the finals . Thus the athlos basketball was an overall success and a treat for the eyes of the spectators.

**VOLLEY BALL:** Serve strong , dig fierce, spike hard . That's the spirit of volleyball which was brought out by the students of MAPS in Athlos Volleyball. The men's team of all the batches competed against each other for the event which was organized on 18th January. The teams took over each other to win the finals . The finale of the Athlos Volleyball took place between second years and first years which was an exhilarating match bringing the spectators to their feet with second years taking away the victory .

**THROWBALL:** 18th January . The women's team of all the batches of MAPS competed against each other to win the winner's title. The women's team of fourth years and third years made it to the finals and fourth years took on third years to win the match and emerge as throwball champions.

**FOOTBALL:** One of the most celebrated sports in the world today, football or soccer is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Our college decided to include this game in Athlos, making the sports council members the referees of the game. From each year one team was selected and the postgrad students made a team as well. After several goals and cheers, the 2nd Years won the athlos football game.

**Mens :**

Winner : (2nd year)

**Lerato Gilbert Mokhothu**

**Vinay Mokashi**

**Shrey Seth**

**Sharanam M Shetty**

**TobatsiLeluma**

**William Monyatsi**

**SibolekeTiyabantu**

**RajatPalode**

**Muhilvaannan**

**Arpith Mathew**

**ShahidabbasDhirani**

**Vinay Bhat**

## Womens :

Winner : ( PG)

Arline

Ashley

Yeshi

Poojitha

Alisha

Himani

Siri

**SWIMMING:** Swimming is an individual or team sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). There were all different kinds of swimming styles tested like the back stroke (50m), Breast stroke (50m), Free style (50m) , Butterfly (25m). It was one of the best athlos events that took place was a huge success. The competition saw better swimmers this time and all of them worked really hard which was clearly seen from their performance. The turnout was outstanding and it was really exciting to see so many people interested in swimming.

### Back stroke 50m

**Mens :** Winner : Akshay V R ( 3rd Year)  
Runners up : Shubham Kumar ( 2nd year)  
3rd position : S N Krishna Kaushik Devineni ( 3rd year)

**Womens :** Winner : Anushna Sen (4th year)  
Runners up : Tarunika Godha ( 4th year)  
3rd position : Pooja Mohan Raj ( 3rd Year)

### Breast stoke 50m

**Mens :** Winner : Kamesh Kumar Keshri( 4th year)  
Runners up : Shubham Kumar ( 2nd year)  
3rd position : Saumil Jadhav( 4th year)

**Womens :** Winner : Pooja Mohan Raj ( 3rd year)  
Runners up : P. Gayatri (3rd year)  
3rd position : Tamanna Somnath Bagchi( 4th year)

### Free style 50m

**Mens :** Winner : Rithvik Kusumanchi( 1st year)  
Runners up : Bhavya Narang ( 2nd year)  
3rd position : Akshay V R ( 3rd year)

**Womens :** Winner : Pooja Mohan Raj ( 3rd year)  
Runners up : Anushna Sen ( 4th year)  
3rd position : Ankita Menon (4th year)

#### **Butterfly 25m**

**Mens :** Winner : Shubham Kumar ( 2nd year)  
Runners up : Rithvik kusumanchi ( 1st year)  
3rd position : Kamesh Kumar Keshri (4th year)

#### **Back stroke 25m**

**Mens :** Winner : Shubham Kumar ( 2nd year)  
Runners up : S N Krishna Kaushik Devineni( 3rd year)  
3rd position : Ravi Savani (4th year)

**Womens :** Winner : Sriya Raghini Peri(3rd year)  
Runners up : Anushna Sen ( 4th year)  
3rd position : Ankita Menon (4th year)

#### **Breast stroke 25m**

**Mens :** Winner : Kamesh Kumar Keshri( 4th year)  
Runners up : Shubham Kumar ( 2nd year)  
3rd position : Ravi Savani (4th year)

**Womens :** Winner : Pooja Mohan Raj ( 3rd year)  
Runners up : P. Gayatri (3rd year)  
3rd position : Tamanna Somnath Bagchi( 4th year)

#### **Free style 25m**

**Mens :** Winner : Rithvik Kusumanchi( 1st year)  
Runners up : Bhavya Narang ( 2nd year)  
3rd position : Nitin Dhillon( 3rd year)

**Womens :** Winner : Anushna Sen (4th year)  
Runners up : Pooja Mohan Raj (3rd year)  
3rd position : Rutu Rajeevan( 3rd year)

#### **Free style relay**

**Mens :** Winner : Ravi Savani (4th year)  
: Saumil Jadhav (4th year)  
: Kamesh Kumar Keshri (4th year)  
: Namam Gupta (4th year)



Runners up : Saahil Baghel ( 3rd year)  
: Akshay V R ( 3rd year)  
: Nitin Dhillon ( 3rd year)  
: S N Krishna Kaushik Devineni ( 3rd year)  
3rd position : Ashutosh Pandey ( 2nd year)  
: Bhavya Narang ( 2nd year)  
: Shubham Kumar ( 2nd year)  
: Rajat Palode ( 2nd year)

**Medlay Relay (No points)**

**Mens :**

Winner : Ravi Savani  
: Saumil Jadhav  
: Kamesh Kumar Keshri  
: Namam Gupta (4th year)  
Runners up : S hikhar Arora  
: Nitin Dhillon  
: S N krishna kaushik Devineni  
: Akshay V R (3rd year)

**free style relay ( No points)**

**Womens :**

Winner : Anushna Sen  
: Tamanna Somnath Bagchi  
: Tarunika Godha  
: Ankita Menon (4th year)  
Runners up : Rutu Rajeevan  
: P.Gayatri  
: riya Raghini Peri  
: Kalgi A Barodia(3rd year)

## Badminton

For Athlos this year the game badminton matches were held in Marena- indoor sports complex, where the students of MCOPS played in singles, doubles and mixed teams. The matches were astounding to watch as several players were state level champions. With the sports council judging and monitoring the game play, the winners were as follows:

### Singles Male :

First : Anujit (3rd year)  
Runner up : Pradyum (1st year)

### Singles Female :

First : Girija (1st year)  
Second : Gayatri (3rd year)

### Doubles Male :

First : Akil and Anujit (3rd year)  
Second : SirVenkatesh Kamath and Richi Roy

**Doubles Female – not done yet**

### Mixed:

First : Anujit and Gayatri (3rd Year)  
Second : Sir Venkatesh Kamath and Sweeka (Post Grad)

### Chess:

The sports council conducted the first athlos event of the year starting off with chess. Chess is a two-player strategy board game played on a chessboard, a checkered gameboard with 64 squares arranged in an 8×8 grid. The game is played by millions of people worldwide and its believed to have originated in India. A large crowd showed up to participate.

The winners were:

### Females

1st : Sanyukta (Postgrad)  
2nd : Saksha (1st Year)

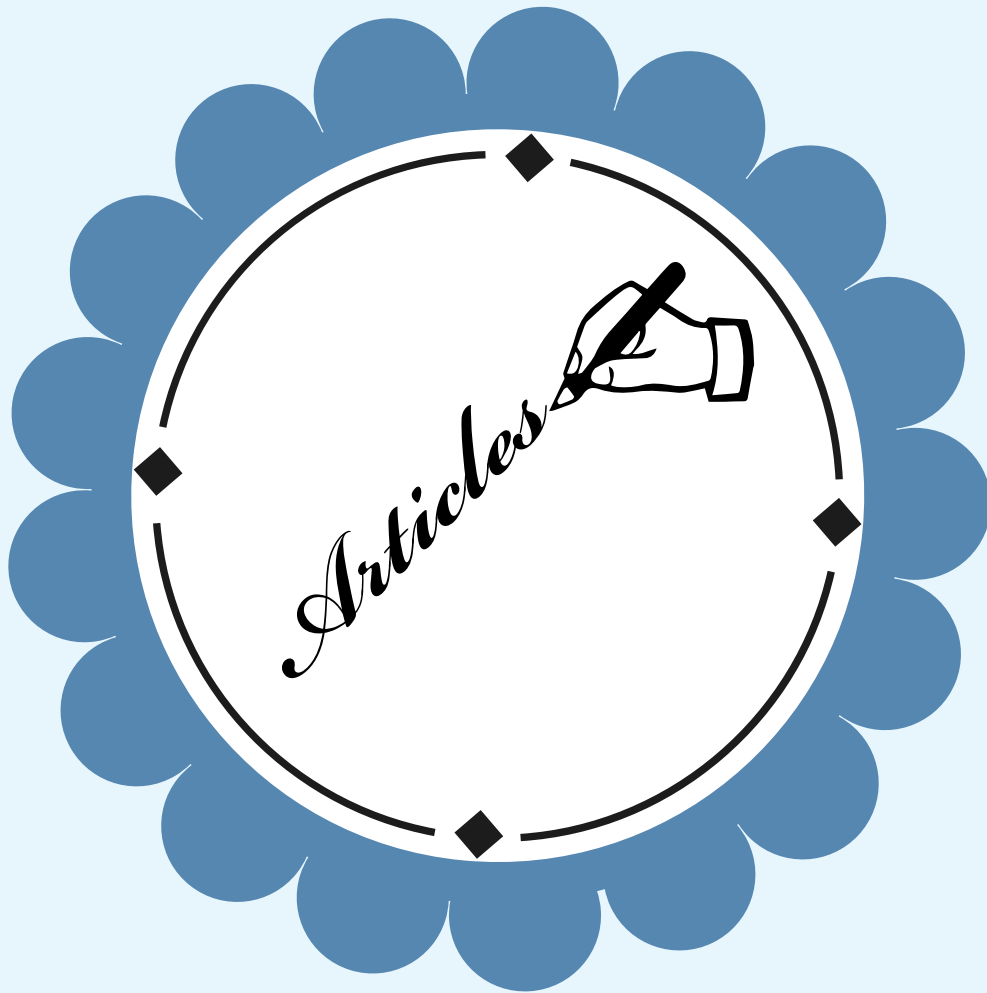
### Males

1st : Upamanyu (Postgrad)  
2nd : Vinay (2nd year)

**CYCLATHON:** As very evidently the name suggests, Cyclothon headed by **Rajeshwar Reddy** 3rd PharmD, is cycle racing over long distances. It's a very popular sport hence this time our college decided to go ahead with this event for the celebration of national pharmacy week, "Cycling for a healthier heart". This event was held on 23rd November 2018 and it was a great stress reliever and a fun activity for students and teachers.







The Days of our lives  
Knocking on the early adult days of life  
The college days await with all it's charm to be strived.

Glorious we all thought it would be  
But with the attendance and assignments;  
"Is it the place I want to be?"


A cherry on top is the morning class  
Can't skip it with the seventy five percent attendance behind us; Alas!

Found some people close to the heart  
A new family away from home, without whom can't spend a minute apart.

Nothing short of a Valhalla it is,  
The days are full of glory and a pot load of stories.

Times being filled with leisure and lots of pressure,  
Amidst which we all search for the treasure.

Suddenly, when you look back  
The poster says 'The End',  
As grown ups to the future we all ascend,  
The 35040 hours of these four years  
Pass by just like a snap of your fingers,  
Leaving us with the memories which forever linger.

**Bisruta Chowdhury**   
2nd year BPharm

## Flavour of Life

Flavour of Life  
Life has many flavours  
It is sometimes spicy,sometimes  
Salty and sometimes sweet.  
The sweet one is  
Everyone's favourite  
And the only part everyone  
Likes to try  
Store it in your memories.  
As much as you can  
Enjoy this flavour of Life,because  
It is time to try out a new one.  
Flavours are so unstable,don't know  
When the other might come  
And when it's the spice's turn  
Everyone starts running  
But do not run because one day

You had to experience it.  
What you need is a bit of perseverance.  
Fight it,and success will come to you.  
There comes the salty part  
Which brings grief and sorrow in your  
heart  
Nevertheless,even this had to come  
The time when all your families  
And friends are away from you  
The worst flavour added to your life is ego,  
Kill it to bring your sweetness back.  
Life is not always a cup of tea which we  
Prefer,but always remember  
That it is the best gift God has given us.  
So live it and taste all the flavours  
And never give up because  
"Life only comes once

**Purna Sarda**

1st year BPharm



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## Generation's Struggle to Believe

I WON'T FORCE MY BELIEFS ON YOU IN THIS ARTICLE SO DON'T WORRY, GO AHEAD.

Faith,to me, not only means complete confidence in a divine power but ourselves or any particular thing you wish to trust. This generation wants every situation and belief to be reasonable, which is very good in most cases but can sometimes lead to losing hope. There are times when you just need to believe blindly to keep going on. Many people suggest that believing and having faith in one particular thing gets them through any impossible scenario, mostly that one thing/person/creature is termed GOD.

Do you think God is a person governing this planet?

Barna Group is a private, non-partisan, for-profit organization under the umbrella of the Issachar Companies. Located in Ventura, California, Barna Group has been conducting and analyzing primary research to understand cultural trends related to values, beliefs, attitudes and behaviors since 1984. Their Reports on the Internet show that the percentage of Generation Z that identifies as atheist is double that of the U.S. adult population and half the churchgoing teens say that the church rejects what the science tells them. Hence, today's generation is confused in what to believe and what to reject. Yes, we don't know if it's all a grand design or coincidences but sometimes you just got to believe in ONE



thing because if you don't believe in anything at all, you don't have anything to live for.

I, for an example, don't believe that God is a magically fancy person, I just believe that god is another word for 'Hope' in tough times and a reason to stay grounded in good times. My father once told me that Religion and traditions were just words for explaining science to averagely educated or uneducated people in layman's terms. For example, in Hindu Religion, some people keep 9 days fast twice a year, known as Navratri, at the junctures of seasonal change. People who don't know much of science and believe in God, do it with faith, not knowing about the detoxification process our body needs to undergo to prepare for the upcoming season. Hence, I don't know what God is and I leave it as an individual's choice to believe in god or believe in science.

Apart from the example of God, the most important is that a feeling of trust in oneself is also missing these days. Due to rise in competition, people have stopped believing in their talent and refuse to give it a shot. The burden of our education system is making most of the school-goers choose 'what they should be ideally doing to please the society' dream over their real dreams.

I am not asking anyone to believe in anything you find unreasonable, but I am definitely asking you to believe in yourself. You can reason for your own activities. I am asking you to believe in your family, your friends, your dog or any one thing or person to keep yourself going, something you relentlessly work for!

**Aditi Dhawan**

1st year PharmD



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## India-A Land of Superstitions

Superstition is considered a wide spread problem. India is a country where superstitions are all around. These are prevailing in so called 'well educated society' also. Indian culture is very closely associated with these superstitious beliefs which have a great impact on their livelihood. Some beliefs may be considered superstitious by some, may not be considered so by others. Here are some of the common superstitious beliefs practised in India:-

- 1) The most common belief with no logical proof is that one shouldn't cross road which a black cat crossed before. The person who crosses first would get his/her luck spoiled.
- 2) One of the most disappointing belief is that women during their menstruation cycle is considered impure. They are not allowed to enter in the kitchen
- 3) A common belief seen is cutting of nails and hair on particular days of the week. It is a sin to cut nails and hair on Tuesday, Saturday. It is also believed that one should not cut nails after sunset.
- 4) It is a belief that one should never buy footwear on a Saturday.
- 5) On every pleasant occasion it is believed that the amount should always end with 1. It is considered auspicious. Many envelopes already come with one rupee coin on them.
- 6) A person born under influence of Mars is called Manglik. So a non manglik does not get married to a person who has Mangal dosh. Marrying such persons can cause divorce and sometimes even death. However if 2 such people get married then the Mangal Dosh gets

cancelled and they can live happily.

7) Snakes are forcefully fed milk on the occasion of a festival called Nagpanchami, it is considered auspicious. Due to this a large number of snakes die annually.

8) It is a belief that people shouldn't sleep with their head facing the North. This superstition has to do a lot with the physical and mental well being.

9) Breaking of a mirror brings bad luck.

10) Twitching of eye is inauspicious. This superstition is different in different cultures. It is considered good luck in some and bad in some other. It differs according to gender as well.

11) Spilled boiling milk is another superstition which is believed. Most people consider it a good omen but there are folks who consider it a bad omen too.

These are few of the common beliefs which are seen in India and can probably be accounted as the reason behind society's backwardness. People with great degrees of study are somewhere lagging behind because of these beliefs. This can be changed through a gradual process to clear the way of overall growth and development.

**Kalgi A Barodia**

3rd BPharm



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## **Tough times don't last, tough teams do**

It is rightly observed that none of us are as smart as all of us. We can only do so little by ourselves. Without cooperation, real success is impossible. By channeling efforts, talents and resources of other people, we can succeed much faster and easier.

Gandhiji could not have accomplished the feat without the cooperation of millions of Indians. Christianity would not be growing in the speed it is, if it's believers would not continue to expand the ministry. Napoleon could not have conquered and won so many victories without the help of his so many soldiers.

There's a saying "team work makes a dream work", which is essentially true because one is a very small number for greatness. Every great enterprise began at least with a team of two people. Bill gates and Paul Allen founded Microsoft, Steve Jobs and Steve Wozniak led to the founding of Apple, five talented musicians led to formation of the Beatles and the story goes on and on....

Thus, teamwork is an indispensable need among people who are looking forward to do or become something. Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.

**Soumyadeep Bose**

2nd year BPharm



## The Magician

He stood there. On the stage he had been standing on for decades. He looked at the empty, cold auditorium and thought of the old days. Kids and adults gazing up at him eagerly. The kids' eyes full of constellations of glimmering hope and fascination. The adults had them too, but their stars were worn out, rough around the edges.

At that time, it wasn't just a show, it wasn't just a performance. It was a fantasy, a cry of desperation, a spark of belief that there was something beyond their realities. But that wasn't the case now. Now they knew. Or so they thought. The constellations had been reduced to dry wells surrounded by cracked earth, wells which knew hoping for rain was useless. They believed they knew it all, they refused to believe more.

Sadly, he took off his hat and bowed. For the last time. He bid adieu to the new world. The world that had crushed him and many others. The world that had removed every ounce of magic from every lost soul trying to find its way.

**Sandhya Nayak**

2nd year BPharm



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## Mental Toughness

Life confronts us with unexpected challenges. Sometimes we feel our world has turned upside down. We are confused and don't know what to do. We sometimes start to overthink and find ourselves with scary choices. Mental toughness is not just being mentally strong, but there is much more to that 'toughness'. It includes being emotionally, socially, physically strong. Being mentally tough is a weapon everyone especially students need to carry with them however the situation is or would be. A student these days faces many hardships that might be living away from home to peer pressure to exam anxiety. If one gets easily carried away with anyone of the difficult situations he or she faces it can lead to severe conditions like depression. Hence one must understand that it is necessary to be mentally strong if not, one must learn to develop it. Another important behavior a person must try to follow is sharing problems he or she faces. It can be a parent, siblings, close relatives or close friends a person is close to and is trusted. This can help share their burden and also get useful advices. This can also contribute in achieving mental strength. Indulging oneself in several outdoor activities which are preferred also plays an important role. It helps in keeping one's mind busy in extracurricular activities along with regular activities. People might notice others who are well indulged in various activities along with their work being extroverts, cheerful and happening. Hence everyone must try to achieve the strength of mental stability along with physical stability to cope up in today's competitive world.

**Shruthi Manohar**

1st PharmD





## The Modern Era

Humans are extremely advanced now. We have achieved so much now that our existence is incomplete without it. We are crippled without our inventions. These inventions we have come up with has become part of us. We made these devices to help us save our time, but unknowingly it end up taking all our time. Where are we headed? Are we really getting advanced over time, do we have enough time? Well, stories of Egyptian civilization or kingdom of Atlantis tell us a different story. They seemed to be civilization of greatest advancement later, appeared to loose their abilities and skills all of a sudden. The remains from these kingdoms display some unbelievable architecture which we thought would be impossible during those era. Over dependence in human made accessories have decreased our skills to depend on natural instincts. Remembering even a number seems impossible for us. The urge and need for advancement, the hunger for knowledge is seen only on handful few. Gone are the days when brilliant minds like Leonardo da Vinci, Isaac Newton, Picasso, AriaButta lived, when the questions from nature were too many, and sources of answers were too little. We are filled with knowledge from everywhere, answers to our curiosity can be seeked almost instantly. Yet our hunger for them is negligible. Well one common thing to see in all these era is that none of these advancement has nothing to make our flora and fauna better. All these advancement has constantly been a threat to them. One interesting study points that if earth was made in 24 hours, humans beings were created only after 23 hours 58 minutes. And we destroyed 49% of entire kind of species by then. We have left no room for our earth to heal itself. We are in constant battle for dominating ourselves. And one thing we often forget is that there is no much time left until we all will come to a halt again. Just like our previous eras showed us.

**Shruthi Manohar**

1st PharmD



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## Living The Moment

A lot of people who are reading this article are simultaneously thinking about their next deadline. Without any doubt, all of us have mastered the neurotic art of spending much of our lives worrying about a variety of things all at once. Irrespective of what happened yesterday, last year, and may or may not happen tomorrow, the present moment is where we are- always!! This is the only moment we have a command over and if we can fill this unforgiving minute with sixty seconds worth of distance run, then as Rudyard Kipling put it, 'yours is the earth and everything that's in it.'

Life is what's happening when we are busy making other plans, visualizing tomorrows which actually never take shape. Many people live life as if it were a dress rehearsal for some later date, forgetting that life is all about live shows.

Every time we work, our personality splits into two selves. Self 1- does the task while Self 2- tries to administer our performance through instructions like, 'hurry up, you'll miss the deadline, you're going wrong there' etc. If we can lose Self 2 and leave the work to Self 1, we have truly transcended time. Our output and efficiency doubles and both the past and the future dissolve in the present. Time completely collapses.

William Wordsworth wondered what life is if we don't have the time to stand and share. Why is sitting on the sea shore or gazing at nature's magnificent display so relaxing?? It gives us a feeling of timelessness. We are completely immersed in the present.

So, what is the use of always weeping, making troubles last; what's the use of always pondering about the past?? Instead of postponing our gratification, happiness for some vague tomorrow, start living the moment!!

**Akshara Kumar**

2nd year BPharm



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## The Charm Of Life

Sometimes people come into our life and we know right away that they were meant to be there, to serve some sort of purpose, teach us a lesson or to help us figure out who we are and whom we want to become.

We never know who these people are, may be – a roommate, a neighbour, a professor, a friend, or even a complete stranger- but when we lock eyes with them, we know at that very moment that they will affect our life in some profound way.

Sometimes, things happen to us that may seem horrible, painful and unfair at first, but in reflection, we find that without overcoming those obstacles, we would have never realised our potential, strength, willpower or heart.

Illness, injury, lost moments of true greatness and sheer stupidity all occur to test the limits of our soul. Without these small exams, whatever they may be, life would be like a game without any enemies to attack our character. It would be safe and comfortable, but dull and utterly pointless.

The people we meet affect our life, and the success and the downfalls we experience, helps to create who we are and whom we become. Even the bad experiences can be learnt from. In fact, they are sometimes the most important ones.

Make everyday count. Appreciate every moment and take from those moments everything that you possibly can, for you may never be able to experience it again. Hold your head up, because you have every right to.

Today is the tomorrow we were worried about yesterday.

**Akshara Kumar**

2nd year BPharm



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## A Nomadic Life

Life is a long tale of joys and sorrows, and mine has been particularly so. I have travelled widely. I have been in the custody of people of all types. Some were miserly and wanted to keep me imprisoned. Others were extravagant and did not attach any importance to me. Sometimes, I was lost through carelessness and I lay on the ground covered with dust. Undoubtedly, my life has been full of adventure.

My earliest memory is of being born in Delhi mint with hundreds of thousands of my brothers. Amid the clatter and the snippets of Hindi conversations, I paused on a battered anvil for the final pangs of my creation. Beneath me lay a hardened die bearing the image of Ashok Chakra, the mirror image of the words- India and the year of my creation. Atop me pressed another, etched with my value- 5 Rupees. These images stamped deeper into my flesh, giving rise to my identity, stamping their images as father and mother of a newly mined coin. I can't do much on

my own, but contrary to what most believe, I can speak. Money always speaks.

It was a bright summer day when I was handed over to a young gentleman across the counter of a bank. The gentleman who took me seemed to like me. Therefore, he put me in his pocket and took me home. Everyone who saw me praised me for my bright looks. I was soon placed in the cash- box. It was a pleasure to be in the company of so many coins, some of them as bright and beautiful as I was. I made some of the most cherished memories in their happy company. We talked, laughed and jingled if anyone touched us.

I hoped to end my life here, but it was not to be. One dark night, some thieves broke into the house. They broke open the cash- box and kidnapped me. Seeing my remarkable sheen, the thieves took a liking for me. The leader of the gang took me and handed me over to his wife as a token of his love for her. The wife was delighted to see, and I hoped I'd be treated nicely – but as luck would have it, she was an extravagant lady.

I was given to a cloth merchant in exchange of cloth who in turn gave me away in exchange of cotton. I had now become quite accustomed to such adventures and had even started looking forward to them. Unlike one and two rupees coins which travel swiftly, but not very far, my brothers and I ranged into territories quite distant from our monarch's own marketplace. Looking forward to new and exciting owners. I merrily exchanged hands. But my ill fate, which never left my side for long, caused me to drop out of the slippery hand of my new owner. Despite trying for long, I couldn't hang on to her anymore. Our hands parted and I dropped and landed on the ground with a thud! I was left all alone on the side of the road. The rain began to pour and I was pushed along the gushing water. I soon found myself at the bottom of the puddle, invisible and unheard. I lay there for some days. One day, it so happened that some boys came that way. One of the boys saw me and picked me up. He cleaned my face, restoring my glorious shine. The poor boy was very happy and kept me in his bowl along with a couple of other dirty, smelly coins. It was then that I realised that I had fallen into a possession of a beggar. Despite this, I wasn't unhappy. As long as I had an owner and a home to live, all is well.

However, a coin's life can never be that easy. Just when I was beginning to settle down into my new home, I was given away by the poor boy in exchange for a chocolate. Even as I could feel myself getting tired of this never-ending journey, I felt an immense pleasure to see the happiness on the boy's face when he gave me and bought the chocolate (perhaps his first, in months).

An interminable amount of time later, I am still being passed from one hand to the other. My old lustre is vanishing. Signs of old age are becoming apparent – the words inscribed on my body are growing dim. No one seems to want me now. My heart aches as I realise, what a burden, life has become. Wandering like a nomad, still in search of my true owner and a peaceful purse or a piggy bank to settle in, goes on my life- the life of a coin.

in reflection, we find that without overcoming those obstacles, we would have never realised our potential, strength, willpower or heart.

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Today is the tomorrow we were worried about yesterday.

**Akshara Kumar**

2nd year BPharm





## Rising Above Confusion

"Photography seems to be an interesting career option"- to my sister while flipping through a magazine called "British Journal of Photography".

"Journalism is fascinating!", while watching Sonia Singh shooting words on NDTV 24\*7, wedged in between my parents.

An hour later on the phone with a friend,

"Photo- journalist. That's what I want to become."

This is me, at 16.

At the opposite end of the spectrum:

When asked about her career of choice, my little sister, aged 11, has been saying confidently for over 18 months "I want to become a doctor. I want to help people out of their pain."

"Why is that?" I wonder to myself in one of the introspective, self- examining moods.

Why can't I decide? Why is it that the decision- making gene my parents (both achievers in their own right) must have possessed bounced right off my head?

Career is a far cry. i take around a quarter of an hour (more, my mother would undoubtedly say rolling her eyes) to decide what to wear on an everyday basis!

In my defense, (be it clothes, or career) there are so many choices and so little time and of course, the perennial fear that I won't get it right, mess my entire life up and look back on this moment with regret, wishing that I had thought more and had settled for an alternative.

While standing in front of my open closet, contemplating what to wear for an occasion, I hear my mother saying "We leave in a minute. If you want to come, that's all the time you have to get dressed."

That got me thinking. Isn't that how life is?

Opportunities don't wait long enough for us to weigh their pros and cons just as events don't wait for our approval to take place.

Life moves on. The clock doesn't stop ticking.

It's time now.

Our time to make decisions that will impact the rest of our lives, to etch our individual destinies that will shape the future of this world, to figure our way of leaving our distinct footprints in the sands of time, to rise above the eternal sea of confusion, embrace ourselves, zip through the jungle to let the castles we make in the air be the refuge for our "happily ever after."

**Akshara Kumar**

2nd year BPharm



## 21St Century Devil

Promotes female birth, yet kills the she infant inside.  
Promises for betterment, tempting himself with a selfish mind.  
An eloquent saint for the world, but inside him a rapist lurks.  
Praises superfluously on the face, but behind the back his not kind.  
A successful man, but inside him a cheater resides.  
A role model for gents, yet deceives his lady at times.  
An ethical patriot, still a wretch who survives on bribe.  
The most trustworthy man, treads on an obscene crime.  
The sweetest of brothers, has a dreadful vengeance inside.  
The victim of a crime might himself be acting deviously at times.  
That is why we burn Raavan each year, because his ten faces are still alive.

**Akshara Kumar**

2nd year BPharm



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## 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.

**Akshara Kumar**

2nd year BPharm



## 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

**Akshara Kumar**

2nd year BPharm



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## 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 earthen simplicity ,socially unacceptable.  
I take this meal, clumsy, humble,  
And wish for an honest, true cheese everyday.

**Akshara Kumar**

2nd year BPharm





## 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

**Akshara Kumar**

2nd year BPharm



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### Mud Games

Raindrops on canvas,  
A delicate dance.  
Always running  
Through mud,  
wind,  
water,  
dreams,  
On boardwalks,  
beaches,  
gravel,  
sand.  
Unclothed bodies  
Paint each other with last night's creation  
Chase, slip, slide, throw-  
Better not get too close.

**Akshara Kumar**

2nd year BPharm



### 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

**Akshara Kumar**

2nd year BPharm



## 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.

**Akshara Kumar**

2nd year BPharm



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## Lunch

My eyes are looking for the packet of glitter pens Aarohi needs for her project  
Instead they spot of brown leather covered album  
I let my fingers caress the almost faded and torn leather  
I keep forgetting, that you had a fetish for covering everything with leather  
Three years have passed by and maybe it's true  
Time can probably heal pain  
Because now everytime I see red roses, I end up buying them for the house  
I keep forgetting that you never liked them until Aarohi reminds me  
Because everytime I pass by that Chinese takeout we discovered on that spontaneous drive  
I keep forgetting that you loved their fried chicken instead of their noodles.  
So I buy the noodles, and they give me complimentary fried chicken reminding me.  
Because every morning before I leave, I end up leaving the wet towel on the bed.  
I keep forgetting about your Monica Syndrome.  
I'm reminded of it when I lay on the damp bed every evening  
Because everytime I go to the kitchen, I still have no idea what the difference between urad dal and toor dal is.  
I keep forgetting that you labelled all the boxes, bold and big enough for Aarohi and me to not starve day after day  
Three years you've been gone, but have you?  
Parts of you still remains, be it the Chinese takeout or grocery store or the kitchen where you've named all the spices and types of dal.  
Time maybe heals pain. But it can't heal the memories.  
I keep forgetting that you're still here.  
Watching over us.  
And I finally find the glitter pens, in a cardboard box that you labelled "stationary" with a smiley face

**R.Suhita**

3rd year Pharm D



## The Newbie

My eyes are looking for the packet of glitter pens Aarohi needs for her project  
Instead they spot of brown leather covered album  
I let my fingers caress the almost faded and torn leather  
I keep forgetting, that you had a fetish for covering everything with leather  
Three years have passed by and maybe it's true  
Time can probably heal pain  
Because now everytime I see red roses, I end up buying them for the house  
I keep forgetting that you never liked them until Aarohi reminds me  
Because everytime I pass by that Chinese takeout we discovered on that spontaneous drive  
I keep forgetting that you loved their fried chicken instead of their noodles.  
So I buy the noodles, and they give me complimentary fried chicken reminding me.  
Because every morning before I leave, I end up leaving the wet towel on the bed.  
I keep forgetting about your Monica Syndrome.  
I'm reminded of it when I lay on the damp bed every evening  
Because everytime I go to the kitchen, I still have no idea what the difference between urad dal and toor dal is.  
I keep forgetting that you labelled all the boxes, bold and big enough for Aarohi and me to not starve day after day  
Three years you've been gone, but have you?  
Parts of you still remains, be it the Chinese takeout or grocery store or the kitchen where you've named all the spices and types of dal.  
Time maybe heals pain. But it can't heal the memories.  
I keep forgetting that you're still here.  
Watching over us.  
And I finally find the glitter pens, in a cardboard box that you labelled "stationary" with a smiley face

**R.Suhita**

3rd year Pharm D



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## The Wooden Box

I stood in front of the dull grey metallic cupboard that Ankita's parents gifted for our wedding. "Wooden box on the third shelf," my brain said. CUCKOO CUCKOO!! The voice of that annoying cuckoo bird from that wall clock startled me. I hated that clock ever since Ankita showed a picture of it to me. What's so great about a clock from which a bird pops out to give you a mini heart attack every hour? I let out a small sigh "Okay focus Dev, wooden box on the top shelf" I told myself.

I was standing in the same spot for almost fifteen minutes now and couldn't bring myself to open the cupboard. It was hard. I was meaning to do it for three months now, but I just could not. Because deep down I knew this wasn't just a door to an old creaky cupboard, this was an opening to memories that dated back to almost a decade. I didn't know if I

had the strength to withstand the pang of nostalgia that would hit me if I opened the door. The moonlight from the window reflected on the side of the cupboard and I could see that the metal was rusting and chipping away.

“DEV!! WOODEN BOX, TOP SHELF!!” my brain screamed. “No more distractions,” I told myself like a mother tells a child who wasn’t doing his homework. My fingers trembled as I lifted my hand to open the door. I pushed the handle down and slowly opened the door like they show in the horror movies. Immediately my nostrils sensed the familiar scent of vanilla tea, a room freshener Ankita sprayed almost everywhere in our small one BHK flat. I loved the scent so much that on some days I sprayed some on my clothes to just get that feeling of home and her.

Even in the dim lit room, my eye caught the wedding saree she had preserved over the years safely. My mind played a video of Ankita’s entrance into the mandap where she almost tripped over in her saree because it was her first time wearing one. Maybe she was the one who tripped, but I was the one who fell hard, all over again for her. God, I missed her so much. I understood why I had been postponing this for over three months now. The past is strange. No matter how much you think you’ve moved on or forgotten, you’re never really over it because it’s a part of who you are now. Good or bad, it’s like a scar that cannot be erased. Maybe you can cover it or pretend like it’s not there. But even though faded, the mark made is left forever.

I looked up at the top shelf and slowly pulled out a small brown wooden box which Ankita persuaded me to buy during some sale because it was 70% off its original price. It was quite heavy in contrast to its appearance. I gently opened the lid. There were a few photographs of Ankita and me from our wedding, our honeymoon, the trip we took with our families to Varanasi because my mother wanted to buy Banaras sarees and some from when we first moved into this house. I could feel my lips curve into a smile looking at the goofy pictures she had kept all these years. Those were simpler times. I placed the pictures back and picked up the real reason I actually came for. It was an elegant, leather strapped watch by Cartier which Ankita gifted on my birth.day. I held it in my hands and felt myself getting transported to another world

“Happy Birthday love!” Ankita suddenly said. We were stuck at a red light and I was cursing the traffic and the weather. It was pouring cats and dogs and taking forever to move. “Huh? Wha-fu-god. Anku! What is this?” I shrieked as I looked at the gorgeous watch she had just strapped. Time stood still. It literally stood still because I guess she hadn’t put in the battery yet. “I really can’t tell if you like it or not honey with that look” Ankita snapped me out of my thoughts. I looked at her and hugged her. “Like? I love it” I whispered. With our financial status, I knew how much and for how long she must have saved to buy me something so expensive like this. The sound of blaring horns from behind interrupted our beautiful moment and it was my cue to drive. I still couldn’t sink in the fact that she bought me something so precious. I kept looking at her from time to time and smiling like a fifteen-year-old teenager in love. Suddenly Ankita’s eyes opened wide in fright and she was about to say something. Before I could follow her gaze I felt the car come to a sudden halt without me hitting the brakes. There was too much light on my face and at that moment I wished I had saved up for another year and bought a car that had airbags. I could feel Ankita’s hand hold on to my arm as my head banged against the steering wheel back and forth while the glass from the windshield and windows cracked and little pieces of glass pierced my face and eyes. I could feel the rain , mix with the blood on my face and trickle down all over me. Though I couldn’t feel more than half of my body, I could feel Ankita hadn’t let go of my arm.



CUCKOO!!CUCKOO!! The damn bird brought me back to the dim lit room. The present. My face was strewn with tears and I shut my eyes tightly as if that would take me back in time and change what happened. I let out a small scream and clutched the watch a little tighter. My legs gave up and I fell on the bed behind and held my head with my hands and cried like a baby. I looked at the watch again in the moonlit room and a few tears fell on the dial. There were dried blood stains on the strap but surprisingly the glass dial remained intact. It still showed the same time, day, date and month as it did three months ago. Ten minutes past ten. January 31st, Friday.

The sound of the front door unlocking caught me off-guard. I hurriedly stuffed the watch in my pocket, placed the wooden box back on the shelf and closed the cupboard. I walked out of the room to come face to face with the woman who I hadn't seen in a span of 90 days. She looked just as beautiful and divine. She walked towards me. I raised my hand, as if I wanted to hold onto her for one last time but she walked right through me. I saw her go into our room and stare at our wedding photo. She didn't say a word, just smiled and caressed it. She had returned home which meant it was time for me to go back to mine. I clutched the watch in my pocket tight and told myself "This is how I'm going to hold on to you. Forever" and with that I crept quietly back into my grave.

**R.Suhita**

3rd year Pharm D



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## Dadi

I stood in front of the dull grey metallic cupboard that Ankita's parents gifted for our wedding. Her wrinkled hands fail to pick a glass of water,

But never to caress my face.

Her trembling voice

Sounds like the most soothing music I've ever heard.

She always forgets to take her pills,

But never to tell me a story at night.

I can't think of the last time she bought anything for herself,

But every time I visit her,

My piggy bank gets heavier.

Her skin is brown,

Like my favoriteshade of coffee.

Her eyes are grey on the darker side,

Like the sky just before it rains.

She doesn't eat much,

but never lets me leave the house until my stomach is full,

And my hands too with almonds and raisins

as sweet as what I call her,

'Dadi'.

**Abhipsa Mehndiratta**

2rd year BPharm



# Sketches



**KRITHI**  
2nd BPharm

# Sketches



**ROOPA ACHARYA**  
1<sup>ST</sup> PharmD



**DIVYA**  
1<sup>ST</sup> BPharm



# Sketches



**Suneha Banerjee**  
4<sup>th</sup> BPharm



**Sanal Simon**  
1<sup>st</sup> PharmD



# Sketches



Anjela Jacob  
3<sup>rd</sup> BPharm

# Sketches



Rizwan Rizu  
3<sup>rd</sup> BPharm



# Sketches



**Rizwan Rizu**  
3<sup>rd</sup> BPharm



**Jeba Maimuna**  
2<sup>nd</sup> Year BPharm

# Sketches



Priyanka Hiremath, 2<sup>nd</sup> YEAR



Kavana Krishna Nayak  
1<sup>st</sup> PharmD



# Sketches



**Kavana Krishna, 1<sup>ST</sup> PharmD**



**Graphic Art By Manish Choudhary**



**Rishav Bhattacharjee, 2<sup>nd</sup> BPharm**



**Anna Sherin George, 1<sup>ST</sup> BPharm**

# Sketches



**Rupal Jagtap**  
1<sup>ST</sup> BPharm

# One-stroke painting



**Shruti**  
1<sup>ST</sup> PharmD



# Sketches



Harshika, 2<sup>nd</sup> BPharm



SHRUTI, 1<sup>ST</sup> PharmD



SHRUTI, 1<sup>ST</sup> PharmD



# Council Testimonials



## Academic Committee

**Skanda N** : The youngest member of the Academic Council but also the one with the most potential. He is an eccentric, flamboyant young man who has ideas that one would think must've come from a genius! Humble, respectful and gifted with surprising dexterity, Skanda has and in the near future will contribute a lot to the Student Council.

**PradyumAnand** : Pradyum has this never-say-never-kind-of-attitude that must've been one of the very reasons that helped us overcome many hurdles we came across while organising PharmaQuora'19. Pradyum along with his Partner-in-Crime, Gaurav, will take this Council to greater heights in the coming future. A hard working person, Pradyum will surprise you by his level of dedication and honesty.

**Sharanya** : A very quiet girl, Sharanya was instrumental in organizing the creatives for PharmaQuora'19. Her ideas gave a midas touch to the beautification of College entrance during PharmaQuora '19. She, as a member, has a lot of untapped potential and can contribute a lot more under an able guidance.

**Gursimran Kaur** : The Punjab di Kudi of the Academic Council. Her panache can match to that of no other. The name says everything! She undertook a massive chunk of art-work responsibility and delivered to everyone's expectations! She was an asset to the Academic Council for the Pharma Quora'19 team. A diligent member of the team, Simran chipped in everything she had to offer for the event.

**Gaurav Kandoi** : What to say about him? He is Gaurav after all. Eccentric, confident, vivacious, enthusiastic and what not? He has the spirit of ten horses inside him. He is a do-er at the end of the day. He has committed to things and has almost every time delivered as expected of him. The event simply wouldn't have been conducted without the help of few people and Gaurav is one of them. He

is a person who works hard but parties harder. Hands down, Gaurav's gusto motivated each and every member of the team. I would like to see him contributing to the Council in the near future.

**Yakshita Survana** : One of the smartest members that I had the opportunity to work with, Yakshita was an asset to the PQ '19 team. She furnished whatever she promised on time and never created an opportunity for us to doubt her skills. Yakshita, as a CR, is an honest, diligent, passionate, lively, dynamic and a delightful person to know. It has been my utmost pleasure to know her and to help her with her endeavours both personally and professionally.

**Elaine Zourra Fernandes** : I have known Elaine for three years now. She has been a part of MAPS ever since her first year in one way or another. She has a very helping attitude that is very difficult to find or nurture. We were absolutely lucky to have her in our team. She has always had an inclination towards art and craft so she readily took up the decoration work along with Yakshita. A very ambitious member of the PQ team, she, as a CR, encouraged a majority of her classmates to take part in PharmaQuora '19.

**Relta D'sa** : A committed member of the Academic Council, Relta managed to efficiently handle her part of responsibility very easily. A very hard-working person, she used to complete her tasks with utmost professionalism and gusto. She was a very resourceful member of the PharmaQuora '19 team.

**Shreesha Hegde** : A boy with the smile that can melt anyone, anywhere and anytime. Shreesha's ever-smiling and ever-jovial attitude helped the Council in times of despair. I don't remember ever seeing Shreesha without a smile on his face. He was a constant source of positivity in the committee and especially when needed the most. Shreesha with his positive outlook towards the way things worked in the Council always had an idea to furnish. A lot of which were taken into consideration. A productive, conscientious, diligent and an industrious member of the committee, Shreesha helped PharmaQuora '19 in being a huge success.

**Hari Prabhat** : A very reserved person to the people who do not know him, Hari can surprisingly be a very welcoming person brimming with ideas to discuss with. He is one of the very few individuals I trust immensely and has never failed to help or even counsel me in time of need. He is a true friend, a helping classmate and a very good-natured human. Hari is the person I could put all my faith on without ever doubting my judgment.

**Kamesh Keshri** : I have known Kamesh for four years now. Apart from being a very, very close friend of mine he is also a very talented CR. This year, being his first elected as a CR for final year BPharm, he has done a commendable job. I have known him to be a person who respects things to be done in a very systematic manner. With almost German-like precision, well, that's Kamesh for you. He is the kind of person to tell you, with absolute honesty, if he doesn't like a thing. All jokes apart. And it is due to this unrelenting attitude that Kamesh was a blessing in disguise for organising PharmaQuora '19. I wish nothing but the very best for all his future endeavours.

**Hawa Bachoo** : The Scientific Girl of our Council. Hawa, was responsible for managing the entire scientific section of PQ '19. She, along with Shiva, supervised the entire scientific-half of the event. Hawa helped the council in various capacities. She is a hardworking, competent, diligent, responsible and lively member of the council. I wish her all the best for all her future endeavours.

**Nikhil Papudesi** : Nikhil bhai was an immense help in solving the various logistic and gastronomic hurdles concerned with PharmaQuora '19. His brio and managerial skills helped us feed over 300+ delegates during the two-day-long event.

**Proneel Das** : Along with Nikhil bhai, Proneelda also helped us in solving logistical issues and controlling the crowd. A veteran member of our Council (having served as a Cultural Secretary last year) he assisted us with his experience in organising PharmaQuora '19.

**Pavithra Devadiga** : Of all the members of the Council, I've never met anyone as humble and charming as Pavithra. Her dedication to anything she desires is almost infectious. She proved to be a virtuous member of the Council and her helping attitude was appreciated by one and all. I hope for nothing but her success in life.

**Sannidhi Shetty** : Sannidhi is Sannidhi. She works when she feels like. Nothing more, nothing less. But when she does feel like working, she can be a force to reckon with. Not even kidding. She's a smart girl who gets work done, one way or another. She's mischievous but kind-hearted, wayward but noble, eccentric but determined. She is dexterous and proves herself time and again. She is an asset for the Council, undoubtedly.



## **Community Development Committee**

**Divya Krishnan** : This is her third year working for CDC and upholding the joint-secretary post. She has been the backbone of our council. Prompt is she and a helping hand at all times. She is sweet, creative, resourceful and always has innovative ideas up her sleeve.

**Alisha Matthews** : Bubbly, cute and empathetic, Alisha has an intricate way of approaching things when it comes to brainstorming fresh ideas. A great asset to the committee, she has proved herself to be extremely capable and dedicated towards execution as well. Her constant partnership with Freya has and is bound to take CDC to greater heights.

**Freya Felicia D'sa** : An amazing girl who works hand-in-hand with Alisha to make sure maximum participation is achieved by all the students. Freya does not shy away from accepting new challenges. Another great asset to the committee, she exhibits the potential to manifest the most unimaginable.

**Gayatri** : An encyclopedia of smart ideas, Gayatri is a vibrant character coupled with commendable oratory skills. A fun loving girl full of enthusiasm. She has worked hard to grasp the processes of CDC. Owing to her diverse background, she is pragmatic in her approach to every task assigned to her.



**Aromal** : Intuitive, innovative, and able to intelligently maneuver through technical mazes; Aromal has a well-balanced personality with good sense of humor, wit and calm. During deliberations and events, he has been indispensable in diffusing the pressure with his jokes.

**Mrinal** : Youngest addition to our committee, Mrinal has been quite composed in his demeanour. Eager to learn and punctual at all times, I hope he continues to work hard and keep his curiosity ignited.

**Balaji** : An indispensable support to the team through every event, Balaji is a man of few words, which usually demonstrate great value. He is bold, humble and responsible. A badminton lover, Balaji makes it a point to keep himself fit (be it at the cost of meetings)

**Balaram** : Crowd pleasing and cheerful, Balaram is another fitness freak of our committee. He has been very dedicated to his work and in equal parts, lifted hazy moods with his bright humour.

**Lavanya** : Exuberant and full of ideas, Lavanya has shown great potential with her work. She is dynamic, creative and artistic in her approach to tasks. She also has a great work ethic to abide by and execute.

**Krishna** : Calm, composed, and collected, Krishna never takes no for an answer. She has contributed a great deal of ideas for the committee. Her technical and scientific skills have had compelling uses. A well-rounded human being, Krishna yearns to inculcate diverse knowledge and skills.

**Thashreefa**: She is smart, adorable, and fun loving. Tashreefa has always been committed and easily manages every task. She is bold enough to explore new avenues and can be counted upon to take initiative for each event.



## Cultural Committee

**Rutu Raajeevan** : 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.

**Sanjana Shashtri** : an asset to our committee, very smart and active. Her efforts have helped us execute a lot of ideas into something real. She has played an instrumental role in embellishing all the cultural stuff

**Raasheeda Farheen** : A very committed and hardworking member of cultural committee. Her creative and



aesthetic skills have played a pivotal role in all kinds of decorations. Punctual and supportive- an absolute necessity for the committee.

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

**Asif** : Channelizing 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. He has been an important asset in the council through out the year .

**Jenilda** : 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.

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

**Karen** : This smart girl and a graceful dancer contributed to the group with her unique ideas and worked hard everytime she was called.

**Shruti shastry** : She is full of talents, from singing and dancing to public speaking, a jewel to our committee.

**Anagha** : Very creative artist, very skilled, always completes assigned work with full enthusiasm and we were very proud to have her in our committee.

**Lipin** : He's very talented and diligent. He manages all events every efficiently and he was of great help to our committee.

**Surjo Narayan** : He is hardworking and has been there whenever called. A great aid to the committee.

**Komal** : A beautiful actor, a very lively person and completes all the work in time very efficiently.

**Akshay** : A melodious singer who contributed a great deal to the team by working hard and being there whenever called upon.

**Rifa** : A very supportive member of our team who helped us a lot to execute programmes nicely.

**Suneha** : A soulful musician who is very punctual and always on the line whenever needed. Her presence and service has contributed a lot to cultural committee.

**Ashwita** : does all the work with a smile and is always there when needed.

**Khatija** : very helpful and very supportive. Her service was a great aid to the committee.

**Akash** : he is very creative and contributes to the group with unique ideas. His presence was an asset.

**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. An asset to the group.



## Sports Committee

**Gaurav Girish** : You assure him to give attendance for the lectures he will be there doing all the work you need.

**Sanal Simon** : The energetic one of the group who puts a smile on our faces and helps us kill the stress from our working day.

**Tanmay & Ashley** : Very rarely seen doing some work because of their football practice. They tried to take up all the last minute works.

**Kareena** : As soon as you finish saying something, you can expect a hell lot a questions coming from her. The best thing about her is she never ends up doing blunders.

**Rithvick** : He says what he really feels and is always ready to hear the other side.

**Ishika&Bhavini** : The back-ups of the council , these two girls will be on their toes when things go unplanned and they were always ready to take up some extra work .

**Rithika** : The quiet one of the group, but she makes sure to give her inputs whenever needed.

**Vaishnavi** : She has a lot of energy and can think creatively. If she says she will do something, she will do it.

**Maya** : She's good at finding the simplest and most efficient solution.

**RAHUL RAJESH**: The amount of work he did before the final day of ATHLOS is pretty much enough to say that he can do anything and everything for the council when we needed him.

**Nitin** : He understands the situation very well and handles it with ease.

**Vinay** : This person was behind me the whole year asking for some extra work and has a potential to get anything and everything done.

**SWARNABH**:The organized one who maintained all the documents throughout the year without even missing a copy of it. I couldn't have done that as perfectly as he did.

**Shivangi Mishra** : She tries to do her best when some work is assigned to her.

**Tejas** : It might be toughest situation for him to handle, however, he can pull it off being calm, organized and perfect.

**Akhil** : He is very good at trying to help people see both sides of a situation and at the very same time he understands the actual situation very clearly.

**Srikanth** : The angry bird of the group,he can take any decision quickly and confidently.

**Mrinalini** : The only senior in the team and the official MC of ATHLOS. Whatever work is given to her she does it with perfection.

**Swaeka and Balaji** : In spite of their busy schedules and thesis work these two postgraduates did good work and helped Shiva to get tremendous participation from the PG team.

**Sushma** : She is very versatile, can switch to any work based on the situation.

**Parikshith** : He is very hardworking, can think of a solution very quickly and intelligently

**Nikhil Nainkal** : He is very observant and knows everything that's happening around.





## Editorial Committee

**Aditi** : To the only person who gets The Office memes in the council automatically makes her extra lovable. With strong opinions, an urge to become a better writer she always is ready to be a part of everything the council does. It was a pleasure having her in the board and we hope she continues to be a part of it.

**Shruti** : A wonderful girl with dynamic ideas who never says no to any tasks. Her charming smile wins the heart of others and a very convincing person in nature. It was a very memorable journey having her on the board and hope she continues in future. She is always the stress buster of the little team.

**Abhipsa** : Don't be deceived by the small built, because she's what you call "small package, bada dhamaka". Being a part of the Editorial as well as the Photography club, she has proved her worth repeatedly by multi-tasking her duties as a writer and a photographer. Being new to the board, she handled her job well and we hope she continues to stay in the council for the upcoming years.

**Zikra** : A silent but very hardworking person who believes in principle of 'speak less work more' and was always there at the time of need. She is always creative and expresses her ideas in a unique way. It was fun having her in the team. She is basically an explosion of ideas inside.

**Sanga** : A chubby and bubbly person and always working in case when difficulties when arise. Having her as a part of the council was helpful.

**Rishav** : He surprised us with his talent of shayari writing and we made sure he does a great job. He was a great help with the decorations of Qalam. He was very prompt with all his work . We hope he continues to be a part of the council .

**Ananya** : It was great having her on the council again this year. She may not pick up your call the first two times but she makes sure that the job gets done regardless! She did a splendid job during Qalam by roping participants in and as well as hosting the story writing competition during the literature fest. She has a lot of potential as a writer and we hope she can be a part of the committee, next year as well.

**Kalgi** : The most trusted member in the Editorial Board, she has been a great team member and stayed up till the wee hours of the day as a part of the decoration team to make the college look as beautiful as it did during Qalam. In spite of her hectic schedule she always made time for the council nevertheless. It was great working with a team player like her.

**Liston** : At first glance you may think twice about his work ethics, but he has always been a great support to the council. Being a localite and staying late is hard but he did his part during Qalam and helped a lot with registrations or helping with transportation. We were glad he could contribute to this year's committee.

**Mole** : With her extremely outspoken, fun and extroverted attitude, Fatimahzahra Moledina was a new addition to the Editorial Board this year. She proved her worth throughout the year, especially during the literature fest-Qalam where she brought in a lot of participation. It was wonderful to have her in our committee.

**Apoorva** : A very lively girl with a great sense of humour . She was great help in the council and we hope she continues to be a part of this council .

# Testimonials

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



**Anushna:**

“Guys, it’s not Anushka, it’s Anush-NA!”



**Ashutosh Sinha :**

“I’ve got 99 problems and attendance are ‘em all. Please help.”



**AzraTonse:**

We out \*mic drop\*

The Office. Season 7 episode 19. 14:45.



**Chaitanyamayee :**

It’s Chaitanyamayee not Chaitanya and I am not in 7th grade



**Harika Kotapati :**

I am a happy go lucky person, who likes to celebrate life as it unfolds and an altruist at heart. Being cheerful and spreading cheer is my goal.



**Andrea Barboza**

Just when you feel valued, there came Andreassen pipette'



**Hawa Bachoo**

"So dawn goes down to day, nothing gold can stay"



**Kamesh Keshri**

Just a guy who prefers to stay "behind the scenes" than being the "centre of attraction"



**Tammana Bagchi**

"Change is the only constant"



**Tarunika Godha**

always hyperexcited state



**Anish Pathak**

"Life is hard. It's harder if you're stupid" -John Wayne

**AktaPatel:**

Slinging pills to pay the bills





**Megha Kotian**

Smile and Enjoy the little things of life.



**Pooja Suvarna**

Live every moment, laugh every day, love beyond words.



**Shagun Dogra**

The way I see it, everyone either witnesses a miracle, brings a miracle, or turns out to be a miracle. It's all about how skillfully you invert the colours.



**Suneha**

Person whose name defines the personality, Suneha-a friendly and creative soul!



**Odile Singh**

I love my Dog and my Dog loves Me. And it's all that matters.



**Rifa :**

“Tuberculosis.”



**Saradindu Bhadra**

Life is like photography. You need the negatives to develop



**Supriya K**

‘The art of being happy lies in the power of extracting happiness from common things. Think like Proton always positive.’



**Namrutha**

“count ur blessings, not ur troubles”



**Sherlaine Fernandes**

“Bye”



**Nishanth Kumar**

I am ready to write a new chapter for my life



**Shruti Rao**

Never change the originality for the sake of other because no one can play your better role better than you



**AFSIRA BANU**

In college, you learn how to learn. Four years is not too much time to spend at that.



**Faisal Abbas Bhimani:**

Dont follow your dreams, follow me on insta”



**SAURABH KUMAR**

“ I keep learning from the past without regrets, living in the present without over imagination, and planning for the future without worries.”



**Nozie Carly:**

“Appreciate where you are in your journey ,even if it’s not where you want to be.Every season serves a purpose.”



**Anjali Kumari**

Just a girl who decided to go for it ;)



**Manish Bhat:**

DO WHAT YOU FEEL IN YOUR HEART TO BE RIGHT  
-FOR YOU’LL BE CRITICIZED ANYWAY YOU’LL BE  
DAMNED IF YOU DO, AND DAMNED IF YOU DON’T.



**Mrinalini:**

“Seek me through the twilights”



**Thebekholo Peter**

“It Never get easier, You just get stronger”



**Anusha Prabhu**

Simplicity is the keynote of all true elegance.



**Michaela Sewcharan**

Be not afraid of life, believe that life is worth living and your belief will create the fact.



**Chinedu Megwa**

My name is Chinedu Megwa, Nigerian, cheerful, ambitious and disciplined. I am a sports enthusiast and love to make new friends. Everyday is an opportunity to learn something new.



**Zanele Enough Ngwane:**

Do your best, God will do the rest.





**Mapaseka Mavis:**

Tough times never last but tough people do



**Rakshita Nagaraj**

“Can’t believe you graduated! “  
- Mom.



**Shivani Karnik**

How you doin’?

## 6<sup>th</sup> year PharmD



**Aditya**

“At the close of our journey, it’s hard not to think back over the past few years. We’ve made a lot of crazy memories, some good, some bad, some just plain ridiculous. But the journey is over, no denying that. And so, as we all move on to newer things I just want to say, to everyone, thank you for the ride! Peace!”



**Shania**

A Punjabi- guju who is bold enough to eat butter chicken with dhokla.



**Benita**

Some beautiful paths can't be discovered without getting lost.



**Sravani Velicheti**

Best way to teach your kids about tax is to eat 30% of their ice cream



**Veena**

\*Free-spirited\*  
"Don't call it a dream,  
Call it a plan."  
#YOLO



**Ashley Annthalody**

"Only in college can you go to a lecture and not pay attention at all but still be proud of yourself that atleast you went"



**Victor**

"Manipal university holds an important place in my heart. I will live to cherish the impact this beautiful place gave me in terms of development of my professional career, unforgettable relationship, diverse culture and great leadership skills."

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





# Class Photos

## *BPharm*



**1st Year BPharm**



**2nd year BPharm**





**3rd Year BPharm**



**4th Year BPharm**





**1st Year DPharm**



**1st Year PharmD**





**2nd Year PharmD**



**3rd Year PharmD**





**4th Year PharmD**



**5th Year PharmD**





**6th year PharmD**

***MPharm***



**M Pharm Industrial Pharmacy**





**M Pharm Pharmaceutical Administration**



**M Pharm Pharmaceutical Chemistry**





**M Pharm Pharmaceuticals**



**M Pharm Regulatory Affairs**



# Staff Photos



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**Department of Pharmacology**



**Department of Pharmaceutics**



**Department of Pharmacognosy**





**Department of Pharmacy Practice**



**Department of Pharmacy Management**





**Department of Pharmaceutical Quality Assurance**



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**Administrative Staff**

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**Suhita, Aayush Menon & Raveena**

Editors





**Editorial Committee 2018-19**







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