ORIENTAL EDUCATION SOCIETY'S

ORIENTAL COLLEGE OF PHARMACY

GRAVITY

2022-23

@OCP_OFFICIAL_PAGE

Oriental College of Pharmacy

Sector-2, Plot No. 3,4,5,
Behind Sanpada Railway Station,
Sanpada, Navi Mumbai - 400 705



I swear by the code of ethics of Pharmacy council of India in relation to the community and shall act as an integral part of healthcare team.

I shall uphold the laws and standards governing my profession.

I shall strive to perfect and enlarge my knowledge to contribute to the advancement of pharmacy and public health.

I shall follow the system, which I considered the best for pharmaceutical care and counselling of patients.

I shall endeavour to discover and manufacture drugs of quality to alleviate sufferings of humanity.

I shall hold in confidence the knowledge gained about the patients in connection with professional practice and never divulge unless compelled to do so by the law.

I shall associate with organizations having their objectives for betterment of the profession of pharmacy and make contribution to carry out the work of those organizations.

While I continue to keep this oath inviolate, it may be granted to me to enjoy life and the practice of pharmacy respected by all, at all times.

Should I trespass and violate this oath, may the reverse be my lot!

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OUR PATRONS

Mrs. Humera Khan
PRESIDENT





Mr. Waseem Javed Khan
GENERAL SECRETARY

Dr. Azeem Javed Khan
TREASURER



VISION

"Create competent Pharmacy graduates to contribute in the development of the healthcare profession"

MISSION

M1: To create pharmacy graduates through motivated and experience faculty supported by good infrastructure.

M2: To encourage students and faculty towards research in the healthcare profession

M3: To inculcate social values and responsibilities for the betterment of the community healthcare

ORIENTAL COLLEGE OF PHARMACY (OCP): AN OVERVIEW

The Oriental Education Society (OES) was established in the year 1992 under the dynamic leadership of well known educationist and former minister of education of the Government of Maharashtra, Prof. Javed Khan. The objective of OES is to provide quality education for excellence with fine exposure to practical knowledge of industry and business houses.

Oriental College of Pharmacy (OCP) was founded in 2004 under the aegis of Oriental Education Society. It is recognized by All India Council for Technical Education (AICTE), New Delhi, recognized by Pharmacy council of India (PCI) and is affiliated to the University of Mumbai. Additionally, the college has an animal house facility and holds CPSCEA approval till 2017. Building on its mission and tradition of excellence, the College offers a well developed and modern curriculum based graduate and post- graduate program in Pharmacy education. Currently, the college is offering fully fledged B. Pharm Course and M. Pharm courses three branches of pharmacy viz. Pharmaceutics, Quality Assurance, and Pharmacology.

As a private, independent, co-educational institution, OCP offers to its students a unique opportunity to integrate theoretical and applied knowledge in the health professions; so that graduates become enlightened thinkers as well as competent practitioners. The College's state-of-the-art laboratories along with the highly experienced and recognized faculty provide valuable hands-on learning and technical skills for the students.

Located in the heart of Navi Mumbai at Sanpada, within walking distance from Sanpada railway station and spread over three acre campus, OCP can provide students with resources unmatched by any other institution, thus creating a highly stimulating and inspiring environment for learning.

PROGRAM OUTCOMES

Pharmacy Knowledge:

Possess knowledge and comprehension of the core and basic knowledge associated with the profession of pharmacy, including biomedical sciences; pharmaceutical sciences; behavioural, social, and administrative pharmacy sciences; and manufacturing practices.

Planning Abilities:

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

Problem analysis:

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

Modern tool usage:

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

Leadership skills:

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

Professional Identity:

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

Pharmaceutical Ethics:

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

Communication:

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

The Pharmacist and society:

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

Environment and sustainability:

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

Life-long learning:

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

PROFESSIONAL EXPERTISE

Pharmacy graduate should acquire pharmaceutical knowledge, expertise, skill and competence to carry out various pharmaceutical operations including formulation, synthesis, analysis and trouble shooting.

RESEARCH AND DEVELOPMENT

Pharmacy graduate should be able to explore emerging technologies in pharmacy and allied area through research and development.

SOCIAL RESPONSIBILITIES

Pharmacy graduate should be able to realise social responsibilities and play an active role in improving community health care system and good pharmacy practice.

ENTREPRENEURSHIP

Pharmacy graduate should be competent enough to be successful entrepreneur with leadership skill and comply with requirement of regulatory and legal system.

CONTINUOUS LEARNING

Pharmacy graduate should attain aptitude for continuous learning, develop environmental consciousness, inculcate ethical and professional behaviour.

PROGRAMME EDUCATIONAL OBJECTIVES

PRESIDENT'S MESSAGE

As the President of the Oriental Educational Society, it is my great pleasure to extend a warm welcome to all our students as we begin another academic year. The annual college magazine, "Gravity," serves as a platform to showcase the talents, achievements, and aspirations of our student body.

As we embark on another year of learning and discovery, I want to remind all of our students the importance of education and the role it plays in shaping our future. The teaching and learning process at Oriental College of Pharmacy is designed to provide you with the knowledge, skills, and experience that you need to succeed in your chosen field of study.

One of the most important aspects of the teaching and learning process is the role of the faculty. Our dedicated and highly qualified faculty is committed to providing students with the highest level of instruction, mentorship, and guidance. They are passionate about teaching and are always willing to go beyond to ensure that their students have the best possible professional quality.

As students, it is important that you take an active role in your education, which includes attending classes, participating in discussions, and completing assignments on time. It also means seeking help, whether that would be from your professors, peers, or academic advisors.

Another key aspect of the teaching and learning process is the emphasis on hands-on experience. Pharmacy is a field that requires a great deal of hands-on experience, and that is something we provide our students with through various laboratory experiments, clinical rotations and various workshops. This provides our students with the opportunity to apply the knowledge they have learned in the classroom to real-world situations and prepares them for their future careers.

We also believe that education should not be confined to the classroom and that is why we provide our students with various opportunities to participate in extracurricular activities and community service programs. These experiences not only help students develop new skills, but also give them the opportunity to make a positive impact on the community.

In addition, the college is also focusing on the development of soft skills such as communication, teamwork, problem-solving, and leadership qualities which are essential for the students to develop their professional and personal skills.

Remember, the sky is the limit, and with the right mindset and determination, you can accomplish anything you set your mind to. I wish you all the best for your education and your future endures.



Mrs. Humera Khan

President,

Oriental Educational Society

GENERAL SECRETARY'S MESSAGE



Mr. Waseem Javed Khan
General Secretary,
Oriental Educational Society

As the General Secretary of Oriental Educational Society, it is my distinct honor to pen a message of inspiration and guidance to our esteemed students in the annual college magazine, "Gravity." The tome serves as a medium to highlight the achievements, aspirations, and talents of our student body.

As we embark upon another academic year, I implore all our students to remember that the journey of education is not just about the acquisition of knowledge, but also about the cultivation of management skills and the development of leadership qualities. These competencies are crucial for success not only in one's profession but also in their personal life.

First and foremost, time management is an essential skill that must be honed. The ability to balance one's responsibilities and priorities, to set realistic goals, and to meet deadlines is crucial not only for academic success but also for professional advancement. Procrastination is the thief of time and it is imperative that we eradicate it from our daily routine.

Communication, another vital skill, is an indispensable tool for the smooth functioning of any organization. The power of articulation, both verbal and written, is critical in fostering healthy relationships, leading teams, and conveying ideas effectively. It is imperative that we invest time and effort in improving our communication skills to enhance our chances of success.

Leadership, a much sought-after quality, is the capacity to guide and inspire others toward a common goal. True leaders do not only command respect but also earn it through their actions. The ability to think strategically, to delegate responsibilities, and to make difficult decisions are all hallmarks of a good leader. It is essential that we cultivate the leadership qualities within ourselves to lead by example and to make a positive impact on the world around us.

Furthermore, adaptability, another key aspect of management, is the ability to adjust to changing circumstances and to learn from one's mistakes. The ability to stay calm under pressure and to think on one's feet is critical for success in today's fast-paced world. It is essential that we develop the ability to adapt, to embrace change, and to learn from our experiences.

In conclusion, I urge all students of Oriental College of Pharmacy to recognize the significance of management skills and leadership qualities in their journey of education and to apply themselves diligently in the cultivation of these competencies. Remember, the greatest glory in living lies not in never falling but in rising every time we fall. I wish you all the best in your academic and professional pursuits.

TREASURER'S MESSAGE

Once again, it is my pleasure to see a new issue of Gravity. From its initial days when it showcased the inspiration of our students and staff to its current incarnation covering the issues near and dear to them and exhibiting their other talents, it has been a delight.

In the olden days, the resident "doctor" was actually a pharmacist with some degree of expertise in performing "surgery". In fact, in most cultures, the pharmacist (man or woman) was called "Wisdom". Even today, in India, the word "Hakeem" which means wise in Arabic, gets used. This issue of Gravity lets you have a glimpse on why our ancestors thought as such of the pharmacist.

From heartfelt poems to scientific prose, from telescopes to nails, this magazine shows the range of inquiry that our students and staff undertake. The outstanding academic achievements of our students and staff described within, reveals their capability to work hard, their dedication to their craft, and their superb intelligence.

Congratulations to OCP for putting together an excellent magazine. As always, I expect, this one too will become an envoy of OCP to our alumni, our friends in the pharmacy community, and the outside world.



Dr. Azeem Javed Khan
Treasurer
Oriental Educational Society

CEO'S MESSAGE



Dr. Hair-E-Karrar

CEO

Oriental Education Society

As the CEO of Oriental College of Pharmacy, it is my great pleasure to welcome all of our students to another academic year. As we embark on this new journey together, I want to take a moment to reflect on the important role that pharmacy plays in our society and the bright future that lies ahead for our profession.

Pharmacy is a field that is constantly evolving, with new discoveries and advancements being made every day. At the heart of this evolution is the desire to improve the health and well-being of people around the world. Pharmacists are on the front lines, working tirelessly to ensure that patients have access to the medications that they need to stay healthy.

As we look into the future, we can see that the field of pharmacy will continue to evolve and expand in new and exciting ways. Advances in technology and genetics will enable us to tailor treatments to the unique needs of each patient, while also improving the efficiency and effectiveness of the healthcare system as a whole.

We will also continue to see an increased focus on preventing disease, rather than just treating it after it has succumbed. This will involve a greater emphasis on community pharmacy, where pharmacists can play an important role in educating patients about healthy lifestyle choices and providing support for chronic disease management.

While the future of pharmacy may be filled with new challenges and opportunities, one thing is certain: the need for highly trained and dedicated pharmacists will always be in high demand. I am confident that our students are well-prepared to meet these challenges, and they will go on to make a positive impact on the lives of countless individuals and communities.

I urge our students to continue to strive for their excellence in all that they do, and to approach their studies with curiosity and passion for learning. Remember that the road ahead will not be always easy, but with hard work, dedication, and perseverance, you will achieve great success.

In closing, I want to thank all of our students for choosing to pursue a career in pharmacy. Your passion and commitment to this field are a testament to the importance of our profession and the brighter future of humanity.

As your CEO, I am incredibly proud of all that you have accomplished and look forward to supporting you as you continue to grow and learn in the years ahead. I also would like to invite all of you, I would also like to urge you to continue being curious, creative, and compassionate to your surrounding which in the end will lead you to be an exceptional pharmacist.

Remember, your future is bright, and I believe in you.

PRINCIPAL'S MESSAGE



Dr. (Mrs) Sudha Rathod
Principal

Dear Students,
As we embark on another academic year, I would like to take this opportunity to remind you the importance of hard work and dedication in achieving your goals. The path to success is not always easy, but with the right mindset and approach, you can make the most of your time at our college and set yourself up for a successful future in the field of pharmacy.

Class attendance and participation:
One of the most important factors in achieving success is class attendance and participation. It is crucial that you attend all of your classes and actively participate in group discussions. Not only will this help you to stay on top of the material, but it will also demonstrate your commitment to your education and your classmates.

Time management:
Time management is another key aspect of academic success. By setting goals and prioritizing your tasks, you can make the most of your time and ensure that you are making progress toward your academic and career objectives.

Reading and writing:
Reading and writing are also essential for your success. In order to truly understand and retain the material you are learning; it is important to take the time to read and write the material on your own.

Research:
Research is also very critical in achieving success in pharmacy. By developing your research and writing skills, you will be better equipped to communicate your ideas and research findings to others.

Seeking help when needed:
Seeking help when needed is very important. If you are facing any trouble understanding the subject or are feeling overwhelmed, don't hesitate to reach out to your professors, tutors, or classmates for assistance. They will be happy to help and support you.

Building a network:
Building a network is also equally important in order to remain updated with various knowledge. Building relationships with your classmates, professors, and other professionals in the field can help you to gain valuable knowledge and connections.

Keeping Healthy:
Finally, don't forget the importance of self-care. You can't be at your best academically if you're not taking care of yourself. Be sure to get enough sleep, eat well, exercise, and take time for yourself to relax and recharge.
We are proud of each and every one of you and we are confident that with hard work and dedication, you will achieve your academic and career goals. Remember that you have the support from all of us at the Oriental College of Pharmacy for your future endeavors.

EDITORIAL



Mr. Ansari Shoaib Ahmed
Assistant Professor
In-Charge Magazine Committee



Dr. Neenu Ganesh
Member Editorial Board

As the in charge of the magazine committee, it is an honor to have the opportunity to share a message with the students of the Oriental College of Pharmacy. The annual college magazine, "GRAVITY" serves as a platform to showcase the talents, achievements, and aspirations of our student body.

As an aspiring pharmacist, you have chosen a challenging and rewarding field to pursue. The journey to become a pharmacist is not an easy one, and it requires hard work, dedication, and a strong sense of purpose. However, the rewards of this profession are well worth the effort. As a pharmacist, you will have the opportunity to make a real difference in the lives of others by improving their health and well-being.

It is important to remember that success is not a destination, but a journey. There will be times when you face challenges and obstacles that seem insurmountable. In these moments, it can be easy to lose sight of your goals and to doubt yourself. But remember, these challenges are only temporary and you have the strength and the ability to overcome them.

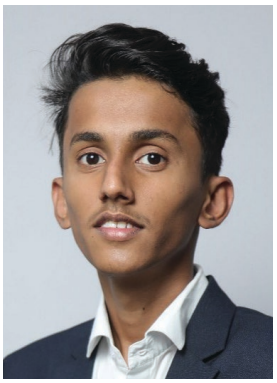
The key to success is to keep moving forward, to never give up, and to never stop learning. Always strive to be better than you were yesterday, and push yourself to reach new heights. Take advantage of the resources and opportunities that are available to you at Oriental College of Pharmacy. Engage in extracurricular activities, build relationships with your peers and professors, and take advantage of opportunities to gain hands-on experience in your field.

Lastly, always believe in yourself. Believe in your ability to achieve your goals and to make a difference in the world. You are capable of great things, and with the right mindset and determination, you can accomplish anything you set your mind to. I wish you all the best in your journey as a student at Oriental College of Pharmacy and your future as a pharmacist.

Remember, the world is waiting for you to make your mark, go out there and make it happen!



Shumayel Ansari
Student Promotion Manager



Bharat Rathod
Student Promotion Manager



Rutba Altaf
Student Editor



Nikita Patel
Student Editor



Kanchan Badode
Student Editor



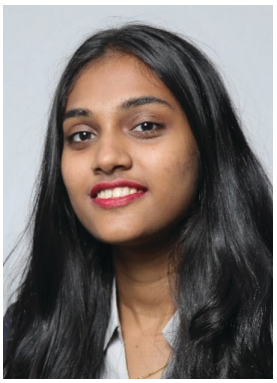
Rasika Bordekar
Student Editor



Hrishikesh Bhatt
Student Graphic Designer



Sadiqua Shaikh
Student Graphic Designer



Esha Jain
Student Graphic Designer



Shruti Pal
Student Graphic Designer

EDITORIAL BOARD MESSAGES



Shumayel Ansari Student Promotion Manager

"The true test of a man's character is what he does when no one is watching"
This quote speaks to the idea that a person's true nature is revealed not by their actions in the spotlight, but by their behavior when they believe no one is observing them. The quote suggests that a truly ambitious, independent, and cunning individual is one who maintains integrity and principles even when no one is around to see them. This quote is an encouragement to be true to oneself and to strive to be a person of good character, even when no one is looking.



Bharat Rathod Student Promotion Manager

"Life begins where your comfort zone ends"
Do things that make good stories, you don't have to be old, young, rich, or poor, just go out and make new friends, have fun, explore, travel, and learn new things.
Don't just listen to stories. Tell them



Rutba Altaf Student Editor

"Every breath is a chance to be reborn spiritually. But to be reborn into a new life, you have to die before dying." ~SHAMS OF TABRIZ
Death here doesn't actually mean dying, death here indicates change, change in a positive manner, change by getting rid of all the bad experiences, bad habits, or whatsoever and a person should never be afraid of it. However, change occurs only when a person starts looking for love in everything present in the world, loving everything for the sake of God.
Love for God is the door to everything. They say intellect only takes a person to the door.
But love, it takes you through the door. It is also said, **" The moment you start looking for love, you start to change within and without."**



Nikita Patel Student Editor

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. It does not matter how slowly you go as long as you do not stop. Believe in yourself! Have faith in your abilities! Without humble but reasonable confidence in your own powers, you cannot start your successful journey.



Rasika Bordekar Student Editor

"Life should be great rather than long", thus said Dr. Bhim Rao Ambedkar.
In this world, people usually pray for a long span of life. But, does anyone care for a great life? Life is worth it when we have a great life rather than a long life. A shorter life that allows us to do great things is better than a long life doing nothing. The greatness meant here can be interpreted differently by different people. I feel life will be great when we try to do something which can uplift society. This can be the elimination of caste discrimination, empowerment of women, or providing education to poor people, etc. It's not always important that we achieve the result, but we must try to ensure that there is equality in society and everybody enjoys equal rights without discrimination.
Life will also be great when we can show compassion to the people in society and work for their welfare. As it is said quality is more important than quantity applies to human life also.



Sadiqua Shaikh Student Graphic Designer

Life isn't about being perfect; it's about accomplishing your dreams
Believe in your dreams. Never stop trying, it's okay that you're not perfect. Life will be too short when you look back and realize that you didn't give it your all. Do it for self-accomplishment, do it for the passion, do it for the journey. Take risks and just enjoy the process.



Esha Jain Student Graphic Designer

"Life begins where your comfort zone ends"
Do things that make good stories, you don't have to be old, young, rich, or poor, just go out and make new friends, have fun, explore, travel, and learn new things.
Don't just listen to stories. Tell them



Shruti Pal Student Graphic Designer

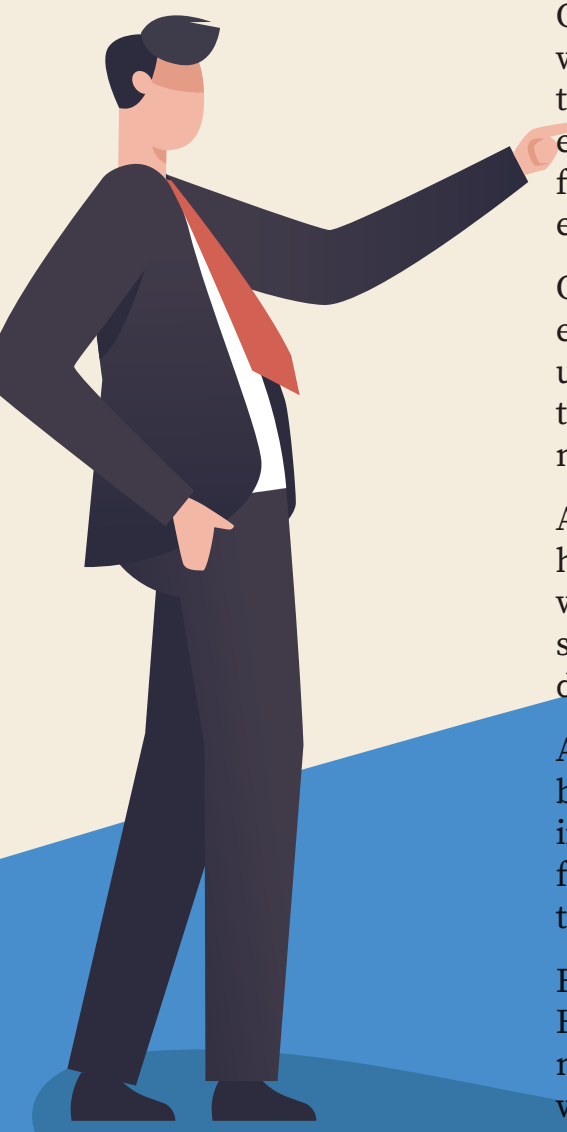
Presented with new information the brain creates new connections and is revitalized. This is why it is so important to expose yourself to change even if stepping side your comfort zone means feeling a bit anxious.



Hrishikesh Bhatt Student Graphic Designer

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. It does not matter how slowly you go as long as you do not stop. Believe in yourself! Have faith in your abilities! Without humble but reasonable confidence in your own powers, you cannot start your successful journey.

KNOW YOUR FACULTY



Motivational Story

Once upon a time, there was a young man named Sundar who was always busy. He had a lot of things to do, from schoolwork to extracurricular activities, and he always felt like he didn't have enough time to get everything done. He was constantly rushing from one task to the next, never taking a break, and always feeling exhausted.

One day, Sundar met an old wise man who told him that time and energy were the most precious things he had and that he should use them wisely. The wise man told Sundar that he should always take some time to rest and recharge his energy and that he should never waste time on things that didn't matter.

At first, Sundar didn't believe the wise man. He thought that he had to keep pushing himself to get everything done. But as time went on, he realized that the wise man was right. He started taking short breaks throughout the day, and he made sure to spend time doing things he enjoyed, like reading and playing sports.

As a result, Sundar found that he was more productive than ever before. He had more energy to focus on the things that were truly important, and he was able to get more done in less time. He also found that he was happier and more fulfilled because he was able to balance his work with the things that he loved.

From that day on, Sundar lived his life with a new sense of purpose. He knew that time and energy were precious resources, and he made sure to use them wisely. And in the end, he realized that the wise old man was right all along - that time and energy truly are the most precious things we have.

Mr. Vijay H. Ikale

Assistant Professor

My Ambition

हज़ारों ख्वाहशिं ऐसी कि हर ख्वाहशि पे दम निकले

बहुत नकिले मेरे अरमान लेकनि फिर भी कम निकले

-मिर्ज़ा ग़ालिब

In my school life, I used to hear, he/she was so and so, then he/she decided, worked hard and then became so and so. Similarly, in my as well as your school life, we all were compelled to write an essay over title,

1. If If I would have been Soldier of India, then-Is mulk ki sarhad koi chu nahin sakta...Is mulk ke sarhad ki nigahban hain aankhein
2. If I would have been a bird, then-Panchi banu, udhti phiru mast gagan mein...Aaj main azaad hun duniya ke chaman mein

The list will go on up to the last page of this magazine, if other topics are taken into consideration.

Till my 10th standard I had a dream be a best All Rounder Cricketer like **Roger Binny**, the then member of Cricket World Cup Winner Squad in 1983. Yes, now who is President of BCCI, India. Then I qualified D. Pharm. In those days D. Pharm was after SSC. During D. Pharm and B. Pharm I had ambition either to be International Badminton Player, as I was impressed by **Prakash Padukone**, yes, you are thinking right, father of Deepika Padukone, or to go simply for Research followed by own Manufacturing company like Ajanta Pharma Limited, Aurangabd or Lupin Laboratories Private Limited, Aurangabad.

But when I joined M. Pharm in 1994 at Hamdard University, New Delhi, in those days, **Dr. Shankar Dayal Sharma** was President of India (1992-1997). I was so much impressed by his personality because of two reasons.

1. He conferred Gold Medal upon me on 5th January 1989 for standing first in D. Pharmacy at Kamala Nehru College of Pharmacy, Aurangabad. In those days **Dr. Sharma was Vice President of India (1987-1992).**
2. He was genius man with command on various languages including my mother tongue. He started his career after his Ph.D. from Harward University, USA. This I came to know at Hamdard University, New Delhi.

His dedication to work motivated me to dream become President of India.

During post-graduation at New Delhi, I came to know path which goes for President of India is

1. **Doctorate ▸ Assistant Professor ▸ Associate Professor ▸ Professor ▸ Principal**
2. **Professor ▸ Vice Chancellor ▸ Governor of State ▸ Vice President ▸ President**

The first step I achieved at Aurangabad to Hyderabad. I had served Mesco College of Pharmacy, Hyderabad as Professor and Principal.

The second step starts with Professor at one place for continuous ten years then Vice Chancellor. For the post of Vice Chancellor, I am now eligible therefore applied to various universities like Kashmir University, Kashmir, NIEPA, Deemed University, New Delhi, Maulana Azad National Urdu University, Hyderabad and P. A. Inamdar University, Pune, after completion of ten years at Oriental College of Pharmacy.

For moving to Governor, Vice President and President requires Political Party Affiliation which I don't have. I am personality with spiritual, social, cultural and educational orientation. Though I observe politics and always found its nature of Double Standard.

Shortly, My Ambition is to be a Vice Chancellor of Private or Deemed or State or Central University.

The last but least, True Dreamers are as follow

1. Super Star -**Shah Rukh Khan**-Started from Delhi as TV Actor and now King of Bollywood
2. Prime Minister -**Narendra Modi**- Started from Pracharak and now Pradhanacharya

In this context, People's President means Dr. A.P.J Abdul Kalam said,

A DREAM IS NOT THAT WHICH YOU SEE WHILE SLEEPING
IT IS SOMETHING THAT DOES NOT LET YOU SLEEP
Dr. A.P.J. Abdul Kalam

HALL OF OCP



Teaching Staff



Non Teaching Staff



Magazine Committee



Cultural Committee & Student's council



Sports Committee



PHO Committee



IPA Committee



Placement Cell



Alumni Committee



DLLE Committee



First year Division A



First Year Division B



Second Year Divison A



Second Year Divison B



Third Year Division A



Third year Division B



Final year B.Pharm



FY M.Pharm (Pharmaceutics)



SY M Pharm (Pharmaceutics)



M Pharm Pharmacology



FY M Pharm (QA)



SY M Pharm (QA)

FACULTY PUBLICATIONS

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2.Sudha Rathod, Anjali Rai, Shraddha Parab, Archana Sharma. Nanoplatforms: A review on challenges and current prospective in cancer chemotherapy. International journal of Pharmaceutical Research and Applications. **May-June 2022**;7(3):585-596. DOI: 10.35629/7781-0703585596

3.Sudha Rathod ,Shraddha Parab, Archana Sharma, Anjali Rai. A comprehensive review on Microsphere drug delivery systems:- A novel approach. International journal of Pharmaceutical Research and Applications. **May-June 2022**;7(3):648-655.DOI: 10.35629/7781-0703648655

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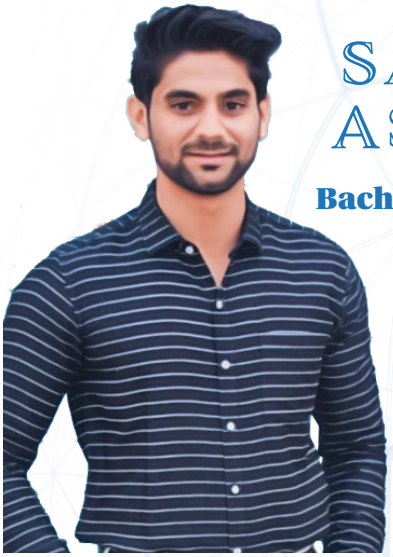
ALUMNI MESSAGES



SAKSHI SHARMA

Bachelor of Pharmacy
2018-2022

First of all, I would like to thank all the people who were my teachers in any manner. From this college, I have learned many things. Apart from studies I have learned how to be a professional person.
Yes, I am the batch of covid then too college has helped us a lot to grow in our field without any lag through online lectures, doubt clearing sessions, teachers were always there to help us whenever we required their help in that time. I feel proud to be a part of the Oriental College of Pharmacy.
It was a proud moment for OCP that we received trophies in various sports at Inter college level and they even helped us to give time to practice for all the sports.
I had a very good experience with my college, I still remember those days when I passed through my college.
Thank you, OCP for giving me so much experience and memories.



SAYYED ASHRAF

Bachelor of Pharmacy
2018-2022

Dear fellow alumni, faculty, and students of Oriental College of Pharmacy,
It is an honor for me to write to you as an alumnus of this prestigious institution. As I reflect on my time at Oriental College of Pharmacy, I am filled with gratitude for the opportunities and experiences that have shaped me into the person I am today.
My journey at OCP began in 2018 when I enrolled in the Bachelor of Pharmacy program. The first day on campus was exciting and nerve-wracking at the same time, but the welcoming and supportive environment of the faculty and staff quickly made me feel at home. Over the course of four years, I learned not only the technical skills necessary for my future profession, but also important life lessons such as discipline, time management, and teamwork.
One of the highlights of my time at OCP was the opportunity to participate in various extracurricular activities and events. I was an active member of the college's sports events and participated in several intercollegiate competitions, which not only helped me to showcase my talents but also improved my confidence and communication skills. I also had the privilege of organizing and volunteering for various social outreach programs, which instilled in me a sense of responsibility and empathy toward the community.
The faculty and staff at OCP are truly exceptional, and I am grateful for their dedication and commitment to educating and mentoring us. They not only taught us theoretical concepts but also encouraged us to apply them practically through projects and internships. The practical exposure we received was instrumental in preparing us for the real world, and I am proud to say that I am currently pursuing my PGDM-PHARMA from SIES School of Business Studies Nerul, where I am applying the skills and knowledge, I gained from OCP.
To the current students, I would like to say that your time at OCP is precious, and you should make the most of it. Explore your interests, participate in extracurricular activities, and most importantly, make lifelong connections with your peers and faculty. The relationships you build here will be invaluable in your future endeavours.
To the faculty and staff, I want to express my heartfelt gratitude for your unwavering support and guidance. You have not only helped us to become professionals in our fields but also instilled in us a sense of ethics and values that will stay with us throughout our lives.
Lastly, to my fellow alumni, I urge you to stay connected with OCP and give back to the institution that has given us so much. Let us continue to support and inspire each other, and work towards making a positive impact on society.
In conclusion, I would like to thank the principal, of Oriental College of Pharmacy for providing me with an enriching and fulfilling experience that has prepared me for the challenges of the real world. I am proud to be an alumnus of this institution, and I look forward to seeing OCP continue to flourish and make a difference in the lives of future generations.

OUR FOUNDATION

FACULTY

Dr. Sudha Rathod	**Professor-Principal**
Dr. Mohib Khan	Professor
Dr. Pradnya Palekar – Shanbhag	Professor
Dr. Vandana Jain	Professor
Dr. Amjad Ali	Associate Professor
Dr. Vanita Kanase	Associate Professor
Dr. Manasi Gholkar	Asst.Professor
Dr. Sayyed Mateen Moin	Associate Professor
Dr. Snehalatha Boddu	Associate Professor
Mr. Shoaib Ansari	Asst.Professor
Ms. Swarnali Manick	Asst. Professor
Mr. Abhijit Kanavaje	Asst.Professor
Ms. Sanie Zehra Shaikh	Asst. Professor
Mrs.Aparajita Patil	Asst.Professor

Mrs.Varsha Patil	Asst. Professor
Mr. Vijay Ikale	Asst.Professor
Ms. Jhilika Singh	Asst.Professor
Mr. Melroy Mervyn D'sa	Asst.Professor
Dr. Neenu Ganesh	Asst.Professor
Dr. Lata Rani	Asst.Professor
Ms.Hemali Savla	Asst.Professor
Mrs. Garima Singh	Asst.Professor
Mrs. Sana Shaikh	Asst.Professor
Ms. Priyanka Mohite	Asst.Professor
Mr. Pavankumar Chopade	Asst.Professor
Mr. Nilesh Babre	Asst.Professor
Ms. Tejal Patil	Asst.Professor
Mr. Mangesh Tote	Asst.Professor
Ms. Alveera Ansari	Asst.Professor

NON TEACHING STAFF

Mrs. Sonali Waval	Asst.Librarian
Mrs. Surekha Gaikwad	Office Superintendent
Mr. Ramchandra Kalel	Head Clerk
Mr. Aakash Pujari	Accountant
Mr. Enayat Karim	Clerk
Mrs. Maria Fernandes	Exam clerk
Ms. Kiran Patil	Account Assistant
Mr. Vijay Gangurde	Peon
Mr. Prakash Janrao	Library Peon
Ms. Meenu Mohandariya	Junior clerk
Mrs. Rukhsana Parkar	Store in charge
Ms. Deepali Kumbhar	Lab Technician
Mr. Santosh Mane	Lab Assistant
Mrs. Shraddha Patil	Lab Assistant
Ms. Heena Rajput	Lab Assistant
Ms. Pasha Safia	Lab Assistant

Mr. Ashif Shaikh	Lab Assistant
Ms. Shabnam Shaikh	Lab Assistant
Mrs. Kiran Prajapati-Jaiswar	Lab Assistant
Mr. Nilesh Kharvate	Lab Attendant
Mr. Satish Gaikwad	Lab Attendant
Mr. Chandrakant Sawant	Lab Attendant
Mr. Mangesh Yenderkar	Lab Attendant
Mr. Pradeep Surve	Cleaner
Mr. Suresh Nikam	Gardener
Mrs. Rupali Sakpal	Cleaner
Mr. Javed Khan	Sports teachers
Mr. Sachin Dorage	Computer Incharge
Mr. Imran Chauas	Maint. Incharge
Mr. Hardeep Soni	Sports teachers
Ms. Reecha Singh	Account clerk

FACILITIES AT OCP



HYDRAULIC PELLET PRESS

FLAME PHOTOMETER

LYOPHILIZER

BROOKFIELD VISCOMETER

TRAY DRYER

DOUBLE CONE BLENDER

ROTARY VACUUM EVAPORATOR

BATH SONICATOR

HPLC

HPTLC

8 STATION COMPRESION MACHINE

MICROPROCESSOR DISSOLUTION TEST APPARATUS 8 BASKET

REVOLVING COATING PAN

























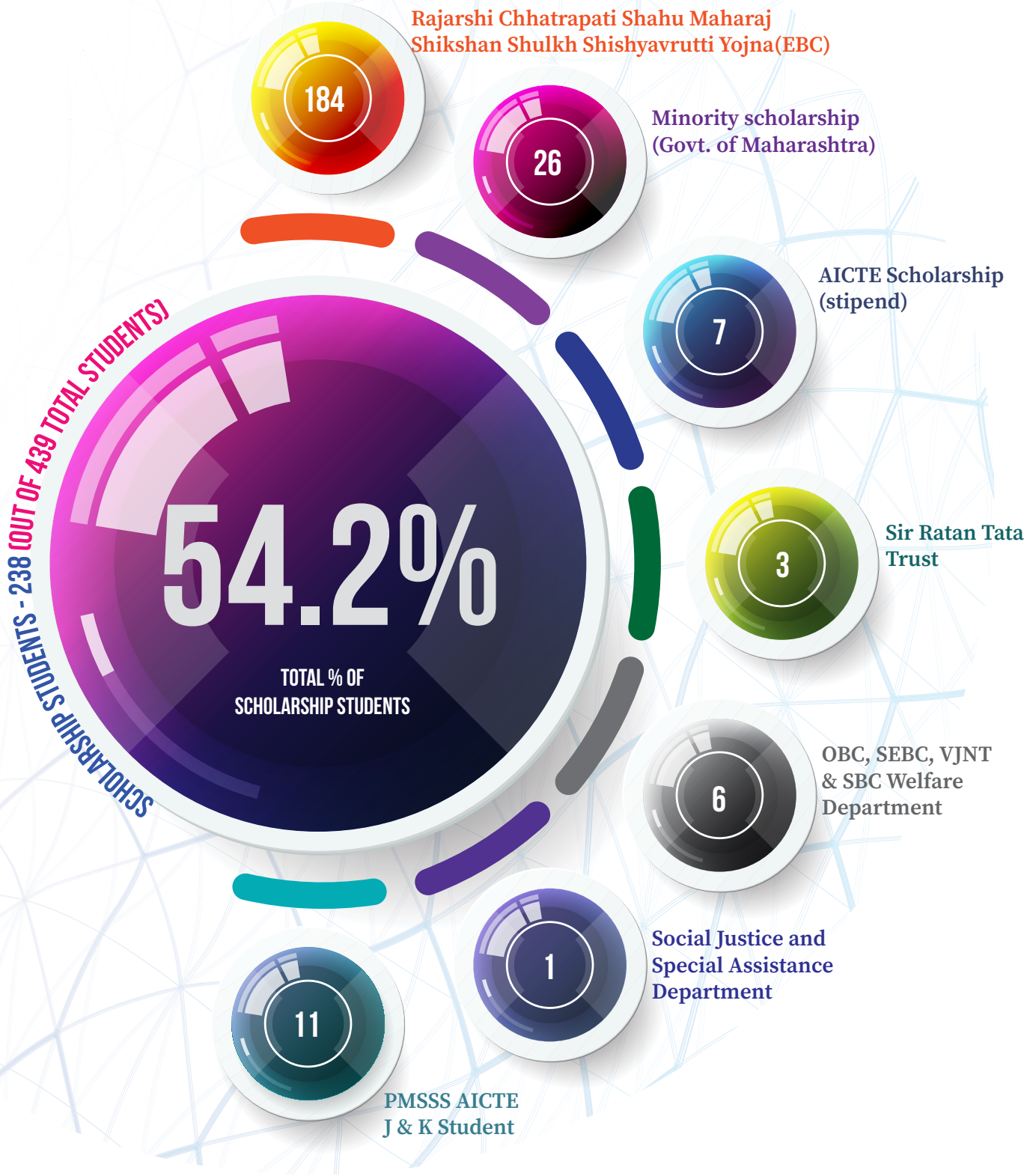
OCP
LIBRARY

The Total Number of books in the Library	10280
The Total Number of books in the Library with titles	2490
Reference Collection	1800
National and International Journals	21
Online Journals (Delnet)	2362
News Papers in English, Hindi, Marathi and Urdu language	06
M. Pharm Thesis Collection	194

Library Facilities

- Separate reading room facility for B. Pharm and M. Pharm students.
- Library OPAC (using e-Grathalaya software)
- Library Blog (ocplib.blogspot.com)
- Institutional Repository (D-space)
- Inter Library Loan Facility
- Reprographic Services
- Book Bank Facility
- Bibliographic services
- Current Awareness Service
- New book arrivals

SCHOLARSHIPS





SCIENTIFIC SECTION

The Role of Brillouin Microscope in Soft Cell and Hard Cell

Deepak Mishra, Final Year B. Pharm. Roll no:29

Soft cell, hard cell…

When we think about what influences how the cells inside our bodies develop, we often think of biological or chemical factors. But physical forces – what's known as the "mechanical" environment – can be just as critical to a cell's journey. The ability of cells to sense and respond to their mechanical environment has been known for several decades: for example, stem cells grown on soft jelly-like gels will become different cell types compared with stem cells grown on stiff glass-like surfaces.

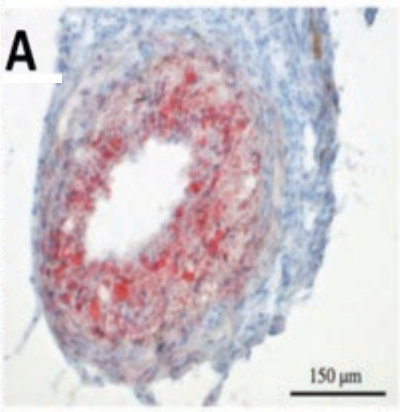
Brillouin microscopy is non-damaging, allowing you to 'see' the stiffness of cells without touching them.

Early signs of diseases such as cancer and Alzheimer's are often associated with changes in cell stiffness. However, it has been difficult to measure the stiffness of cells and organs inside our bodies, and how they change during development and disease. Tools to measure cell mechanical properties have relied on applying forces to the cell – essentially poking or cutting a cell and seeing how it responds. This is often invasive and damaging and isn't easily performed on living cells or organs inside animals, let alone humans.

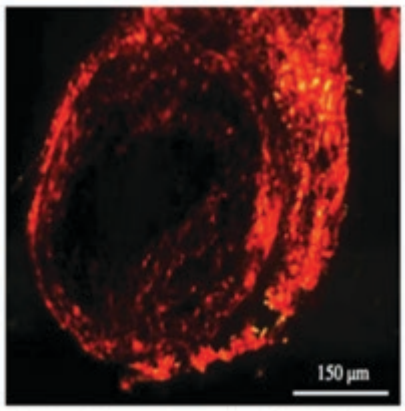
Brillouin microscopy is non-damaging, allowing you to 'see' the stiffness of cells without touching them

This year, two research groups, one from Germany, and one from the US published separate studies demonstrating groundbreaking improvements in a method to measure cell stiffness known as **Brillouin microscopy**. This optical method is non-damaging, allowing you to "see" the stiffness of a material without having to touch it. Developments in this technique this year have significantly advanced imaging speed and resolution, and reduced photodamage, making the method now widely applicable for observing changes in cell mechanical properties in living animals.

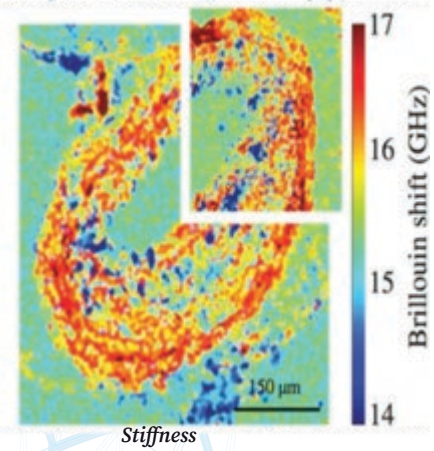
This method will provide a powerful tool for the early diagnosis of diseases such as **cancer, atherosclerosis, and Alzheimer's.** It will also revolutionize how scientists can measure and track the mechanical changes of our cells during normal development, and critically improve our understanding of the importance of mechanical forces in biology.



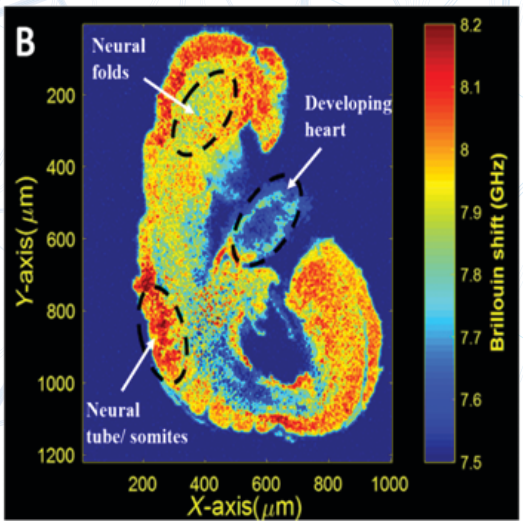
Lipids
Light Microscopy

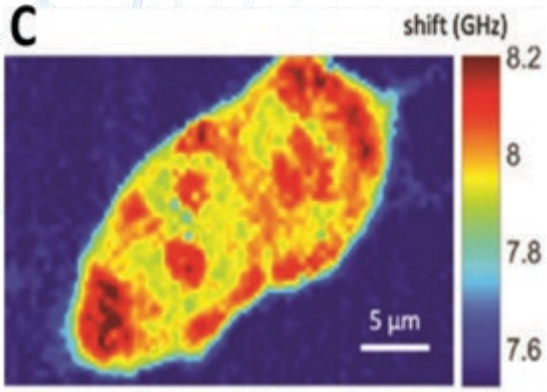


Collagen
Polarized Light Microscopy



Stiffness
Brillouin microscopy





Novel Microneedle Bandage

Nehal Sarvaya SY B Pharm.
Roll No. 73

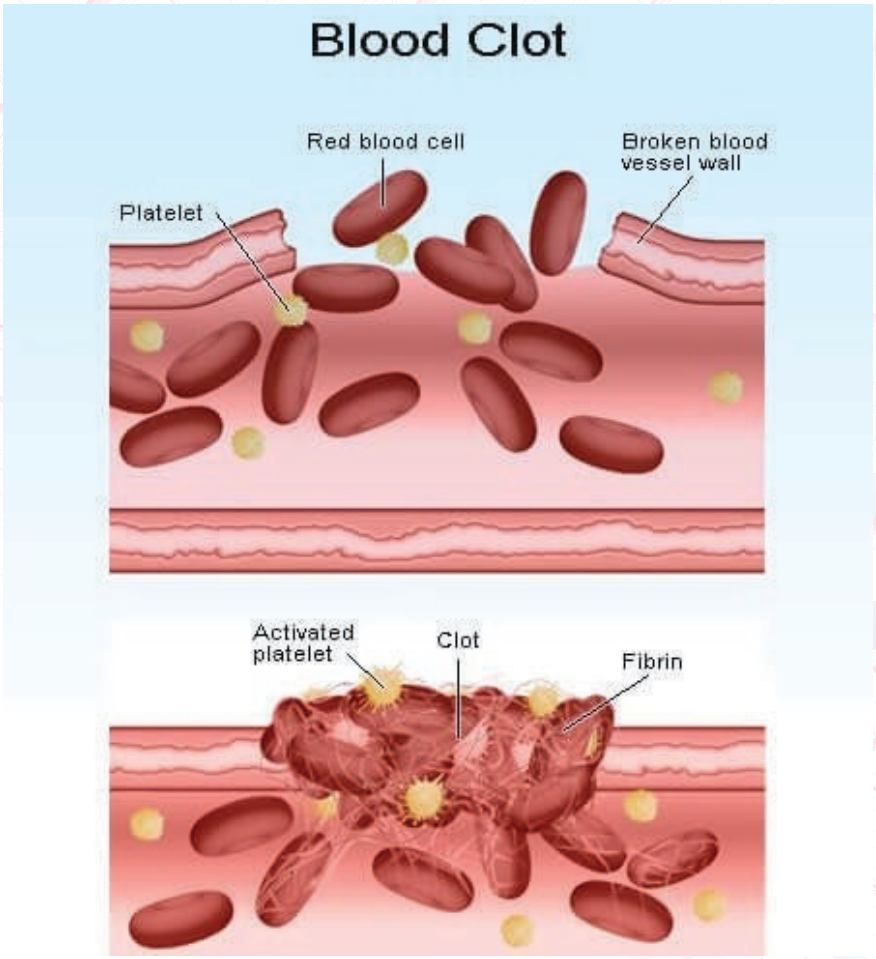
Novel microneedle bandage/patch, a revolutionary discovery in the field of Haematology has a potential to save lives by immediately stopping blood loss from haemorrhaging injuries. These bandage / patch are ready-to-use biomaterials that promote rapid blood coagulation and thereby immediately stop bleeding after injury.

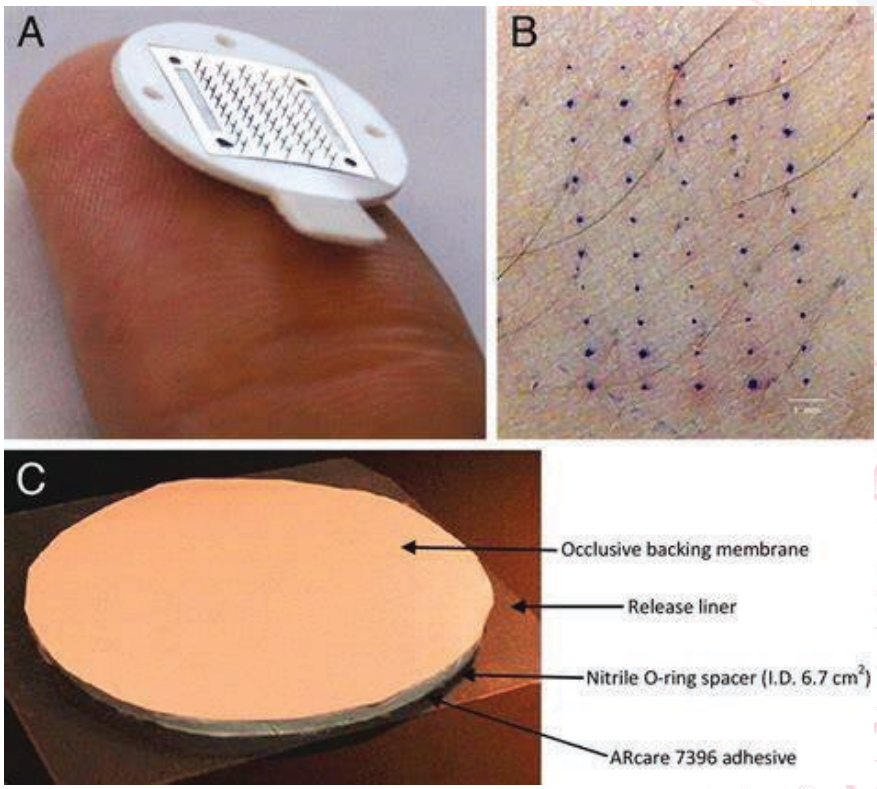
In case of haemorrhaging injuries, the cause of death is the excessive uncontrolled bleeding and not the injury itself. So, the discovery of prototype microneedle patch, pre-engineered for immediate application that anyone can use to stop bleeding is a boon in the field of medicines.

The haemostatic microneedle technology developed can be applied like a typical over-the-counter adhesive bandage at the site of injury to quickly stop bleeding. On the surface on these patches are Microneedle arrays (MNAs), minimally invasive devices that by-pass the subcutaneous barrier thereby accessing the skin microcirculation and achieving systemic delivery by the transdermal route.

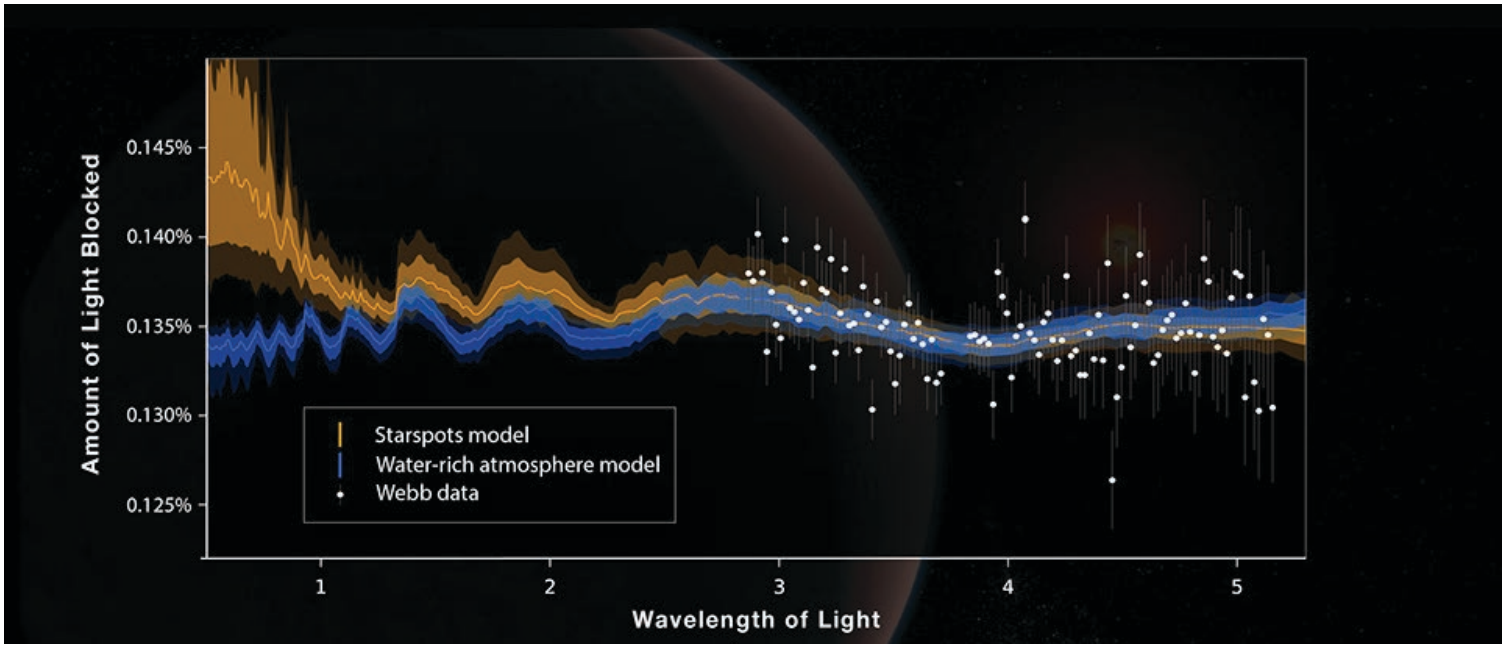
These biodegradable microneedles are biocompatible in nature are already in use to deliver biologics, such as cells or drugs, through the skin or for cosmetic procedures to stimulate collagen production. One of the main advantages of using microneedles is their small size, making their application pain-free. Another advantage is that it increases the surface contact of the patch with the blood and accelerates blood clotting. The needle also increases adhesive property of the patch via mechanical interlocking to promotes injury closure.

Research are been conducted to translate the patch from the lab version to the market one, with plans to further test the technology.





Microneedle arrays (MN).



This graphic shows the transmission spectrum obtained by Webb observations of rocky exoplanet GJ 486 b. The science team's analysis shows hints of water vapor



Side by side images of Southern Ring Planetary Nebula – it shows expanding cloud of gas surrounding a dying star.



This picture represents massive galaxy cluster showing how vast is our Universe.



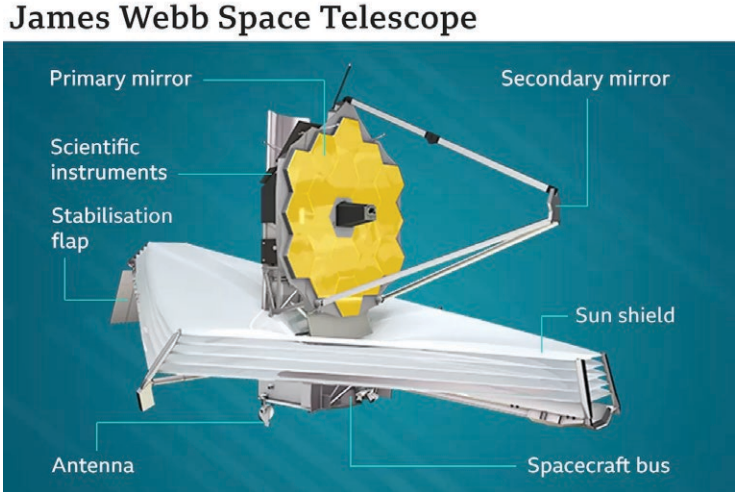
This picture beautifully illustrates the composition & tidal interactions of 4 Galaxies in the process of merging.

The landscape of "mountains" and "valleys" speckled with glittering stars is actually the edge of a nearby, young, star-forming region called NGC 3324 in the Carina Nebula. Captured in infrared light by NASA's new James Webb Space Telescope, this image reveals for the first time previously invisible areas of star birth.

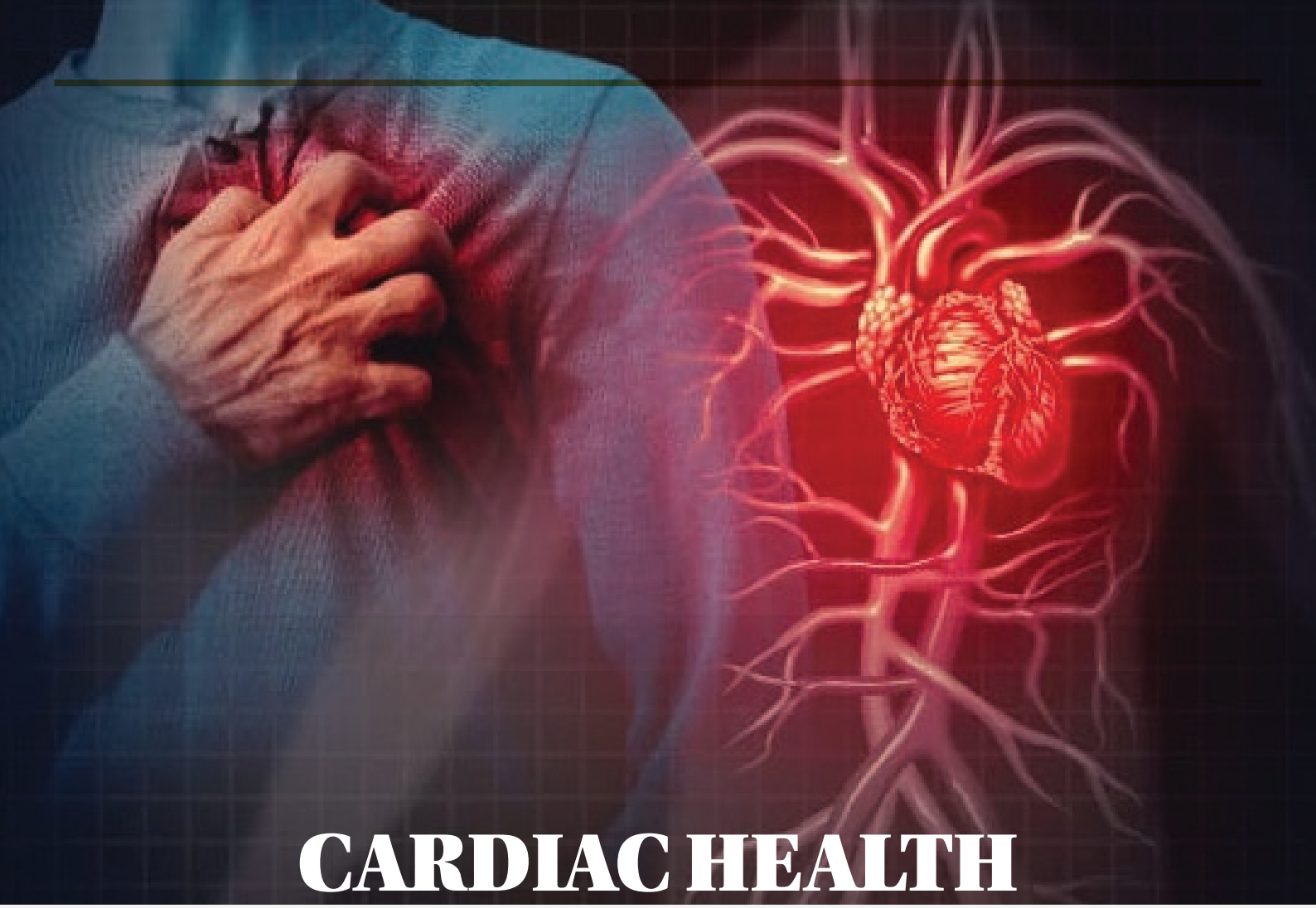
James Webb Space Telescope

Seeing the universe as we've never seen before

Mr. Sahil Jamil Mulla
Final Year B. Pharm
Roll No. 33



James Webb Space Telescope (JWST) is a space telescope that conducts infrared astronomy. As the largest optical telescope in space, its high resolution and sensitivity allow it to view objects too old, distant, or faint for the Hubble Space Telescope & also collect 6 times lighter. This will enable investigations across many fields of astronomy and cosmology, such as observation of the first stars, the formation of the first galaxies, and detailed atmospheric characterization of potentially habitable exoplanets as understanding the atmospheres & the formation conditions for exoplanets through the telescope could help scientists better predict if certain planets are habitable or not. National Aeronautics and Space Administration (NASA) led JWST's design and development and partnered with two main agencies: the European Space Agency (ESA) and the Canadian Space Agency (CSA). The James Webb Space Telescope was launched on 25 December 2021 and is designed primarily for near-infrared astronomy, but can also see orange and red visible light, as well as the mid-infrared region, depending on the instrument. It took just 30 days for the James Webb Telescope to travel nearly a million miles (1.5 million kilometers) to its permanent home: Lagrange point 2 – a gravitationally stable location in Space. Webb has the capacity to look 13.6 billion light years distant – which will be the farthest we've ever seen into space & has captured an array of not only two, but five black holes. These Images provide a good preview of what we can expect in the coming years as more pictures are released who knows, "Somewhere, something Incredible is waiting to be known."



CARDIAC HEALTH IN YOUTH

Understanding the growing burden of cardiovascular disease

Vinayak Pramod Dubey, T.Y.B.Pharmacy. Roll No.: 109

INTRODUCTION:

Cardiovascular disease (CVD) is a leading cause of death worldwide, and it is becoming increasingly common among young people. The burden of CVD among young adults is a significant public health concern, as it can lead to premature disability and death. This article aims to explore the cardiac problems facing the youth of today, their causes, risk factors, and potential prevention strategies.

CAUSES OF CARDIAC PROBLEMS IN YOUTH:

There are several causes of cardiac problems in young people, including genetic factors, lifestyle habits, and environmental factors. Genetics plays a crucial role in the development of congenital heart defects, arrhythmias, and other structural heart problems. Lifestyle habits such as poor diet, lack of physical activity, and substance abuse are also significant contributors to cardiac problems in youth. Environmental factors such as pollution and stress can also affect cardiac health.

RISK FACTORS FOR CARDIAC PROBLEMS IN YOUTH:

Several risk factors contribute to the development of cardiac problems in youth. These include obesity, high blood pressure, diabetes, smoking, and drug abuse. Many of these risk factors are preventable through lifestyle changes such as healthy eating habits and regular exercise.

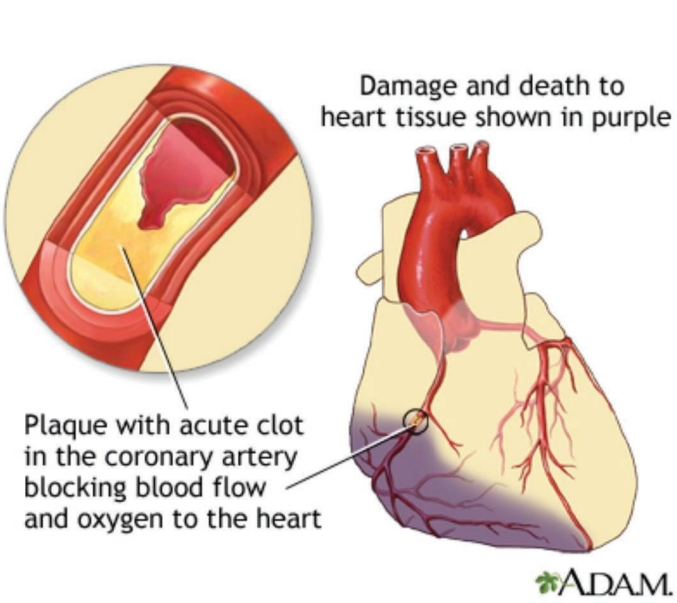
PREVENTION STRATEGIES:

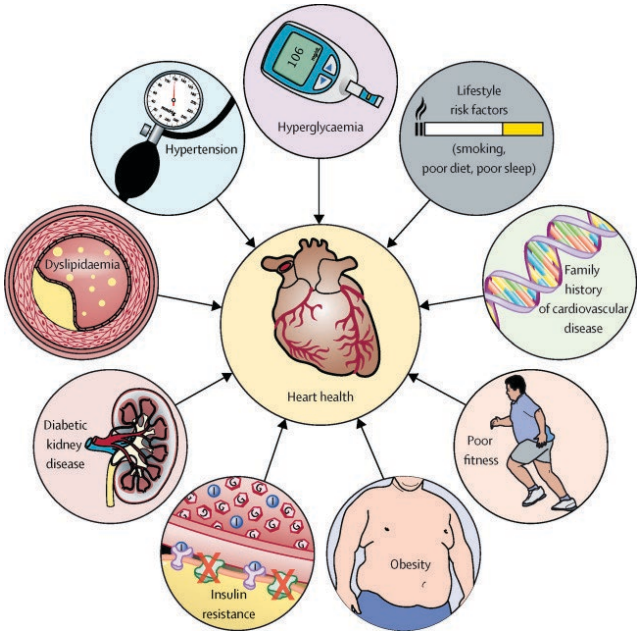
Prevention strategies for cardiac problems in youth include lifestyle changes such as healthy eating, regular physical activity, and stress management. Educating young people about the risks of smoking and drug use can also help prevent cardiac problems. Screening and early detection of cardiac problems through regular medical checkups can also be useful in identifying and treating cardiac issues early.

CONCLUSION:

Cardiac problems are becoming increasingly common among young people, and it is essential to address this growing public health concern. Preventive measures such as healthy eating habits, regular exercise, and stress management can help prevent the development of cardiac problems in youth. Screening and early detection of cardiac issues can also be helpful in treating these problems early, preventing disability and premature death.

In conclusion, the burden of CVD among young adults is a significant public health concern, and it is crucial to understand the causes, risk factors, and potential prevention strategies for cardiac problems in youth. The implementation of preventive measures and early detection of cardiac issues can help reduce the incidence of CVD and promote better cardiac health in young people.





5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



< NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.



< TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.



< ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.

Source: American Heart Association/American College of Cardiology prevention guidelines
Published: March 17, 2019 | © 2019 American Heart Association, Inc.

Transungual Drug Delivery System

Richa Mahadik and Tejashri Gunjal, TY B.Pharm Div-A
Under the guidance of Dr. (Mrs.) Pradnya Palekar - Shanbhag

Introduction -

Derived from the word 'trans' meaning across and 'unguis' meaning nail, it is a contemporary drug delivery system employed for the treatment of fungal infections of the nails.

Although topical therapy is highly desirable in treating nail disorders due to its localized effects, resulting in minimal adverse systemic events and possibly improved adherence, its effectiveness is limited by minimal drug permeability through the nail plate. To tackle these pharmacokinetic issues, enhanced methods of transungual drug delivery have been introduced in recent times.

Some Disorders of the Nails -

1.Onychomycosis - Dermatophytes, yeasts, and molds are responsible for this infection. It affects 10-40% of the population. Genetic predisposition to onychomycosis, diabetes mellitus, nail injury, or a suppressed immune system, are the most likely causes. Excessive sweating, ill-fitting socks, and wet feet are all aggravating factors. Thickening, discoloration, and cracking of the nails are all symptoms of fungal infections, which cause inflammation and pain.

2.Paronychia - Inflammation of the lateral and proximal nail folds. It may be acute or chronic. Staphylococcal bacteria cause the acute type, which damages the cuticle and nail folds, causing discomfort and inflammation. Irritant reactions to environmental pollution or alkali induce chronic paronychia. The nail fold swells, creating ideal conditions for the growth of common bacteria, exacerbating the disease.

3.Nail Psoriasis - It is a skin condition characterized by raised red patches that cause inflammation and discomfort. The nail matrix has pitting and deep transverse furrows, while the bed of the nail has distinctive yellow-red nail discoloration that looks like a drop of blood or oil beneath the plate of the nail and leads to skin thickening underneath the nail. The nail plate's hardness and elasticity are lost, resulting in nail loosening and cracking.

4.Fungal or Yeast Infection - Onycholysis (nail plate separation) is a symptom of this infection, as is the visible debris below the plate of the nail. The nail plate is mainly made up of keratin protein, which the fungus digests. Chemical material accumulates beneath the nail plate as the infection spreads and changes the color of the nail.

Factors Affecting Transungual Absorption -

1.Size of Diffusing Molecule - Inversely proportional to transungual drug penetration.

2.HLB Value - As the lipophilicity of a substance increases, the permeability coefficient decreases to a certain stage, after which a rise in lipophilicity results in an increase in permeation in the nail.

3.Degree of Ionization - Ionic compounds are less permeable.

4.Nature of Vehicle - Hydrating vehicles increases the pore size, leading to enhanced permeation.

5.Drug Binding to Keratin

Current Approaches to Enhance Nail Penetration -

-Mechanical Methods -

a.Nail Avulsion - Involves the insertion of Freer's elevator beneath the free edge of the nail plate and separating it from the lower nail bed.

b.Nail Abrasion - This procedure employs the use of sandpaper for the purpose of eroding the nail plate to decrease its thickness or remove it completely.

-Chemical Methods -

a.Nail Softening Agents - These agents cause nail hydration and swelling leading to damage and fracturing of the nail plate.

b.Keratolytic Agents - They break the disulfide bonds connecting the keratin strands, destabilizing the keratin network and enlarging diffusion pathways for permeation.

c.Keratolytic Enzyme - Keratinase

d.Surfactants - These agents reduce the surface tension to modify the porosity of hydrated pores of the nail plate, thereby improving the permeability through the nail plate.

Modern Methods -

1.Medicated Lacquers

For a long time, nail lacquers have been used as a cosmetic to cover and decorate nails. Drug-containing nail lacquers are relatively recent formulations known as transungual delivery systems. These formulations comprise the drug to be administered and are organic solutions of a film-forming polymer. When the solvent is added to the nail pad, it evaporates, leaving a polymer film (containing the drug) on the plate. The drug is then gradually released from the film, penetrating the nail plate and bed. When the solvent evaporates and a film forms, the drug concentration in the film is much higher than in the initial nail lacquer. Most notably, the medication must be released from the film for it to reach the nail. The drug-containing polymer film can be thought of as a matrix-type (monolithic) controlled release system, with the drug being intimately mixed

(dissolved or dispersed) with the polymer. Before being released, it is presumed that the dispersed drug would dissolve in the polymer film.

2.Iontophoresis

The diffusion of charged molecules across the hydrated keratin network of a nail is improved by electric current (electromotive force), resulting in a large rise in transungual drug flux as compared to passive transport. The use of an electric field to deliver a compound through a membrane is known as iontophoresis. Iontophoresis improves drug diffusion through the hydrated keratin of a nail as opposed to passive transport.

3.Ultrasound Mediated Delivery

The process of ultrasound waves being transmitted through a coupling medium onto a tissue surface is known as phonophoresis. Drug delivery enhancement could be explained by the induction of mechanical, chemical, and/or thermal changes in this tissue. On a macro level, phonophoresis can improve transcellular or pore size penetration through the stratum corneum; on a cellular level, pores in the cell membrane (due to lipid bilayer alteration) can improve drug diffusion.

Future of Transungual Drug Delivery System -

The future for manufacturers of anti-fungal lacquers is promising, given the increasing prevalence of onychomycosis, and the rise of developments in this system. Increasing studies carried out in this field are witness to the fact that the field of ungual drug delivery following is at a pubescent stage and further studies are required to characterize new delivery systems, devices or penetration enhancers. In a nutshell, we can conclude that a human nail does not serve only the purpose of protection and aesthetic appeal, but also as a channel to deliver drugs. Newer technologies such as patch-based delivery or water-based lacquers or even newer penetration enhancers exhibit a lot of potential, but channelizing its potential into fruitful results is very important.

Onychomycosis





Paronychia



Nail Psoriasis

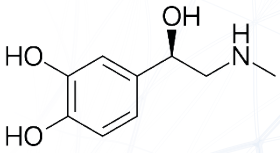
Chemistry In Everyday Life

A plant-based guide to emotional chemistry

Mr. Ansari Shoaib Ahmed, Assistant Professor (Pharmaceutical Chemistry)

Chemistry is a fundamental part of our everyday lives and plays a crucial role in many of the processes that keep us alive and functioning. Among the many chemical compounds that are important for our bodies and minds, there are several neurotransmitters that have a particularly significant impact on our behavior and well-being. These include adrenaline, noradrenaline, dopamine, oxytocin, GABA, acetylcholine, glutamate, endorphins, and serotonin.

These neurotransmitters play a vital role in our everyday lives and affect our thoughts, emotions, and actions.

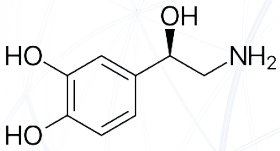


ADRENALINE

Adrenaline, also known as epinephrine, is a hormone that is released by the adrenal glands in response to stress. It is responsible for the "fight or flight" response and helps us to respond quickly and effectively to danger. When adrenaline is released, it increases heart rate, blood flow to the muscles, and the release of glucose from the liver. This helps to prepare the body for physical activity and makes us more alert and focused.

Where can you get it?

Get B vitamins and vitamin C from foods like legumes, nuts, and low-sugar fruits like avocado or raspberries.

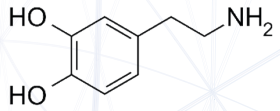


NORADRENALINE

Noradrenaline, also known as norepinephrine, is a related hormone that is also released by the adrenal glands. It plays a similar role to adrenaline, but is more closely associated with the brain, and helps to increase alertness, focus, and attention. It also helps to regulate the body's response to stress and is believed to be involved in the regulation of mood and emotions.

Where can you get it?

Look for the amino acid, tyrosine, in foods like almonds, bananas, avocados, pumpkin seeds, sesame seeds, and lima beans.

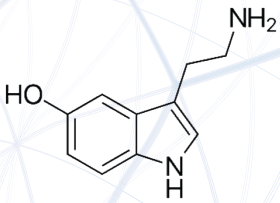


DOPAMINE

Dopamine is a neurotransmitter that is produced in the brain and is associated with feelings of pleasure, reward, and motivation. It is a key component in the brain's reward system and is also involved in the regulation of movement and emotional responses. Low levels of dopamine are linked to conditions such as depression and Parkinson's disease.

Where can you get it?

Dopamine is a reward chemical. It motivates you to seek survival. Get exercise, sleep well, and consume probiotics like pickled veggies, kombucha, and kefir to raise dopamine levels.

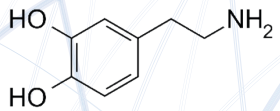


SEROTONIN

Serotonin is a neurotransmitter that is produced in the brain and plays a key role in regulating mood, appetite, and sleep. Low levels of serotonin have been linked to conditions such as depression, anxiety, and insomnia. Antidepressant drugs like selective serotonin reuptake inhibitors (SSRIs) work by increasing the amount of serotonin in the brain.

Where can you get it?

Exercise and exposure to sunlight increase serotonin. Also eat pineapples, oats, dark chocolate, veggies, or bananas.

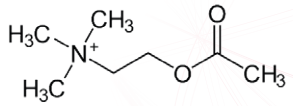


GABA

GABA, or Gamma-Aminobutyric Acid, is an inhibitory neurotransmitter that helps to balance the activity of other neurotransmitters in the brain, such as glutamate. It helps to calm the brain and reduce anxiety and is also involved in regulating muscle tone and sleep. Low levels of GABA have been linked to conditions such as anxiety and depression.

Where can you get it?

Eat citrus fruits, tomatoes, spinach, lentils, kava kava, American ginseng, black teas, and probiotics.

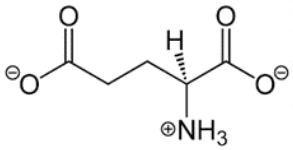


ACETYLCHOLINE

Acetylcholine is a neurotransmitter that is involved in a wide range of functions, including memory, attention, and muscle control. It is also involved in the regulation of heart rate and blood pressure. It is the first neurotransmitter discovered in 1914 by German pharmacologist Otto Loewi.

Where can you get it?

Fill up on spinach, peanut butter, raw cacao, beets, and any food with betaine.

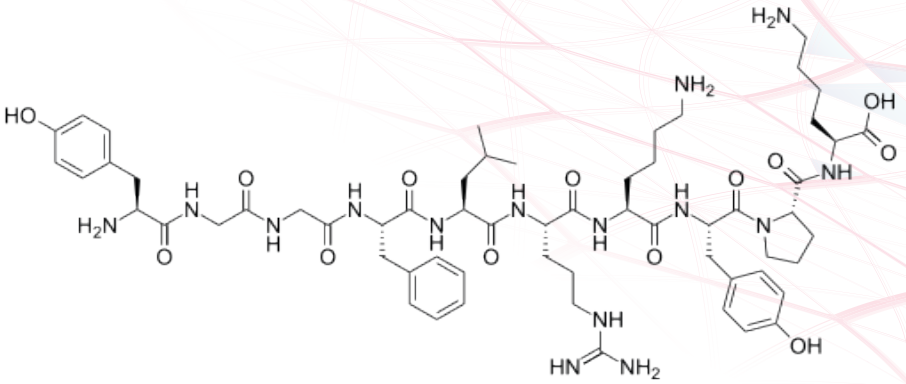


GLUTAMATE

Glutamate is an excitatory neurotransmitter that plays a key role in learning, memory, and the regulation of nerve cells. It helps to increase the activity of neurons and is involved in the formation of new connections between neurons. High levels of glutamate can lead to cell damage and excitotoxicity in the brain.

Where can you get it?

Eat mushrooms, kimchi, broccoli, napa cabbage, or grape juice for glutamate.

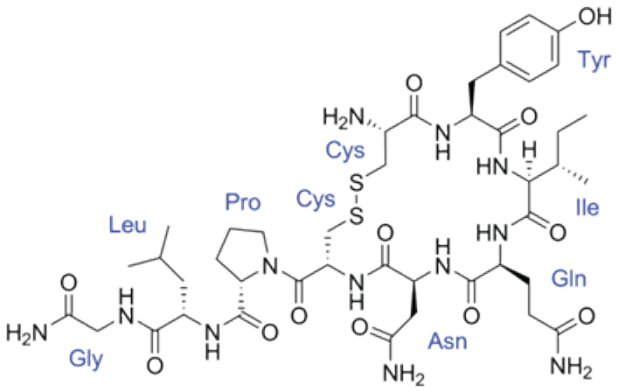


ENDORPHINS

Endorphins are a group of naturally occurring opioids that are produced by the body in response to stress, pain, and physical activity. They have a similar chemical structure to drugs like morphine and help to reduce pain, promote feelings of well-being, and even act as natural antidepressants.

Where can you get it?

Eat hot peppers, grapes, nuts, seeds, ginseng (Panax quinquefolius, L. and P. Ginseng.), strawberries, or dark chocolate.



OXYTOCIN

Oxytocin is a hormone that is produced in the hypothalamus and is associated with social bonding and trust. It is commonly associated with maternal bonding and is released during labor and breastfeeding. Additionally, it is also released during sexual activity and other social interactions.

Where can you get it?

Known as “the love hormone,” it helps create social bonds with others. Eat figs, watermelon, avocados, spinach, coffee for women, and nuts for men.

Nanobot Drug Delivery System

An overview

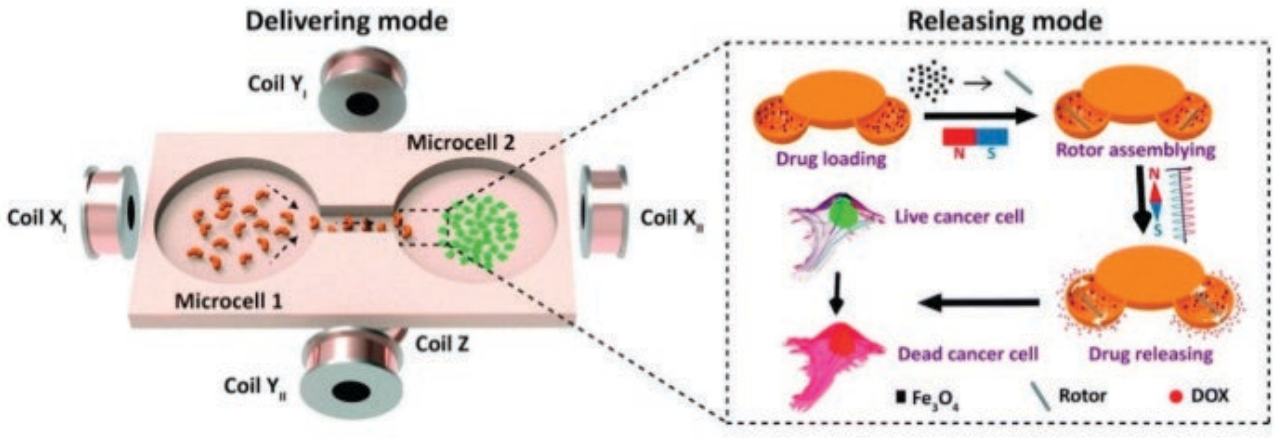
Gupta Jyoti, TY Division A

Nanorobots, also known as nanorobots or nanobots, are tiny robots that are designed to operate at the nanometre scale (one billionth of a meter). These tiny robots have the potential to revolutionize the field of drug delivery, by providing a targeted, efficient, and precise method of delivering drugs to the body.

One of the main advantages of nanorobots in drug delivery is their small size. Because they are so small, they can easily navigate through the body's bloodstream and reach their destination without causing any damage to healthy cells. This allows them to deliver drugs directly to the site of an infection or disease, which can be difficult to reach with traditional drug delivery methods.

Another advantage of nanorobots in drug delivery is their ability to target specific cells or tissues. Nanorobots can be engineered to specifically target and bind to certain types of cells, such as cancer cells, which can help to minimize the side effects of drugs. Additionally, nanorobots can be programmed to release drugs only when they reach their destination, which can help to further reduce the side effects of drugs.

Nanorobots can also be used to deliver drugs in a controlled manner. For instance, nanorobots can be programmed to release drugs over time, which can help to prolong the drug's effectiveness. This can be especially useful for drugs that have a short half-life, such as chemotherapy drugs, as it can help to reduce the frequency of treatments.



Additionally, nanorobots can also be used to deliver drugs in a targeted manner. For example, nanorobots can be programmed to detect and release drugs only in specific conditions such as pH, temperature, or the presence of certain molecules, which can help to further improve the precision of drug delivery.

Despite the potential benefits, the development and implementation of nanorobots in drug delivery are still in their early stages, and there are several challenges that need to be overcome. One of the main challenges is the cost and complexity of designing and producing nanorobots. Additionally, there are still concerns about the safety and long-term effects of nanorobots on the body, as well as the potential for unintended consequences.

Furthermore, there are also ethical concerns that need to be considered, such as the potential for nanorobots to be used for malicious or unintended purposes, or the potential for unintended consequences if the technology falls into the wrong hands.

In conclusion, nanorobots have the potential to revolutionize the field of drug delivery by providing a targeted, efficient, and precise method of delivering drugs to the body. However, the development and implementation of nanorobots in drug delivery are still in their early stages and there are several challenges that need to be overcome. More research is needed to further understand the potential benefits and risks of nanorobots in drug delivery, and to develop the technology in a way that maximizes the benefits while minimizing the risks.

Attention Deficit Hyperactivity Disorder

Mr. Vijay H. Ikale, Assistant Professor (Quality Assurance)





Attention Deficit Hyperactivity Disorder, or ADHD, is a neurological disorder that affects millions of individuals worldwide. Symptoms of ADHD include difficulty focusing, impulsivity, and hyperactivity. While the exact cause of ADHD is unknown, research suggests that a combination of genetic and environmental factors may contribute to its development.

There are several ways to prevent ADHD, including:

Maintaining a healthy diet: Eating a diet rich in fruits, vegetables, and whole grains can help support brain health and prevent ADHD.

Getting regular exercise: Regular physical activity can improve focus and attention, as well as reduce symptoms of ADHD.

Getting enough sleep: Adequate sleep is essential for brain function and can help prevent ADHD symptoms.

Limiting exposure to toxins: Exposure to certain chemicals, such as lead, can increase the risk of ADHD.

Avoiding smoking and alcohol: Both smoking and alcohol use during pregnancy can increase the risk of ADHD in children.

Managing stress: Chronic stress can worsen symptoms of ADHD, so it's important to find healthy ways to manage stress.

Early intervention: Identifying and treating ADHD early can help prevent long-term complications.

Medication: In some cases, medication can be helpful in managing symptoms of ADHD.

Behavioral therapy: Behavioral therapy can help individuals with ADHD develop coping mechanisms and improve their ability to focus and pay attention.

Parenting and education: Parents can play a crucial role in preventing ADHD by providing children with a positive and stimulating environment, as well as encouraging good study habits and discipline.

Overall, preventing ADHD requires a combination of lifestyle changes, early intervention, and medical treatment. By following these guidelines, individuals can reduce their risk of developing ADHD and improve their overall quality of life.

NON-SCIENTIFIC SECTION



Power of the Subconscious Mind

Sahil Jamil Mulla, Final year B Pharm

Infinite riches are all around you if you open your mental eyes & behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live gloriously, joyously & abundantly. It is the Power of your Subconscious Mind, you need not acquire this power; you already possess it & must learn how to use it. Your Mind is a Garden & you are its gardener planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body & environment.

Never Use the terms, 'I can't afford it' or 'I can't do this'. Your subconscious mind takes you at your word & sees to it that you do not have the money or the ability to do what you want to do. Your Subconscious mind has the answer to all problems, if you suggest it prior to sleep, 'I want to get up at 6 am' for something important which has been going on in your mind it will wake you at that moment. The negative suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the thoughts or statements of others and affirm the good. You have the power to choose how you will react. Know that your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to bless, heal and inspire all people everywhere. During Covid pandemic in an infirmary, some positive patients were present of which one was a 70 year old man. The man used to repeat it to himself every time that his body is strong and nothing can happen to him. After few weeks many patients died who were younger than him and he came out free from there after getting healthy & disease free, similarly if a sick patient strongly believes that a medicine given by the Doctor will definitely cure him. He will be cured even if the Doctor gives him a placebo without him knowing, this is the power of your subconscious mind.

The subconscious cannot reason like your conscious mind

Your subconscious mind cannot argue controversially. Hence, if you give it wrong suggestions, it will accept them as true and will proceed to bring them to pass as conditions, experiences, and events.

How to Get the Subconscious to work for you?

Just keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based on whatsoever things are lovely, true, just and of good report. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing and manifesting according to your habitual thinking. Remember, just as water takes the shape of the pipe it flows through, the life principle in you flows through you according to the nature of your thoughts. You must repeat things to yourself with time for it to follow through action.

How to convey the idea of perfect health in your subconscious mind?

You can interfere with the normal rhythm of your heart, lungs, and other organs through worry, anxiety, and fear. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will become normal again. In today's world, the concept of mental healing is forgotten which was there in ancient times. Mental healing can give remarkable results in cases where authorized medical skill has failed & should be practiced at a personal level.

Profitable Pointers:

Success means successful living. When you are peaceful, happy, and joyous, and doing what you love to do, you are successful. A successful man should not be selfish, his main desire in life should be to serve humanity.

If you are wondering about the answer to a problem, try to solve it objectively. Get all the information you can from research and from others. If no answer comes, turn it over to your subconscious mind prior to sleep, and the answer always comes. It never fails.

If you are seeking a promotion in your work, imagine your employer, supervisor, or loved one congratulating you on your promotion. Make the picture vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.

The idea of success contains all the elements of success, Repeat the word, 'success,' to yourself frequently with faith and conviction, and you will be under a subconscious compulsion to succeed.



medical MYTHS OR FACTS

Deepak Santosh Mishra, Final year B.pharm



1.Pain medicine; whenever there is pain Should we take

Physicians often prescribe pain medicine as SOS, which means taking the medicine only when the pain is out of control. But this does not mean that we have to take more pain medicine than necessary.

Eating four tablets instead of one tablet will not have four-time effects on the pain.

We have to try that the medicine to be taken as little as possible. If there is no difference in the pain from the medicine, then it is better to consult a doctor instead of taking more medicine, it is a better effort that these Painkillers present in every house should not be used for everyday pain without a doctor's consultation.

2. Now I am cured, so there is no need for medicine.

If your doctor prescribes medicine for five days, and you feel better on the third day, should you stop the medicine? It is possible that your doctor may say for some medicine. Especially drugs that are associated with the symptom (e.g., Fever, pain) But a total duration of medicines is fixed for the treatment of the disease. On discontinuing the drug before that it is possible that diseases may return again.

Like antibiotics etc. to complete the dose, so that bacteria in the body can be completely destroyed. Rather, suddenly stopping some medicines like diabetes or blood pressure medicine, hormones, etc. can also harm the body. It should be reduced or stopped gradually after consulting a doctor.

3. Whenever there is a cough or fever, antibiotics should be taken.

One patient had some burning sensation in urine. Investigations revealed a urine infection, and a primary antibiotic was prescribed. Instead of reducing his burning, it kept on increasing. After all, he had to be admitted due to a high fever. When it was investigated which antibiotic would affect their bacteria, it was found that only one antibiotic would affect them. One dose of it was so expensive. as much as ten leaves of other medicine would come. The reason was that since childhood, he had taken an antibiotic for every such burning or fever. Now everyone had stopped affecting him. If this last option is also used two to four times, it will also stop working. What will he do after that? Keep in mind that antibiotics should be taken only after consulting a doctor. Many coughs and fevers are caused by viruses, on which antibiotics have no effect. They only affect bacteria, not viruses.

4. The body gets harmful radiation after going for anMRI scan.

In the last decades many new types of probes have appeared. Now many such people will be found, who have got their brain, stomach, knees or any part of the body scanned by going inside a tunnel machine. One is from CT scan and the other is MRI. Both machines are similar in appearance,in which patients lie on a bed,and the bed goes into a tunnel. After some time the scan is completed and they come out along with the bed, and if any metal is implanted inside the body, special precautions have to be taken.

5. Heart disease is a disease of old age. This can't be reached to fit youth

There have been many young celebrities over the years Sportsmen and people who follow their fitness have suffered heart attacks or died. After these reports,many speculations went on. From conspiracies to lifestyle, questions arose.Lifestyle changes are one of the reasons, but heart disease among the youth is not a strange thing. It is possible to have a block of arteries in people under the age of sixty. This disease is also often found in young women. Therefore, it is necessary to reduce or stop the consumption of smoking, alcohol, etc. as well as changes in your diet and lifestyle from an early age. Measures should be taken to reduce stress.Getting annual health checkup done through any doctor or hospital and implementing the suggestions can prevent this sudden incident.Frequent chest or upper abdominal pain Is considered normal acidity and is sidelined,but got it checked. It is better to take Similarly, the problem of blood-pressureway (blood pressure) can also start at an early age.

The emergency contraceptive pill is available, This which is taken with medical consultation can be cured.

6. Eye damage due to wearing glasses:-

This myth is strange in itself.Looks like glasses It is only when the eyes are bad.But ophthalmologists often go through the question of whether to wear glasses to what forever bad eyes It will go on happening.Everyone will agree that the eye is an important sense, and shouldbe used to reduce defects in vision.It is the best condition to have good vision without glasses. But, if there is any kind of defect which can be remedied by spectacles,then it should not be fitted on time. Wearing wrong glassesnmay cause some headache, it should be replaced by opticians consultation.

7. Women cannot get pregnant during menstruation.

This myth is prevalent in many couples of yearsAnd there are also apps that tell the duration of safe sex. According to this belief, four to five days around menstruation are safe, when women cannot become pregnant. This belief may seem correct from a bookish point of view, but it proves to be wrong experimentally Its . There are many reasons.And the first thing is that the menstrual cycle can also be irregular and bloody discharge can also happen in the middle of the cycle. This has been observed with increasing age. That menstrual cycles start getting shorter. The second thing is that ovulation means the release of eggs can happen a few days earlier or later in the menstrual cycle. Such pregnancies are often found which happen onthe fourth-fifth day of menstruation. And the third thing is that no app or method of calculation is sure. The best use of these methods is not to avoid pregnancy, but on the contrary, to know the right time to conceive is done from Contraceptive methods (pill,applying condom, copper tea, spiral etc.) are the only methods used to avoid pregnancy. are to him. For the removal of doubt on this subject. For this, You should contactyour doctor or gynecologist to clear doubts on this subject.

Managing the Challenges of Mental Health in the Digital Age

Ms. Sadiqua Shaikh, S.Y. B. Pharm. Roll No: 85

The digital age has brought about many changes to our world, and our mental health is no exception. With the rise of social media and other digital technologies, it has become increasingly easy to stay connected to others around the clock. However, this constant connectivity also brings with it a host of new challenges for our mental well-being.

One of the biggest challenges of the digital age is the pressure to present a perfect image of ourselves online. Social media platforms have made it easier than ever to curate and filter our lives, leading many people to feel pressure to present a flawless image of themselves to the world. This can be especially difficult for young people, who may be particularly susceptible to feelings of inadequacy and low self-esteem. Additionally, the constant stream of images and videos of other people's seemingly perfect lives can lead to feelings of FOMO (fear of missing out) and a sense of dissatisfaction with one's own life.

Another challenge of the digital age is the blurring of boundaries between our online and offline lives. With social media and other digital technologies, it can be difficult to disconnect from the constant stream of information and stimulation, making it harder for people to relax and unwind. This can contribute to feelings of burnout and exhaustion, and can make it harder for people to sleep, which can negatively affect their mental health.

Cyberbullying is also a growing concern in the digital age. Social media platforms have made it easier than ever for bullies to target their victims, and the anonymity of the internet can make it difficult for victims to escape the abuse. This can have devastating effects on the mental well-being of young people, leading to feelings of isolation, anxiety, and depression.

Moreover, the digital age also has a negative impact on our relationships and social skills, as people tend to rely more on virtual interactions than face-to-face ones which can lead to a lack of empathy and the inability to read non-verbal cues, leading to difficulties in real-life interactions.

It's worth noting that social media platforms have been accused of being designed to be addictive, using techniques such as notifications, likes, and rewards that keep users coming back to the platform for more. This can make it difficult for people to step away from social media, even when it's having a negative impact on their mental health.

To navigate the challenges of mental health in the digital age, it's important to be aware of the risks and to take steps to protect your mental well-being. This can include setting limits on the amount of time you spend on social media and other digital technologies, being mindful of the content you consume and share, and seeking support when needed. Additionally, it's important to maintain a balance between our online and offline lives, and to make sure that we are not letting digital technologies consume our lives and affect our mental health negatively.

It's also important to keep in mind that mental health is not a one-time thing, it's a continuous process, and it's important to check in with ourselves regularly, acknowledge our feelings, and work on them. Seeking help if needed and surrounding ourselves with supportive people is also crucial.

In conclusion, the digital age brings with it many opportunities, but also many challenges for our mental well-being. By being aware of the risks and taking steps to protect our mental health, we can navigate the challenges of the digital age and make sure that we are using digital technologies in a way that enhances our lives, rather than detracting from them.

What parents, teachers, and policymakers need to know about physical activity, brain health, cognition, and academic achievements

Dr. Sayyed Mateen, Associate Professor, OCP



It is noticed that over the past thirty years, physical activity among children has declined markedly. The public health implications of this decline include a growing prevalence of obesity and chronic diseases such as diabetes and hypertension. Scholarly articles published by over 20 researchers, titled **"The Relation of Childhood Physical Activity to Brain Health, Cognition and Scholastic Achievement"** in *Monographs of the Society for Research in Child Development*, explains, whether physical activity is also related to children's brain, cognitive development and achievement in school. It is also explained that while physical activity in schools has diminished in part because of a growing emphasis on student performance and academic testing, decreased physical activity is actually related to decreased academic performance. According to research presented in Monographs in the United States in a given academic year, overall opportunities to engage in physical activity have diminished. Current U.S. Department of Health and Human Services guidelines necessitate children to have a minimum of 60 minutes of intermittent physical activity per day. However, in 2012, according to the Centers for Disease Control and Prevention, only 30 percent of children attended a school in which they were offered physical education daily. The majority of students do not engage in any form of planned physical activity during the school week.



Yet physically active children tend to outperform their inactive peers in the classroom and on tests of achievement. The research presented in the monograph helps to make clear why, when compared to their less fit peers, **those who engage in more physical activity have larger brain volumes in the basal ganglia and hippocampus, areas associated with cognitive control and memory.** Cognitive control refers to the control of thought, action, behavior, and decision-making. Physically active children also have increased concentration and enhanced attention spans when compared to their less active peers. The authors find that fitness is related to the ability to inhibit attention to opposing stimuli during a task, an ability that can help children stay focused and persevere to complete an assignment. The findings on attention encompass children with special needs as well as typically developing children. **The authors also report on physical activity as a non-pharmaceutical intervention for children with attention-deficit/hyperactivity disorder and children with autism spectrum disorders, with positive results.** These results point to the important potential of approaches focusing on physical activity for strengthening children's brain health and educational attainment. It is important for policymakers and educational administrators to consider this evidence and promote physical activity in the educational setting, which is where children spend much of their time.

REMEMBER," HEALTHY BODY STORE HEALTHY BRAIN"







POEMS

कल-आज-कल

बैठे -बैठे किस बारे में दोस्त मेरे तुम सोच रहे हो
शायद भूत भविष्य के हाथों तुम खुद को ही नोंच रहे हो
चोर भविष्य चोर भूत है, आज चुरा ले जाएंगे
तोड़ निकालो इनका जल्दी वरना ये खूब सताएंगे।
माना मन मस्तिष्क पर कुछ बातें चोट बहुत पहुंचाती हैं
भूलना चाहो कितना भी याद वो फिर-फिर आती हैं।
पर सोच-सोच कर इस पर इतना भला न होने वाला है,
बचा सको तो बचा लो इसको वक्त जो खोने वाला है।
वर्तमान में जीना सीखो, वर्तमान ही सच है प्यारे,
रोज का काम रोज करो, बस हो जाएंगे वारे-न्यारे
कल्पनाएं दुख का सागर है, इनसे जीवन ना बर्बाद करो
खुश रहो खुद, दिल औरों के खुशियों से आबाद करो।

दीपक मिश्रा

Wait... For how long ???

Wake up with me to the redness of the sky,
Kiss my forehead for which I will never ever deny..

Get ready with me to head for our work where a hug means all for that everyday jerk..

Cook united in the weekends with some spice of romance in the kitchen,
For the spark of true love, no place remains hidden...

Hold up your coat above my head in rains and around me in winters,
While we step together to help out the strays without shelters...

Stop in the middle of the long drive and have enough of music, In silence,
I want to feel your fragrance so aesthetic...

Some days match our outfits while some days go completely contrast,
Wear our perfumes to indeed long last...

Stroll with me in a breezy night along the seashore,
Hands in hands, step by step, with so many memories to keep in store..

Spend some nights staring at stars while some with fights,
Sometimes I would pamper and sometimes you in next morning lights...

Replace the tears on my cheeks with the aroma of your lips,
Be the support, everytime my life makes me trip...

Make each and every nerve of mine sense only you,
Mold yourself into me in such a way before I never knew...

Make every inch of my skin glow with your touch,
What are you waiting for so much?

All these wishes, pinned up on the pages,
Memories are yet to be created, dates are still blank spaces..
Dried up tears, Those piles of words to share and much more to bear…

I am slowly losing my will to feel, Waiting and waiting for God to heal.
Patience is the key, somewhere I read,

But how patient are you, lying in your coma bed?

-Ms.Swarnali Sandip Manick

हमारी मंजिल

वक्त बदलते रहता है,
हर पल ये कहता है,
मेरे साथ जो चलता है,
वही आगे बढता है

शिक्षा मिली, डिग्री मिली,
अब जीवनपथ पर चलना है,
अपनीही जिंदगीसे हमे,
अंजान बनकर मिलना है

अब तक आसान थी जिंदगी,
अब मुश्किले बडी है,
कई चुनौतीया लिये,
सामने जिंदगी खडी है

कामयाबी का सूरज,
उगता और ढलता है,
कामयाब वही होता है,
जो अंगारोपर चलता है

हम कोशिश करते रहे,
जिंदगी मौका देती है,
अंधेरोंसे ना डरो दोस्तो,
हर रात की सुबह होती है...

MR. SAHIL JAMIL MULLA

EVENTS & SEMINARS

6 days Soft Skill Development by the Placement Cell





Fun fair event (DLLE)



National Breastfeeding Week (DLLE)



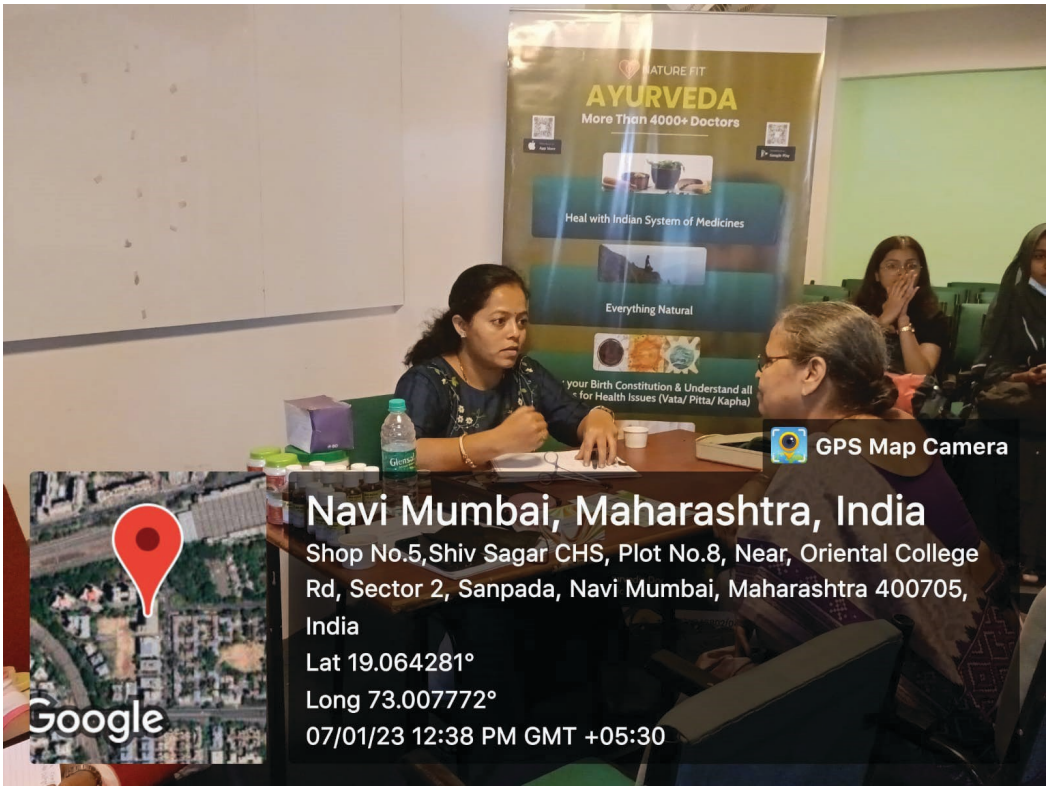
National cancer awareness day (DLLE)



International Human Solidarity Day (DLLE)



National Nutrition Week (DLLE)





Seminar organised by Chemistry Department



Seminar organised by Pharmacology Department


ORIENTAL COLLEGE OF PHARMACY SANPADA,
NAVI MUMBAI
Welcomes All The Alumni For
Alumni Meet
2023
It's Time to Reminisce!!!

Alumni meet




ORIENTAL COLLEGE OF PHARMACY SANPADA,
NAVI MUMBAI



Republic Day Flag Hoisting



Football Event



Cricket Event

Parent Teachers Meeting










विश्वविद्यालयगीतम्
इदं सुन्दरं मन्दिरं शारदाया

GLIMPSES OF GRAVITY REVERIE










Chief Guest
President
Dr. Haider-E-Karrar
CEO, OES
Dr. (Mrs.) Manasi Gholkar
Cultural Incharge


Chief Guest


GRAVITY:2023
REVERIE
Into The Cloudland
Mrs. Humera J. Khan
President, OES




GRAVITY:20
REVERY
Mrs. Humera
President,




February
2023
GRAVITY:2023
REVERIE
Chief Guest
Mr. Bipin N. Shah
President
Thane-Belapur Industries Association
Mrs. Humera J. Khan
President, OES
Dr. Haider-E-Karrar
CEO, OES
Dr. (Mrs.) Manasi Gholkar
Cultural Incharge
Dr. (Mrs.) Sudha Rathod
Principal
Mr. Abhijit Konvaje
Asso. Cultural Incharge

Art WORKS



Mandar Ghadge FY A



Pooja Prasad TY B



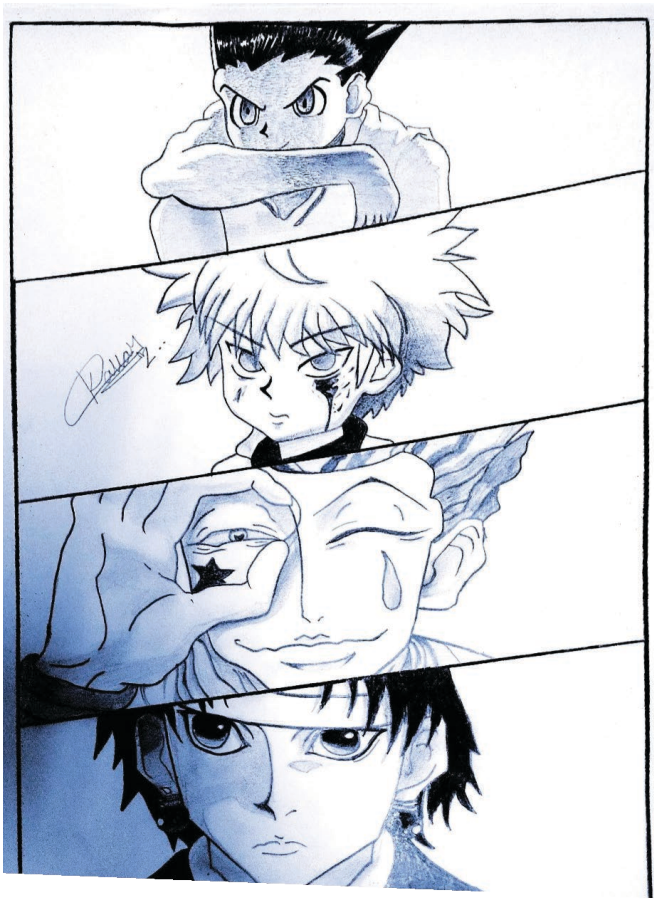
Abhishekh Chaudhary FY A



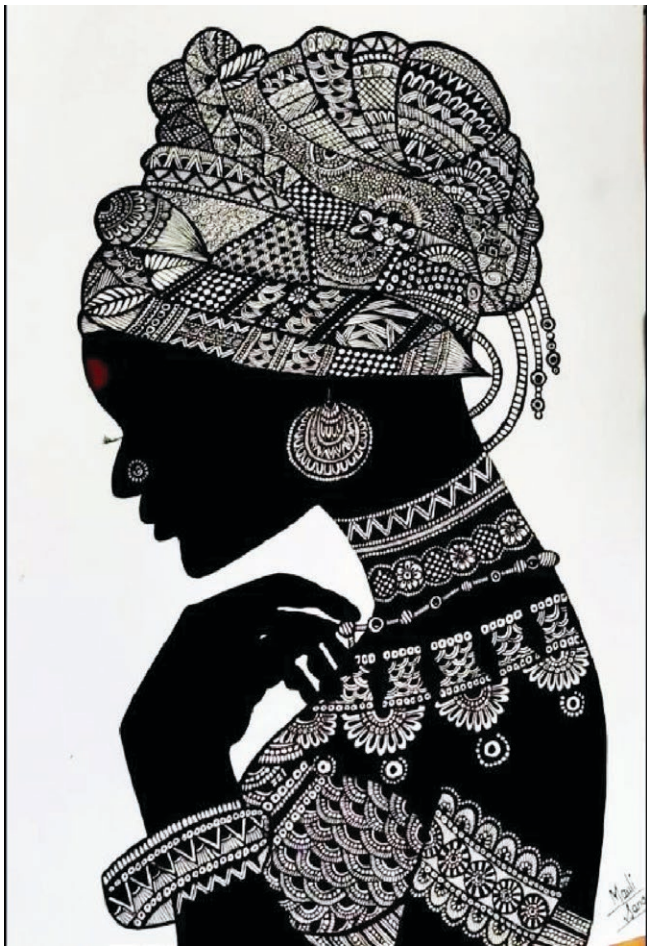
Komal Gupta TY A



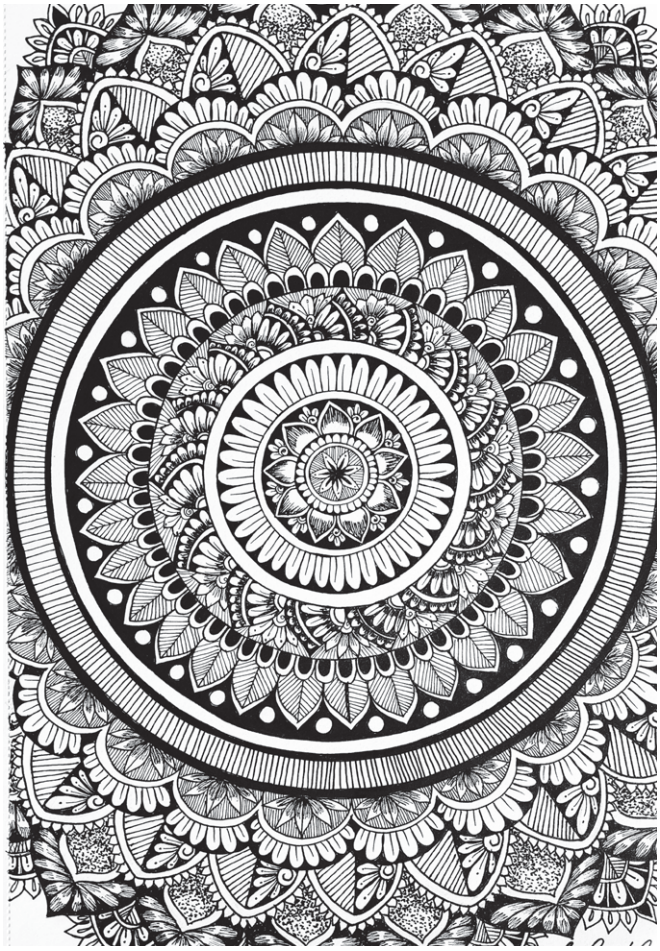
Sanjana Tiwari SY B



Kashish Attar



Mauli Sangar



Lohitha Donga FY

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