



MVP SAMAJ'S COLLEGE OF PHARMACY NASHIK

QUASAR

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2024-2025

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From the Magazine Team

It is with immense pride that we present the second edition of our College Magazine **QUASAR**, built around the theme *Nexus*—a point where many come together for a single mission. True to this vision, the magazine reflects the collective efforts of students, professors, alumni, sponsors, and experts beyond our field, all contributing their insights and creativity.

This marks the second consecutive year of our magazine, and we hope this legacy continues for years to come. More than just a collection of articles, this magazine is a compilation of memories, achievements, and experiences that define our college journey. It stands as a testament to the vibrant spirit of our institution.

This year, we have incorporated several *QR codes* throughout the magazine, each concealing something special. We encourage you to scan them and explore the hidden surprises they hold.

We extend our heartfelt gratitude to everyone who played a role in bringing this edition to life.

Happy Reading!

-Megha Patil

VISION

To create teaching- learning environment enabling making of creative competent and skilled professional Pharmacist contributing to the needs of Pharmaceutical Industry and health of Indian Society.

MISSION

- To ensure effective planning and implementation of academic activities.
- To enhance employability of students by improving their life skills and commitment to Pharmacy profession.
- To build technical competence and skills to enable students to compete at National Level Competitive Exams.
- To ensure interactions with all stake holders and the external environment for enrichment of teaching- learning process and mentoring of students.
- To make the students aware about their social responsibility as a Pharmacist in Indian Society.

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-Hon. Adv. Nitin Baburao Thakare
Secretary, MVP Samaj, Nashik

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MESSAGE



Dr. Deelip Derle

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तिमिरातुनी तेजाकडे

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WHAT IS

- Managed by: Maratha Vidya Prasarak Samaj (Founded in 1914)"

PLACEMENT

- Placement
- Over 90% of PG students placed annually in leading pharmaceutical companies.

Academic Excellence

- Consistent university toppers.
- 10-year average final year B. Pharm result: 90%.

LIBRARY

Library - Spacious with a rich collection of books and research journals.
Laboratories Equipped with:

- GC (Gas Chromatography)
- GCMS (Gas Chromatography-Mass Spectrometry)
- HPLC (High-Performance Liquid Chromatography)
- HPTLC (High-Performance Thin Layer Chromatography)
- IR (Infrared Spectrophotometer)
- UV (Ultraviolet Spectrophotometer)
- Microwave Synthesizer

NSQF COURSES

- CPN offers University Grant Commission, New Delhi (UGC) Approved, Savitribai Phule University Affiliated Diploma Courses under National Skills Qualification Framework (NSQF Levels-5)
- Diploma in Intellectual Property Rights

**COLLEGE
INQUIRY**





Sherlock Holmes and Social Media!!!

I have been particularly fond of the Sherlock Holmes books by Arthur Cannon Doyle since my school days. Although there are tons of other detective stories available these days, the Holmes saga can never be replaced. The character of Sherlock Holmes is a perfect combination of intelligence, wit, and wisdom. 'The Study in Scarlet' was the first Sherlock Holmes book written by Doyle. This is the book where Dr. Watson, a retired army soldier, is introduced to Sherlock Holmes. The beginning chapters narrated by Watson, show his efforts to know more and more about Sherlock's weird profession. He tries to have a chat with Sherlock Holmes on every other topic and tries to thereby determine his profession based on the knowledge he has about those fields. In one such incident, Dr. Watson is astonished (rather shocked) to learn that Holmes was unaware of Copernicus' Solar System Composition.

Holmes, however, laughs and says : ***"Now that I know what a Solar System is, I will try my best to forget it. You see, I consider that a man's brain originally is like a little empty attic, and you have to stock it with such furniture as you choose. A fool takes in all the lumber of every sort that he comes across, so that the knowledge which might be useful to him gets crowded out, or at best is jumbled up with a lot of other things, so that he has a difficulty in laying his hands upon it. It is a mistake to think that this little room (Brain) has elastic walls and can distend to any extent. Depend upon it and there comes a time when for every addition of knowledge you forget something that you knew before. It is of the highest importance, therefore, not to have useless facts elbowing out the useful ones."***

The above monologue rang a few bells in my mind. I highlighted it and read it for a few times. Didn't Sherlock Holmes just predict the consequences of social media, reels, and mindless scrolling?

Don't we all do this?

Through mindless scrolling, we may know who the Kardashians are, we may know who won the current Bigg Boss season , we may know how to cook an authentic Italian pasta and to tie a perfect knot. But in processing all this, don't we forget the chemical reactions that we are supposed to recall for our exams?

Through reels, one might be aware about the trending songs, the hook-up steps, the cine-industry gossips, and The Giant Ambani Wedding, but the information related to the scientific innovations and discoveries in the current world, that might actually help him or her in their studies, may slip off their minds!

Sherlock Holmes calling the human brain as a "little empty attic" becomes an important thing here. Memory consolidation is the process in which our short-term memory is converted into our long-term (permanent) memory.

This process is affected by several factors like Attention, Repetition, Emotional Engagement, Sleep etc. However rapid intake of various types of content overstimulates the brain, making it harder to process and integrate information. When the brain is bombarded with too much information at once, it becomes difficult to filter out what is important, and this can impair memory consolidation. Thus, quick recall of Information when needed becomes more and more difficult.

But the bad news is, even the Social Media Apps are designed in such a way that mindless scrolling is encouraged. They use the *Dopamine Driven Algorithm* by providing the user (addict!) with only notifications of his or her interests ,based on their previous searches. This ensures more time spent on a particular app. A Netflix documentary called “*Social Dilemma*” speaks about it brilliantly. (A must watch!)

On the uproar of why those companies would do that... It’s simple... they are businessmen, they want to earn money! Who the hell cares about screen addiction!

At the end, it comes down to the individual to use his or her conscience to live a Real life rather than the Unrealistic Utopian life that social media depicts. Undoubtedly, every single of those Social Networking Apps, is developing itself towards making us their permanent slaves ; **NOT ONE EXCEPTION!**

As our very own Mr. Holmes says, in one of his memorable accounts :

***My Dear Watson,
I make no exceptions ; an exception disproves the rule!***

-Megha Patil (T.Y.B.Pharm)

Sherlock Holmes Society of London exists, dedicated to the iconic detective created by Sir Arthur Conan Doyle. Founded in 1934, this organization brings together enthusiasts who share a passion for the stories, characters, and mysteries that have captivated readers for generations. Members meet to discuss the intricacies of the tales, solve puzzles, and explore the enduring appeal of Sherlock Holmes. The society's existence is a fascinating example of the lasting impact of literature on popular culture."

WHEN LIFE DIVERGES: MY JOURNEY WITH FROST'S "THE ROAD NOT TAKEN"

I first came across this poem in 9th grade and from all the poems that I have read till this day this is the one that resonates with me the most. The way the poet captures the experience of standing at a fork in the woods, a moment of indecision, feels so relatable. Whenever I read the poem I can't help but think about my own life choices and how they have shaped me. Whether it was a career decision, a personal decision, or even a lifestyle change. Each choice felt significant, even if I didn't realize it at the time.

***"Two roads diverged in a yellow wood
And sorry I could not travel both"***

These line symbolises that in life there comes a time when one has to let go, we have to make a choice we cannot explore every possibility. No matter how sorry we feel we cannot hold on to everything. There have been countless times in my life where I had to let go of something familiar something that I was secure in and choose a path where the future was shrouded in mystery and uncertainty. And every time I have to make such decisions this poem is what comes to my mind and gives me the courage to be firm with my choice.

***"Yet knowing how way leads on to way
I doubted if I should ever come back"***

The poet choose the path that was less travelled all while knowing that there is little possibility of him returning to that fork in the yellow woods. Life is a journey of which we are just travellers. Whenever a choice a decision is made it leads to a new path full of many other choices and decisions and life goes on. One rarely has a chance to come back a make a different decision. I've realized how certain moments and decisions became defining chapters in my life.

***"I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference."***

This stanza is one that gives me the most courage when making a decision. The poets sighs but it is never said if the this sigh is of regret or of contentment. This makes us connect with the reality that no matter the choice we make we don't know what the future holds. For me, Robert Frost's "The Road Not Taken" isn't just about making decisions; it's about embracing the journey that follows. Choosing to follow an unorthodox path is never easy one has to face many doubts. The what ifs never end and it is only at the end that we will know what a decision has lead to. Some choices are necessary to keep one's individuality knowing that these paths are unconventional. Each choice leads to irreversible consequences, reflecting the reality that time moves forward. I have come to appreciate the unique beauty of the road I did choose.

-Aastha Chaudhari (T.Y.BPharm)

The Suicide Poem!

Resumé

Razors pain you;
Rivers are damp;
Acids stain you;
And drugs cause cramp.
Guns aren't lawful;
Nooses give;
Gas smells awful;
You might as well live

–Dorothy Parker

In this poem, the poetess humorously lists various ways one might end their life, only to dismiss each method as too messy, uncomfortable, or just plain inconvenient. Drowning? Too damp. Acid? Ruins your clothes. Poisonous gas? Smells awful. Each grim possibility is rejected with a comically understated reason, revealing the speaker's wry perspective on despair.

The absurdity of these rejections builds up to the poem's closing punchline: "You might as well live." This line, directed at the reader, delivers a sharp, ironic twist—suggesting that living, with all its troubles, might just be easier than the hassle of dying.

The poem's wit and cynicism carry a deeper message: life, for all its flaws, isn't so bad after all. Or at the very least, it's not as bad as the alternatives. The ironic tone and dark humor never fail to bring a smile to my face, making this poem a personal favorite.

Megha Patil (T.Y.B.Pharm)

As a Man Thinketh

*"Thought in the mind hath made us,
What we are
By thought was wrought and built.*

*If a man's mind
Hath evil thoughts, pain comes on him
as comes
The wheel the ox behind.....*

*.....if one endure
In purity of thought, joy follows him
As his own shadow—sure."*

This is a quote from the book "As a Man Thinketh" by James Allen. The quote may look simple but it is worth million dollars. The same idea is expressed by Rhonda Byrne in "The Secret". The book's central idea is that you attract positive outcomes by maintaining a positive mindset and focusing on what you want. Similar thoughts are expressed by different authors in different ways in their books. "The miracle morning" by Hal Elrod and many quotes by our Indian Saints resonate the same thoughts.

After reading all these things I tried to explore the power of positive thoughts in my own life. Surprisingly it started changing my life dramatically on positive side.

Difficulties turned to opportunities, mistakes became learning and improvement points while failures became the stairs of success and day by day my success graph went on rising.

Positive thoughts act as a catalyst to pump more energy and motivation to make the things happen leading to a path of success and glory.

**Vedashree Naigaonkar
- (S.Y.B.Pharm)**

शब्द म्हणजे अंध कौरव

(पद्मा गोळे यांच्या “पाठीशी कृष्ण हवा “ ह्या अप्रतिम अशा कवितेचा संदर्भ घेऊन एका ओळीवर लिहिण्याचा प्रयत्न)

विचार केलाय का कधी? शब्दांचं अस्तित्व नेहमीच कसं अंधारात झाकोळलेलं असतं! आपण त्यांना ज्याप्रमाणे सजवून, स्पष्टपणे वापरतो, तितकंच त्यांचं मुळातलं अस्तित्व आणि त्यांचं सामर्थ्य गमावून बसतो. शब्दांना ‘अंध कौरव’ म्हणायचं कारणच हे की ते सतत स्वतःच्या अर्थाच्या शोधात भटकतात, पण त्यातलं अपूर्णत्व त्यांना कधीच जाणवत नाही.

महाभारतातील कौरव जसे बाहेरच्या बळावर विजयी होण्याचे आटोकाट प्रयत्न करीत होते, परंतु त्यांच्याच गाभ्यातील अर्थशून्यतेची जाणीव त्यांना कधी झालीच नाही. शब्दही तसेच – त्यांना कितीही ताकद दिली तरी त्यांचा अर्थ पुरेसा ठरत नाही. अर्थाच्या युद्धात ते वारंवार निरर्थक आणि पराजित ठरतात, कारण त्यांचा खरा गाभा प्रत्येकाच्या जाणिवेत गडप होतो.

कधी कधी शब्दांनी व्यक्त होण म्हणजे, एखादं आकाश पिंजून त्याचं दाट धुकं फक्त नजरेस आणण्याचा प्रयत्न असतो, ज्याचा अर्थ गवसणं दुर्बोधच ठरतं.

एकाकी शब्दाला कितीही उच्चारला तरी त्याला अर्थ मिळतो का? खरं तर शब्दांत आत्मा नसतो; ते आपल्या विचारांना फक्त सामावून घेऊ पाहतात, पण मुळात तेच आधीपासून अर्थानं पोकळ असतात. जसा दुर्योधनाला राजसत्ता हवी होती, पण त्यामागचा त्याचा अंतर्गत स्वार्थ, अहंकार त्याला दिसला नाही, तसेच शब्दांतही एक आभाव असतो. त्यातील अधुरेपणा कधीच त्यांच्या ओठांतून बाहेर येत नाही.

शब्द म्हणजे अंध कौरव , कारण ते कधीच आपल्याला वास्तवाचं दर्शन घडवू शकत नाहीत. त्यांचं नेमकं स्वरूप समजण्यासाठी त्या शब्दांच्या पलीकडचं मौन समजायला हवं. कारण त्या मौनातलं सामर्थ्य त्यांना ओलांडणारं असतं; ते शब्दांच्या बाहेरचं असतं.

आपण कितीदा शब्दांवर अवलंबून राहतो? कोणाला प्रेम व्यक्त करायचं असो, संताप व्यक्त करायचा असो, आपल्याला नेहमी शब्दांचीच आवश्यकता वाटते. आपल्याला वाटतं आपण सांगितलेलं समोरच्याला समजलं, पण मग शब्द हे अंध... ते कधीही त्यांच्या मूळ अर्थाला भिडत नाहीत. शब्दांच्या या कौरव सेनेत प्रत्येक शब्द एक महायोद्धा आहे, पण त्यांच्याच संसारात त्यांनी हरवलेल्या अर्थाचे बळी पडतात.

जगातले विविध भावना आणि विचार व्यक्त करण्याच्या या प्रयत्नात, शब्द अनेकदा अपूर्ण झालेल्या भावनांचा थोडक्यात सारांश बनतात. आपण तोंडाने जरी काही बोलले, तरी ती संवादाची गहिराई अनेकदा कागदावरची शुष्क रेखाचित्रे असते. म्हणूनच, प्रत्येक शब्दात एक नवा आयाम असतो, परंतु त्याच्या व्यक्तिमत्वात अंधारी छाया असते. शब्द म्हणजे काही ठराविक अर्थाची संरचना नाही, तर ती भावनांच्या लहरींचा खेळ आहे, जो कधी काळी शुद्ध होता, पण कालांतराने विघटनाच्या प्रक्रियेत गिळला गेला आहे.

म्हणूनच, शब्द म्हणजे अंध कौरव . त्यांच्यात सत्याची लढाई लढण्याची क्षमता आहे, परंतु त्यांच्यातलेच काही अर्थ हरवलेले सैनिक असतात. त्यात कितीही शक्ती असो, त्यांची अंधता त्यांचं कर्तव्य निभावताना पराभूत करते.

FOUNDER OF CIPLA

Khawaja Abdul Hamied FCS, FRIC (31 October 1898 – 23 June 1972) was an Indian industrial and pharmaceutical chemist who founded Cipla, India's oldest pharmaceutical company in 1935.

Hamied was born in Aligarh, to Khwaja Abdul Ali, an advocate, and Masood Jahan Begum. Through his father, he was descended from the Sufi saint Khwaja Ahrar of Iran (Uzbekistan), while on his mother's side, he was descended from Shah Shuja, the last Durrani king of Afghanistan. His paternal great-uncle was the noted reformer Sayyid Ahmad Khan; he was also the grandnephew of Khwaja Muhammad Yusuf and a nephew to Abdul Majeed Khwaja. After matriculating from Islamia High School, Etawah, distinguishing himself in mathematics, Hamied completed his Intermediate in Science from Agra College in 1917. Having decided to become a chemist, he then spent a year at a Madras trade school studying leather technology before enrolling at Muir Central College in Allahabad, from which he completed his B.Sc. in chemistry in 1920. While at the college, he became a favourite student of Nil Ratan Dhar, a distinguished inorganic chemist under whom he studied for a degree. He graduated from Allahabad University in Allahabad, Uttar Pradesh and held M.A. and PhD degrees from the Humboldt University of Berlin in Germany. He was a disciple of M.K. Gandhi and former founder professor along with Zakir Husain of the Jamia Milia Islamia in Aligarh.

Hamied's family raised money to send him to study chemistry in England, during British rule, in 1924. Instead, he changed ships and went to Germany where he met a Lithuanian Jewish socialist, whom he married in Berlin. He left Germany and came back to motherland in 1927. Chemical, Industrial and Pharmaceutical Laboratories, Cipla was founded in 1935 with an initial capital of Rs. 2 lakhs. The company commenced production in 1937 making it the oldest pharmaceutical company in India. His eldest son Yusuf Hamied, who did study chemistry in England, is now Chairman of Cipla. Yusuf still refers to his chemistry notebooks from Cambridge. Apart from conceiving the idea of establishing a National Chemical Laboratory and making it a reality, Dr Khwaja Hamied floated the idea and conceptualized the establishment of the Council of Scientific and Industrial Research (CSIR) as an umbrella organization to run a clutch of laboratories. He remained a Member of the Governing Body of the CSIR right from its inception till the very last.

During the last four decades of his life, he played an important role in raising the pharmaceutical and chemical industry standards in India to an extraordinarily high level through founding the firm Cipla. Dr. Hamied was an honorary professor and a member of the executive council of the Aligarh Muslim University, member of the Senate of Bombay University and a fellow of the Royal Institute of Chemistry, UK. He was also a member of the Bombay Legislative Council from 1937 to 1962, refusing the offer of becoming a Muslim Minister in the cabinet in Bombay. Hamied also served as Sheriff of Bombay.

-Prof. Anand Savakare

The Dark Side of Ambition

Elizabeth Holmes' Cautionary Tale

Some individuals are born with an insatiable drive to revolutionize the world. They dream of creating something new, inventive, groundbreaking: something that will change the course of history. They are ambitious and dream of making people's lives more efficient. But what happens when their innovative ideas, fueled by good intentions, inadvertently harm the very people they aim to help?

The best example of this, is the story of Elizabeth Holmes: a brilliant and ambitious entrepreneur who dreamed of revolutionizing healthcare. She invented a device that needed only few drops blood for all kinds of blood tests. At just 19, she founded 'Theranos', promising to make blood testing faster, cheaper and more accessible.

Elizabeth Holmes was born on February 3, 1984, in Washington DC. Her grandfather, Christian Holmes Sr., was an engineer and inventor. Naturally her parents encouraged her interest in science and technology. In 2002, Holmes attended Stanford University, where she studied chemical engineering and worked as a student researcher and laboratory assistant in School of Engineering. In 2003, she filed her first patent application on a Wearable Drug Delivery Patch . In March 2004, she dropped out of Stanford University and used her tuition money as seed founding for a consumer healthcare technology company.

Holmes founded the technology Real-Time Cures in Palo Alto, California in 2003. It was mainly for making healthcare more accessible, efficient and democratic for patients and families. She took her fear of needles as a motivation and decided to try and perform blood tests using very small volume of blood. Holmes tried to convince many expert medical professors with the idea that "a few drops of blood derived from the fingertip are capable of providing a large amount of data about the patient " ; but it was not going to work. Hence, professors were not convinced with her claims. However, Holmes didn't stop and succeeded in getting her advisor and the dean at the School of Engineering, Channing Robertson, to support her idea.

In 2003, she renamed the company as 'Theranos', which was a blend of Therapy and Diagnosis. By December 2004, Holmes had raised \$6 million to found the firm. By the end of 2010, more than \$92 million had been invested into Theranos. In 2011, Holmes was introduced to a former Secretary of State, George Shultz, who agreed to join the Theranos Board of Directors. Holmes Operated Theranos in secret or hidden mode. To expand her empire, she wanted to launch blood sample collection center in stores. So in 2013, She announced the partnership of her company with Walgreens (which operates the second largest pharmacy store chain in USA). In 2014, Forbes recognized Elizabeth as world's youngest self-made female billionaire.

In 2016, the Center of Medicare and Medicaid services (CMS) banned the Holmes's laboratory for two years, meanwhile, Walgreen ended their relationship with Theranos and closed its in-store blood collection center. Theranos was sued by Arizona in 2017, for selling faulty tests to 1.5 million people. The company settled for \$4.65 million. Holmes also faced troubles like FBI investigations and SEC charges for a \$700 million fraud.

On September 5, 2018, the company was dissolved due to financial and legal troubles. Holmes was sentenced to imprisonment for 11.25 years and received an order to pay \$452 million in restitution jointly with Balwani (the company president).

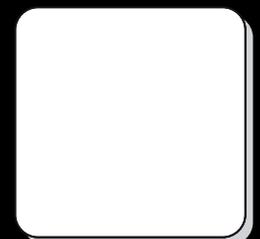
The Documentary series, 'The Dropout' (2022) gives a visionary aspect to the story of Elizabeth Holmes. A brilliant and ambitious young woman who had a vision to revolutionize healthcare with her startup, Theranos, but failed to give justice to her promises and dreams, and instead gave rise to one of America's biggest pharmaceutical fraud. Actress Amanda Seyfried, gracefully portrays Elizabeth Holmes, by capturing her complexity and charisma. Elizabeth and her team falsified claims, deceived investors, misdiagnosed thousands of patients and endangered many lives.

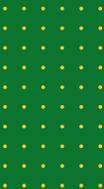
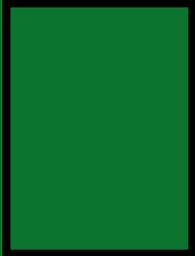
There are many evidences of Theranos' faulty test results and diagnosis, because of which young women faced miscarriages and cancer patients were falsely declared as cancer free, which lead to delayed treatment.

Elizabeth admired Steve Jobs, the Apple co-founder, for his innovative spirit and charismatic leadership. She strived to be like Steve Jobs, as she mimicked Job's signature black turtlenecks; changed her voice and started to speak in a deep baritone voice.

The major takeaway from Elizabeth Holmes' story is that : An ambition without integrity and honesty leads to destruction. One must stick to the truth no matter how hard it is to cope... or else one's empire will crumble as Elizabeth's did.

-Khushi Deshmukh (T.Y.BPharm)





Passion and consistency are the keys to success and knowledge. A passionate mind can discover and transform the world around it. This article tells the inspiring journey of a remarkable woman, [Dr. Jane Goodall](#)

In 1957, Dr. Louis Leakey, a renowned scientist, selected a 26-year-old woman with no formal scientific training to study early human behavior through chimpanzees in Gombe, Africa. That woman was Jane Goodall, who had always loved animals and dreamt of living among them in Africa. She believed that women could achieve anything men could. Armed only with her passion for animals and no human security, Jane embarked on her groundbreaking journey. Reflecting on fear, she said, "If you don't harm any living being, they're not going to hurt you." From dawn to dusk, she dedicated herself to her research. Though loneliness became her companion, quitting was never an option. Her mother was a pillar of support, encouraging her choices.

The first five months were frustrating—Jane was a stranger to the chimpanzees, and no significant observations were made. Gradually, the chimpanzees began to accept her. She named them, identified individuals by their facial features, and observed their behavior. In the early 1960s, scientists believed only humans had minds and rational thought.

Jane challenged this belief, uncovering emotions like joy, sorrow, fear, and jealousy in animals. She observed a chimpanzee using a twig as a tool, shattering the long-held claim that humans were the only toolmakers. Skeptics, doubting her credentials and findings, sent a photographer in 1962 to document her work. Though initially unhappy with the intrusion, Jane's discoveries gained credibility.



One key moment in her research came when a chimpanzee stole bananas from her tent. Jane used this opportunity to gain their trust by offering fruits, which brought her closer to the chimps and deepened her observations. She also witnessed aggression between two chimpanzee groups over food, leading her team to create separate feeding stations. At Gombe, she observed a mother chimpanzee nurturing her infant with affection and patience, teaching without punishment. This maternal behavior even inspired Jane to become a better mother herself.

Her findings spread worldwide, leading to the establishment of a research center in Gombe, where students joined to gather more data. Jane wrote books, made films, and expanded her work to study other animals. Living in Gombe with her 3-year-old son, without modern conveniences like the internet, became a uniquely beautiful experience. However, challenges arose, such as a polio epidemic that left many chimps paralyzed. Jane's commitment deepened—despite restrictions on physical contact with the animals, she stayed to document the crisis. One heart-wrenching incident involved a young chimpanzee mourning its dead mother. The child stopped eating, isolated itself, and died within weeks. These dark moments profoundly shaped Jane's understanding of life and death in the wild.

Through her work, Jane realized that animals possess minds and emotions, though human intellect is more complex. In 1977, she founded the Jane Goodall Institute to promote animal conservation and continue her research. Her work represents the longest continuous study of any animal in its natural habitat.

- Khushi Thakare (T.Y.B.Pharm)

The Jane Goodall Institute (JGI), founded in 1977 by Dr. Jane Goodall, is a global force in wildlife conservation and environmental education. Based on her groundbreaking research on chimpanzees, JGI works to protect biodiversity, empower communities, and inspire the next generation to care for the planet.

In India, the Jane Goodall Institute is making a significant impact. Through its "Roots & Shoots" program, it empowers young people to lead projects addressing environmental challenges like plastic pollution, habitat restoration, and tree planting. By fostering sustainability and grassroots action, JGI India helps communities take ownership of their environment.

A Logophile's Odyssey...



Can you imagine a life without language or words? Yes, Absolutely. But it would be like a closed prison. Because words play an essential part in a human's life : to communicate and express their feelings with others. Let us know some interesting terminologies to stretch your sack of Vocabulary....

Opsimath :

a person who begins to learn or study only late in life. Often, a person is unable to learn something that he or she wished because of various reasons like conventional education, responsibilities, lack of finance, etc. But being an Opsimath never hurts.

Snollygoster :

The word is used for '*an unprincipled shrewd person*', especially it is used to describe a politician who makes strong promises but does not complete them. A term popularized in India by Dr. Shashi Tharoor. First time used in USA in 1845. After he used this word in one of his tweets, around 10 lakh people searched the word on Google, which surprised the Google authorities. The story spread quickly and soon 'Snollygoster' became the word of day.

Kintsugi :

In Japanese culture, there is an art called Kintsugi. *When a fragile object is broken, they repair/meld the broken pieces with gold and thereby increases the value of that object.* Sometimes life break us into pieces. In such situation, repair yourself with golden qualities, like self-love, compassion and patience. Definitely, it will increase the value of your life.

Ambisinister :

The term refers to a *condition or ability where an individual is equally clumsy or unskilled with both hands.* For example, a person switches from his dominant hand to the other due to an injury, only to discover his lack of coordination extends to both hands equally. This situation illustrates as "ambisinister".

Philocalist :

A person who loves beauty of every one thing. When life becomes full of dilemmas, sadness or tension, Be a Philocalist that's never falls into depression. Because. Finding beauty in everything whether it is in work, nature or life, is a true talent.

Parliament :

It also means '*a group of owls*', especially when used in poetic context. So the next time you see a group of owls and think of them as a bad omen, remember that they have a better parliament than we do !

Defenestrate :

Simply means "*to throw something or someone out of window*". Ofcourse, it is never used literally. It basically indicates rejection . So the next time you have a bad thought, just defenestrate it !

Pandiculation :

It is the simultaneous act of yawning and stretching as a response to waking up. Does it surprise you to know that an act as silly & taken-for-granted as this can have a scientific terminology?

-Kirti Bagul (T.Y.BPharm)

The 70+ Hour Workweek: A New Norm?

Recently, a prominent tech industry leader openly stated that he does not believe in work-life balance and suggested that Indian employees should work more than 70 hours a week. While he proudly gifted ₹240 crore worth of shares to his grandson, he refuses to increase employee salaries. This stark contrast exposes the hypocrisy of corporate leaders, who demand extreme dedication from their workers but hoard wealth for themselves. One of the most disturbing trends in India's job market is the widespread hiring of freshers on contractual terms. Young graduates, eager to start their careers, are employed on one or two year contracts, with no guarantee of permanent positions. The new labour laws favor corporations, ensuring that companies face no pressure to convert these freshers into permanent employees. This allows businesses to exploit young talent at lower wages without offering job security, benefits, or career growth. Government policies favor corporates over workers. Instead of protecting workers, government policies largely benefit big businesses. Labour laws are being tweaked to suit corporate interests, leaving employees vulnerable. During economic downturns, workers are forced to accept salary cuts, while CEOs continue to receive massive pay hikes. The wealth gap between top executives and regular employees is widening, creating a highly unjust work environment. Employees face unrealistic targets, mental harassment, and extreme work pressure. The absence of strict labour regulations allows companies to overwork employees without legal consequences.

How long will Indian employees tolerate this modern-day slavery?

Suraj Bhukan (T.Y.BPharm)

भांडवलशाही: वैयक्तिक स्वातंत्र्य आणि आर्थिक विकासाचा मूलमंत्र!

मानवाच्या आर्थिक व्यवस्थेने काळाच्या ओघात विविध स्वरूप धारण केली आहेत. त्यामध्ये भांडवलशाही आणि साम्यवाद या दोन संकल्पना विशेष महत्त्वाच्या ठरतात. या दोन प्रणालींमध्ये कायम संघर्ष दिसून आला आहे. या दोन्ही विचारसरणी समाजाच्या आर्थिक आणि सामाजिक विकासासाठी उपाय सुचवतात, मात्र त्यांची मूलभूत तत्त्वे वेगवेगळी आहेत. भांडवलशाही ही खासगी मालकी, मुक्त बाजार व स्पर्धेवर आधारित आहे, तर साम्यवाद समानता, सरकारी नियंत्रण व संपत्तीचे सामायिक वाटप यावर भर देतो. भांडवलशाही ही एक आर्थिक व सामाजिक व्यवस्था आहे, जिथे उत्पादनाची साधने (जसे की जमीन, कारखाने, उद्योग) खासगी मालकीची असतात. या व्यवस्थेत मुक्तबाजारपेठ, स्पर्धा आणि नफा मिळविण्याचा अधिकार यांना विशेष महत्त्व दिले जाते. भांडवलशाहीत सरकारचा हस्तक्षेप मर्यादित असतो आणि बाजारपेठेतील मागणी-पुरवठ्याच्या तत्त्वांवर अर्थव्यवस्था चालते. भांडवलशाहीमध्ये स्पर्धेमुळे नवनवीन शोध आणि सुधारणा घडून येतात. खासगी उद्योगधंदे आणि नवीन तंत्रज्ञानाच्या विकासाला चालना मिळते. उदाहरणार्थ, अमेरिका आणि जपान यांनी भांडवलशाहीच्या जोरावर औद्योगिक आणि तांत्रिक क्रांती घडवली. एखादी व्यक्ती व्यवसाय करू इच्छित असेल, तर तिला सरकारची आवश्यकता नसते, हे स्वातंत्र्य समृद्धीला चालना देते. खासगी कंपनी आणि उद्योग वाढल्यामुळे मोठ्या प्रमाणावर रोजगार निर्माण होतो. हे समाजाच्या आर्थिक उन्नतीसाठी महत्त्वाचे आहे.

फायद्याप्रमाणे भांडवलशाही मध्ये अनेक तोटेही आहेत, काही लोक अत्यंत श्रीमंत होतात, तर काही गरीब राहतात. कामगारांना कमी वेतन आणि जास्त कामाचा ताण येऊ शकतो. कामगारांचे शोषण केले जाते. साम्यवाद ही एक अशी आर्थिक आणि सामाजिक व्यवस्था आहे जिथे उत्पादनाची साधने खासगी मालकी ऐवजी सरकारी किंवा सार्वजनिक मालकीत असतात. या व्यवस्थेचा गाभा "सर्वांसाठी समान संपत्ती आणि समान संधी" या संकल्पनेवर आधारित आहे. येथे सरकार अर्थव्यवस्थेचे नियंत्रण ठेवते आणि प्रत्येकाला गरजेप्रमाणे संसाधने वाटप केले जातात. साम्यवादाचा उद्देश सर्व नागरिकांना समान संधी मिळाव्यात हा असतो. त्यामुळे सरकार सर्व मालमत्तेचे नियंत्रण घेतो आणि प्रत्येकाला समान लाभ मिळावा, यासाठी नियोजनबद्ध अर्थव्यवस्था ठेवली जाते. मात्र, इतिहास पाहता असे आढळते की, ही व्यवस्था दीर्घकाळ टिकून राहत नाही. चीन, सोव्हिएत रशिया, क्युबा यांसारख्या साम्यवादी देशांमध्ये आर्थिक मागासलेपणा दिसून आला आहे. दुसरीकडे, अमेरिका, दक्षिण कोरिया, जपान यांसारख्या भांडवलशाही देशांनी भरभराट केली आहे. भांडवलशाहीत काही त्रुटी असू शकतात, जसे की विषमता वाढण्याची शक्यता. मात्र, ती व्यक्तीला स्वातंत्र्य, संधी आणि प्रगतीचा मार्ग देते. साम्यवादाच्या तुलनेत भांडवलशाहीत उद्योगधंद्यांना वाढ मिळते, संशोधनाला चालना मिळते आणि रोजगाराच्या संधी अधिक प्रमाणात उपलब्ध होतात. म्हणूनच, भांडवलशाही ही समृद्धी आणि विकासासाठी अधिक प्रभावी आर्थिकव्यवस्था आहे.

अभिषेक तरटे (T.Y.BPharm)

ध्यान आणि त्याची पद्धती स्वामी विवेकानंद

स्वामी विवेकानंदांनी "ध्यान आणि त्याची पद्धती" या पुस्तकात ध्यानाच्या महत्त्वपूर्ण तत्वांचा सखोल उलगडा केला आहे. ध्यान म्हणजे मनाच्या खोलवरच्या शांततेचा अनुभव; अशा स्थितीत मन शांत आणि सकारात्मक बनते. विवेकानंदांनी ध्यानाच्या पद्धतींवर विशेष प्रकाश टाकला आहे, ज्यामधून प्रत्येक व्यक्तीला मनाच्या गाभ्याशी संवाद साधता येईल.

या पुस्तकात स्वामी विवेकानंद ध्यानाचे तीन मुख्य भाग मांडतात, शरीरावर नियंत्रण, मनावर नियंत्रण, आणि आत्म्यावर आधारित गहिरो शोध. त्यांच्यानुसार, शरीराच्या स्थितीत स्थिरता प्राप्त करणे ही ध्यानाची पहिली पायरी आहे. त्यानंतर, विवेकानंदांनी मनावर ताबा मिळवण्यासाठी आवश्यक साधनांचे वर्णन केले आहे. मनाच्या लहरींवर नियंत्रण मिळवले की, ध्यानाच्या माध्यमातून आत्म्याच्या गूढतेला स्पर्श करता येतो.

ध्यानाच्या विविध पद्धती, ज्यात साध्या श्वासोच्छ्वासाच्या तंत्रापासून गहन आध्यात्मिक साधनेपर्यंतचे मार्ग विवेकानंदांनी मांडले आहेत. प्रत्येक पद्धतीचे फायदे आणि मानसिक विकासासाठीचे उपयोग त्यांनी सुस्पष्ट केले आहेत. त्यानुसार, ध्यानामध्ये शारीरिक व मानसिक आरोग्याला लाभ होतोच, परंतु अधिक खोलवर जात आत्म्याशी जोडला जाण्याचा अनुभव मिळतो.

"ध्यान आणि त्याची पद्धती" हे पुस्तक प्रत्येकाला अंतर्मुख होण्याची प्रेरणा देते. विवेकानंदांची ध्यानशक्तीने जीवनावर नियंत्रण मिळवण्याची शिकवण आजही तितकीच प्रभावी आहे. ध्यान हे जीवनाचा सार असलेले साधन आहे, जे मनाची शांती आणि जीवनाचा उद्देश सुस्पष्ट करते.

-वैष्णवी गिते (T.Y.BPharm)

तिमिरातुनी तेजाकडे..

मानवाच्या जैविक उत्क्रांतीचे सिद्धांत त्याची उत्पत्ती आणि बौद्धिक विकासावर प्रकाश टाकतात. पण मानवापासून ते माणसापर्यंतचा प्रवास समजून घ्यायचा असेल तर मानवाच्या वैचारिक उत्क्रांतीचा अभ्यास केला गेला पाहिजे. प्राण्यांमधील प्रजनन आणि उदरभरण या कुंपणाच्या पलीकडे जाऊन मानवाने वैचारिक पैलू चा विकास करत स्वतःला निसर्गाची सर्वश्रेष्ठ रचना म्हणून सिद्ध केलं.

मानवाच्या वैचारिक उत्क्रांतीने संस्कृती ला जन्म दिला, वेगवेगळ्या सांस्कृतिक व्यवस्थांमुळे मानवाची माणसाकडे वाटचाल सुरू झाली, मानवी संस्कृतीमध्ये कला, संगीत, साहित्य आणि इतर सांस्कृतिक पैलूंचा विकास झाला.

अज्ञानाच्या अंधकारापासून ते ज्ञानाच्या प्रकाशपर्यंतचा प्रवास हा वैचारिक उत्क्रांती ने शक्य झाला, वेगवेगळ्या कालखंडात वेगवेगळ्या तत्ववेत्त्यांनी सामाजिक विचारधारेला आकार देण्याचे काम केले.

गेल्या काही शतकांमध्ये मानवी बुद्धीने जगाचा कायापालट केल्याचं अगदी स्पष्टपणे दिसून येतं. ज्या बुद्धीने संस्कृतीला जन्म दिला तिच बुद्धी सभ्यतेला मागे सारत चालल्याच दिसतंय. एका अनु सारख्या सूक्ष्म घटकापासून विध्वंसक स्फोटके बनवून मानवी बुद्धीने मानवी अस्तित्वाच्याच कानाखाली कट्यार धरली हे म्हणणं अतिशयोक्ती ठरणार नाही.

माणसाने विकसित केलेली कृत्रिम बुद्धिमत्ता आज माणसाच्या नैसर्गिक बुद्धिमत्तेला आव्हान ठरत आहे. माणसामध्ये उत्पन्न झालेली अस्मितेची आणि गर्वाची महत्त्वाकांक्षा मानवी बुद्धीला सृजनात्मकतेपासून ते विध्वंसकतेपर्यंत घेऊन जात आहे.

वैचारिक उत्क्रांतीने मानवाचा बौद्धिक विकास झाला..! पण जोपर्यंत माणसामध्ये सद्बुद्धीचा विकास होत नाही तोपर्यंत 'तिमिरातुनी तेजाकडे..?' हा प्रश्न पडणे सहाजिकच..!

-जीवन कुंदे (T.Y.BPharm)

स्त्री काय आहेस तू...
शिवबाची जिजाऊ तू,
राणी झाशीची बळकट बाहू तू,
पेशव्यांची आवड मस्तानी तू,
ताजमहालाची प्रेमक निशाणी तू..

आजच्या युगाची प्रगती तू,
प्रयत्नांना लाभलेली उन्नती तु,
कलेच्या क्षेत्रात नटराजाची मूर्ती तू,
खरचं साऱ्यांच्या यशाची किर्ती तू...

तुज वाचून न कुठला जीव,
तुज वाचून ना कुठली नीव,
वंदितो तुला हे स्त्री-शक्ती,
कारण आजही तुजवाचूनी,
ना कुठला ईद्र ना कुठला शिव ...

जागतिक महिला दिन हा दिवस संपूर्ण जगभरात मोठ्या उत्साहाने साजरा केला जातो. या आधुनिक युगात महिला सर्वच क्षेत्रात आगेकूच करत आहे. भारतासारख्या विकसनशील देशात दोगांणी शिक्षणातील प्रगती, बदल, मुलींना मिळणारे व समान दर्जाची वागणूक यामुळे महिलांमध्ये अंतर्गत नवनवीन ज्ञान व गुणांना प्रेरणा देण्यास मोकळी वाट भेटत आहे.

एकीकडे मुली प्रगती करत असून दुसऱ्या मुलींवर होणाऱ्या अत्याचारांमध्ये प्रगती आहे. मुलींबद्दल कमी होत असलेली भावना आणि वाढती पुरुषप्रधानता यासाठी या गोष्टी कारणीभूत आहेत. आपल्यासारख्या सुसंस्कृत व प्रगतीशील देशात लैंगिक धोक्याची घंटा आहे.

स्त्रियांनी २१ व्या शतकात जवळपास सर्वच क्षेत्रात आपले एक वेगळेच अस्तित्व निर्माण केले आहे.

पण वैयक्तिक जीवनात ती सुरक्षित आहे का ?

काल गावात सहज फेरफटका मारत होते. तेव्हा कॉलेजच्या समोर गावातल्या २०-३० वयोगटातील मुलांचा घोळका रस्त्यालगत गप्पा मारत बसला

युवाकाळीन लैंगिक वाटाघाटींमध्ये आपण काय म्हणून बोललो. नजरेने बघण्या



का पुरुषा का ? का करतोयस तु हे कृत्य ?
अन बनतोस कलयुगातला क्रूर दैत्य...।

कधी शारीरिक तर कधी मानसिक आणि नाहीच जमल तर,
करतोस नजरेने बलात्कार तु आपसूक..
इथेपण अरे! घाबरवते तुझी ती घाणेरडी नजर...
निम्मा वेळ निघून जातो सावरण्यात पदर...

नाही वागले तुझ्या मनासारखे तर चहूबाजूनी मांडतोस माझ्या
चारित्र्याची लक्कर.

हे तु आजच नाही करत आला आहेस नित्य !!!
का पुरुषा का ? का करतोस तु हे कृत्य ?
अन बनतोस कलयुगातला क्रूर दैत्य...।

(समीर गुडेकर लिखित)

बहुतेक जुन्या विचारसरणीची लोक सरळ सरळ मुलींना दोष देऊन मोकळे होतात. त्यांची छोटे कपडे, अंग प्रदर्शन, रात्री- बेरात्री बाहेर हिंडणे, व्यसन इत्यादी... गोष्टींवर बोट ठेवतात. ती पण माणूस आहे. तिला तिच्या जगण्याचे स्वातंत्र्य आहे. उलट आपण असे म्हणण्यापेक्षा त्यांना जास्तीत जास्त कसे सुरक्षित वाटेल याकडे लक्ष दिले पाहिजे.

आता ताज्या घडलेल्या हैद्राबाद प्रकरणात त्या तार्ईने पारंपरिक वेशभूषाच परिधान केली होती.? तरी तिच्यावर बलात्कार झालाच ना ?

बरोबर आहे, जर एखादी मुलगी छोट्या कपड्यात पाहिल्यावर साहजिकच मुले आकर्षित होणार. एका स्त्री-पुरुषांमध्ये आकर्षण निर्माण होणे, निसर्ग नियमित साहजिक आहे. परंतु त्या मनावर ताबा ठेवणे ,आपल्या हातात आहे.त्याच जागी जर तुमची बहीण असेल तर तुमच्या मनात असे विचार येतील का? कदापि येणार नाही....

मग इथेच अस का ?

महिला अत्याचार करणाऱ्या नराधमांना कठोरातील कठोर शिक्षा देणे, कायदे मजबूत करणे, लवकर निकाल देणे इत्यादी गोष्टींमध्ये सुधारणा करून 'पुढच्यास ठेच मागचा शहाणा' या म्हणीप्रमाणे अत्याचारांची संख्या कमी होण्यास मदत होईल. पण हे सर्व तात्पुरते उपाय झाले कायमस्वरूपी बदल घडवणे आपल्या हातात आहे.

लहानपणापासून तर वयात येईपर्यंत आई-वडील, नातेवाईक, शेजारी-पाजारी, शिक्षक, विद्यार्थी मित्र या सर्वांचा या कार्यात सिंहांचा वाटा आहे. मुलांवर चांगले संस्कार व विचारांची रुजवण झाली पाहिजे तरच नवीन पिढी या सर्व गोष्टींपासून लांब राहील.

जाता जाता एवढच सांगू इच्छिते की,
मी आता असं म्हणणार नाही की सगळ्या मुली आपल्या बहिणी आहेत वगैरे वगैरे

एखादया मुलीला/ स्त्रीला पाहिल्यावर आकर्षण होणे साहजिकच आहे. पण मनावर ताबा ठेवणे आपल्या हातात आहे. एका ठरावीक पातळीपेक्षा आपले विचार घसरून न देणे याचे आपण भान राखले पाहिजे.

समोरून जाताना एखाद्या मुलीने आपल्यामुळे रस्ता न बदलावा किंवा असुरक्षित न वाटता अभिमाने मुक्त संचार करावा,अशी सहज, सुंदर व मर्यादित 'नजर' असावी, हीच अपेक्षा!

ना संपणारे तुझे अस्तित्व,

ना तु विरळ होणार,

तुझवाचून हे विश्व आपले,

किती काळ टिकणार.....

-Dipti Nelge (S.Y.B.Pharm)

प्रक्रिया को-लर्निंग स्पेस - आगळीवेगळी शिक्षणाची जागा.

शैक्षणिक प्रक्रिया गतिमान होण्यासाठी अनेक पर्याय आज काल आपण समाजामध्ये पाहतो. अशीच एक पुण्यातील आगळीवेगळी प्रायोगिक शाळा म्हणता येईल अशी जागा प्रक्रिया को लर्निंग स्पेस बाळसं धरत आहे. नवनवीन विचारांची कास धरत व समाजात विकास रुजवण्यासाठी काही व्यक्ती प्रयत्नशील असतात, त्यापैकीच मुग्धा व सचिन नलावडे हे एक जोडप आणि त्यांनी सुरू केलेली प्रक्रिया Co learning Space ही मुलांसाठीची जागा.....

या संस्थेच्या नावातच याची विचारधारा लपलेली आहे, शिक्षण ही निरंतर चालणारी प्रक्रिया आहे, या प्रक्रियेत सहभागी असणारा प्रत्येक घटक म्हणजे मुले, प्रवर्तक, पालक, संस्थेचे इतर सर्व पदाधिकारी शिकत आहेत.... इथे येणारा प्रत्येकजण शिकण्याच्या भावात आहे, म्हणून नावात Colearning आहे, सहशिक्षणाची ही अव्याहत प्रक्रिया एकत्रितरित्या चालू ठेवण्याची ही जागा असा या नावाचा जन्म झाला आहे. सचिन दादाने संस्थेचे नाव अन् इथे राबवली जाणारी शिक्षण पद्धती याचा हे नाव देताना अतिशय खोलवर विचार केलेला आहे. अशा प्रकारच्या प्रयोगशील शाळेमध्ये मुलांना पाठवण्यासाठी पालकांना आधी त्याची पार्श्वभूमी समजायला हवी व पटायला हवी. चांगल्या निकालाच्या शाळा व शिकवणी लावली की पालक निश्चित असतात. समांतर शिक्षण व्यवस्था ही आज काळाची गरज आहे. तंत्रज्ञानाचा वापर वाढल्यापासून ज्ञानेन्द्रियाचा वापर कमी होत आहे. प्रचलित शाळेत मुलांना फक्त ऐकण्याचेच काम असते. ऐकण्याकडे लक्ष नसेल तर आकलन होत नाही. संबोध स्पष्ट नसताना पाठांतर केले जाते व परीक्षेत ते लिहिले जाते. आठवण्याच्या क्षमते वरून मुलाचे व्यक्तिमत्त्व व भवितव्य ठरते. या सगळ्या गोष्टी लक्षात घेवून मुलांची संख्या कमी ठेवून शिक्षण पद्धतीविषयी काही नवे प्रयोग करण्याचे धाडस पुण्यातील हे जोडप करत आहे.

ज्या पालकांना प्रचलित शिक्षण व्यवस्थेमध्ये असणारे दोष टाळून अजून अधिक मुलाला काही तरी द्यायचे आहे, त्या मुलाला तो स्वतः काही तरी वेगळेपण घेऊन जन्माला आला आहे त्याचा शोध घ्यायचा आहे, असा पालक वर्ग प्रक्रिया मध्ये येतो. प्रक्रिया को लर्निंग स्पेस शाळा ही एक अशी जागा आहे की जिथे मुलं का शिकायचं, काय शिकायचं आणि कसं हे समजून रोज नवनवीन गोष्टी शिकतात. वय वर्ष तीन ते तेरा पर्यंतची मुले इथे एकत्र शिकतात. प्रक्रिया को लर्निंग स्पेस या शाळेची सुरुवात जुन २०२२ मध्ये झाली. अध्ययन ही नैसर्गिक प्रक्रिया आहे. सहज अध्ययन पद्धती वर येथे काम केले जाते. स्वातंत्र्य, हक्क, कर्तव्य यांचे सहज आकलन याचे कोलर्निंग मध्ये तिथल्या वातावरणामधून होतं. मूल समजून घेऊन त्याला योग्य शास्त्रशुद्ध समाधानकारक पर्याय शोधणं ही आजची गरज आहे. मुलं स्वतःच्या शिकण्याच्या पद्धतीच्या वेगवेगळ्या उपक्रमातून नव्याने शोध घेत असतात तसेच आनंददायी प्रक्रियेचा अनुभव घेत असतात. 'स्वतः चा शोध घेते ते शिक्षण' प्रत्येक मुलाला स्वतःचा शोध घेण्याची प्रक्रिया साधली पाहिजे, यासाठी योग, ध्यान धारणा सारख्या काही विशेष प्रक्रिया इथे केल्या जातात. मुलाला स्वतःबद्दल सजगता येणे, स्वतःच्या क्षमता कळणे, स्वतःच्या क्षमता तो कशा ओलांडू शकतो हे समजणे. मुलांना त्यांच्या अंतः प्रेरणा समजून त्या दिशेने काम करता येणे यासाठी लागणाऱ्या सर्व प्रकारच्या ऍक्टिव्हिटीज इथे घेतल्या जातात व यातून मुलाचा स्वतः सोबतचा, स्वतःला ओळखण्याचा, जाणून घेण्याचा प्रवास सुरू होतो. इथे वर्ग नाहीत, साधारण वय वर्षे नऊ ते बारा या वयोगटातील मुले सर्व विषय एकत्रच शिकतात. सगळ्यांचा वर्ग एकच. मुलांना शिकण्याच्या दृष्टीने जे काम केले जाते त्याचे पूर्ण गटाला आकलन झाल्याशिवाय प्रवर्तक पुढे जात नाहीत. चित्रकला भाषा, गणित, विज्ञान, इतिहास भूगोल, पर्यावरण असे सगळेच विषय इथे आहेत. इथे I.Q. पेक्षा E.Q वर जास्त भर दिला जातो, कारण मूल्य शिक्षण हे महत्त्वाचं मानलं जातं. आपण व्यक्ती घडवतो म्हणजे त्यांचं फक्त व्यक्तिमत्त्व घडवत नाही तर - त्याचे चरित्र घडवतो, त्यामुळे मुल्यांना अधिक महत्त्व आहे.

आजच्या प्रगतीच्या वेगापुढे माणुसकी कमी होते आहे. संवेदनशिलता आत्ताच कमी झाली आहे पंचवीस वर्षांनंतर आपल्याला संवेदनशील माणसाची गरज लागणार आहे. 'प्रक्रिया कोलर्निंग स्पेस' हे मुलांच्या शिकण्याच्या प्रक्रिया कार्यन्वित करणारे सेंटर आहे.

प्रत्येकजण अनुभवातून, कृतीतून, पुस्तकांमधून आणि व्यक्तींच्या सहवासातून काहीं ना काहीं शिकत असतो तेही निरंतर असते, अमुक एक वर्गापर्यंत शिकलो की शिकण्याचे काम नाही, हा विचार खूप घातक आहे, त्यामुळे मुलामध्ये निरंतर शिकत राहण्याचा विचार रुजत नाही.

प्रक्रिया मध्ये हा विचार रूजतो, तसेच कोलर्निंग म्हणजे इथे फक्त मुलं शिकत नाहीयेत तर इथे सर्व मुलं, मुलांसोबत काम करणारा प्रवर्तक, प्रक्रियाची संपूर्ण कोअर टीम हे सर्वजण शिकत आहेत, कधी मुलांकडून तर कधी इतर घटकांकडून, असच वातावरण इथे राखल जातं. प्रक्रिया कोलर्निंग स्पेस ही अशी जागा आहे जिथे मूल, पालक, प्रवर्तक, संस्थापक व याला जोडलेले सर्व घटक इथे शिकण्याची प्रक्रिया अनुभवत आहेत. मुलांच्या शिकण्याच्या नैसर्गिक उर्मींवर व त्याची स्वतः ची शिकण्याची नैसर्गिक पद्धत त्याला शोधता यावी यावर भर दिला जातो.. मुलांकडून प्रश्न आले की त्याला त्याच्या प्रश्नांचा शोध घेता यावा यासाठी वेगवेगळ्या मार्गांनी जाताना त्याला मदत केली जाते.. कोणत्याही मुलाला कोणत्याही प्रश्नाचे थेट उत्तर दिले जात नाही.

प्रक्रिया कोलर्निंग स्पेस मध्ये मुलांच्या शारीरिक व मानसिक स्वास्थ्यावर भर दिला जातो. स्वतः बद्दल सजगता येणे, स्वतः च्या क्षमता कळणे, स्वतः च्या क्षमता तो कशा ओलांडू शकतो हे समजणे, मुलाला त्याच्या अंतःप्रेरणा समजून त्या दिशेने काम करता येणे यासाठी लागणाऱ्या सर्व प्रकारच्या activities इथे घेतल्या जातात, ज्यातून मुलाचा स्वतः सोबतचा, स्वतः ला ओळखण्याचा, जाणून घेण्याचा प्रवास सुरु होतो.

आठवड्याची सुरवातच खाऊ बनवण्याच्या उपक्रमातून होते. दर सोमवारी सर्वजण मिळून खाऊ करतात, खाऊ ठरवण्यापासून ते बनवून खाण्यापर्यंत च्या सर्व प्रक्रियेचा मुलेच महत्त्वाचा घटक असतात, फक्त त्यांना मदत केली जाते. भाज्या चिरणं पोळ्या लाटणं स्वयंपाक घरातील सर्व कामे लहान लहान मुले ही करतात. मुलांना खूप वेगवेगळ्या ठिकाणी निसर्गाच्या, समाजात प्रसिद्धीच्या आहारी न जाता समाज घडविण्याच्या कामात स्वतःला वाहून घेतलेल्या माणसांच्या सहवासात भटकंतीला नेले जाते.

सातत्याने सहलीचे आयोजन केले जाते. वेगवेगळे परिस्थिती अनुभवता येते, ठिकाणं अनुभवता येतात. प्रतिकूल परिस्थिती कळतं. नकळतपणे या सहली मधून मुलांना खूप काहीं शिकायला मिळते. मुले आपण देतो त्यापेक्षा खूप जास्त शिकत असतात, ते कोणत्या पातळीवर काय शिकतात हे आपल्या आकलनाच्या पलीकडे असते, मूल कोणत्या अनुभवातून काय शिकले हे कोणतेही तंत्रज्ञान वापरून तपासता येत नाही कारण तंत्र पद्धतीला सुद्धा आपल्या बुद्धीच्या मर्यादा असतात. परीक्षांचा किंवा गृहपठाचा ताण इथे मुलाला नसतो. मुलं मराठी, गणित, संस्कृत, भूगोल, इतिहास, पर्यावरण, इंग्रजी, चित्रकला आणि विज्ञान असे सगळे विषय शिकतात पण त्याला कोणत्याही प्रकारची तासांची चौकट आखलेली नाही. हे सगळेच विषय शिकण्यासाठी विविध पद्धती explore करायला मुलाला संधी दिल्या जातात. पर्यावरण व भूगोलाचा भाग म्हणून अभ्यासले गेलेले खडकाचे ज्ञान इयत्ता चौथीच्या वयाच्या असलेल्या वेद ने आई बाबांसोबत हिमाचल मध्ये फिरायला गेला तेंव्हा बरोबर त्यांना तिथे समजावले. अशी मुलांच्या मध्ये झालेली growth कमालीची आहे, मुलांची गुणात्मक प्रगती म्हणजे नक्की काय याची कितीतरी उदाहरण देता येतील. मुलांची शिकण्यातली गती, मुलांची शोधक वृत्ती, मुलांच्या व्यक्तिमत्वात झालेले बदल, रोजच्या रोज त्याची झालेली प्रगती त्यांच्याशी गप्पा मारल्या तर कळतं. वर्षाला एकच मूल्यमापन पत्रक देण्याने खर तर ही प्रगती ठरवता येत नाही, ही प्रगती त्यांच्या जीवनशैली चा भाग होणे आवश्यक असते.

प्रक्रिया कोलर्निंग स्पेस ही वेगळ्या पद्धतीची शाळा आहे असेच पालक म्हणत असले तरी ही शाळा नसून शिकण्याची वृत्ती असणाऱ्या प्रत्येक व्यक्तीसाठी ची ही जागा आहे, इथे येणाऱ्या प्रत्येकांनी शिकत राहावे हाच मुळ गाभा आहे अन या सुंदर प्रक्रियेत सहभागी व्हावे.

हा आत्ता पूर्ण वेळेचा उपक्रम असला तरी या उपक्रमात जी मुले काही कारणाने सहभागी होऊ शकत नाहीत पण त्यांनाही या पद्धतीने शिकायला आवडेल आशा सर्व मुलांसाठी प्रक्रिया गेली 6 वर्षे 'प्रक्रिया वाचन कट्टा' हा उपक्रम राबवते आहे..या उपक्रमाविषयी, प्रक्रियेच्या इतर विशेष कार्यक्रमाविषयी जाणून घेण्यासाठी....

अधिक माहितीसाठी खालील नंबरवर संपर्क साधता येईल

मुग्धा नलावडे (9765405541)

सचिन नलावडे

संस्थापक व संचालक

प्रक्रिया कोलर्निंग स्पेस



संतकृपा झाली | इमारत फळा आली ||
ज्ञानदेवे रचिला पाया | उभारिले देवालया ||
नामा तयाचा कीर्कर | तेणे केला हा विस्तार ||
जनार्दन एकनाथ | खांब दिला भागवत ||
तुका झालासे कळस | भजन करा सावकाश ||



le

कलमों के परे पुरुष

एक पुरुष कभी अपने हृदय से प्रेम नहीं करता,
वह प्रेम करता है अपनी आत्मा से..! जीस तरह
आत्मा शाश्वत है उसी प्रकार उसका प्रेम भी
शाश्वत होता है ।

पुरुष का प्रेम सरल होता है , इतना सरल की
अगर कोई उसे पुछे की "कीतना प्रेम है तुम्हें
अपने प्रिय से..?" तो शायद इस का उत्तर भी
वो ना दे पाए , ये इसलीये नहीं की वो अपने प्रेम
को उपमाओ मे ढालने मे असमर्थ है , बल्की
उसके प्रेम के आगे सभी उपमाए , शब्द ,
साहित्य गौण हो जाते है ।

पुरुष का प्रेम समझना है तो उसका मौन सुनना
आना चाहिए , जीस प्रकार एक पुरुष का मौन
प्रेम व्यक्त करता है, शायद हि उस प्रकार प्रेम
व्यक्त करने के लिये साहित्य मे किसी अलंकार
का आविष्कार हुआ हो..।

उसका मौन बोलता हैं... किंतु उसकी आवाज
कंठ से ना आकार आंखो से आती है और आंसु
शब्दो का किरदार अदा कर जाते है!

वो कभी चांद तारे तोड लाने के व्यर्थ वचनों मे
प्रेम का ढोंग नहीं करता, उसकी आंखो मे
जमानत होती है, आखरी श्वास तक एक ही
हाथ थामे रखने की ,
अपने प्रिय के साथ वयस्क होने की, अपने प्रिय
के चेहरे के तील की प्रशंसा करने से लेकर
उसके चेहरे की मखमली झुर्रियों मे सुंदरता
खोजने की...

साहित्य ने पुरुष के पौरुष , वासना , साहस,
सामर्थ्य को हर प्रकार से गौरावांवित किया है
किंतु सहित्यिको की कलम ने पुरुषो के प्रेम पर
कभी पर्याप्त प्रकाश नहीं डाला..!

साहित्य और लोकसाहित्य ने प्रेमी पुरुष को
मजनू और रांझा से उंचा कभी समझा ही
नहीं..! पुरुषो का प्रेम तो इमरोज सा है..!

क्या सही है ?

भूखे को खाना देना,
या गटर में बहाने को दूध लेना,
क्या सही है ?

नंगे को कपड़े देना,
या सोने की चादर लेना,
क्या सही है ?

भक्ति के नाम पर ढोंग करना,
या इंसानियत की भक्ति करना,
क्या सही है ?

जिसने बनाई ये दुनिया उसपर लाखों लूटना,
या जरूरतमंद का सहारा बन जाना,
क्या सही है ?

जिसने जिंदगी भर बन के भिक्षु भिक्षा मांगी
ऐसे साई की सोच अपनाना,
या उनके लिए सोने का सिंहासन बनाना,
क्या सही है ?

जात-पात के नाम पर मर मिटकर
ज़मीन पर अल्ला या राम लिखना,
या उस ज़मीन पर स्वर्ग सजाना,
क्या सही है ?

सवाल है मेरा आपसे,
देकर द्वारिका के राजा को
लाखों हीरो की माला और कई पकवान,
क्या होंगे वो प्रसन्न यदि भूखे होंगे मंदिर के बाहर बैठे भिकारी
जो है उनके पुत्र-पुत्री समान।
रखो विश्वास उस शक्ति पर जिसने ये संसार बनाया,
क्योंकि भगवान ने काल को अमीरी-गरीबी का फ़र्क नहीं सिखाया
और यही सही है !!!

-उन्नति मिश्रा (F.Y.BPharm)

-जीवन कुंदे (T.Y.BPharm)

हृदय कोष

तुम दिल हो ,जान हो, ईमान हो ,मेरी एक अलग पहचान हो।

बहुत कुछ सिखा है तुमसे, माना है तुम्हें, सर- आँखों पर बिठाकर
दिल में उतारा है तुम्हें ।

जिंदगी जीने का ढंग तुमसे सीखा ,
तुम्हारे बिना जिंदगी का रंग लगता है फीका।

हमेशा ऊंचा उडना सिखाया, कभी ना रोना सिखाया ,
जब भी आँधियों से डर जाती थी मैं, तुमने हमेशा डटकर खड़े
होना सीखाया।

तुम्हारा व्यक्तित्व ऐसा है ,दिल को छूने जैसा है ।
तुम प्रेरणा का स्रोत हो ,जीवन की ज्योत हो।

इतने उपकार करते हो ,एक उफ़ भी ना करते हो,
क्या सचमूच तुम मुझसे इतना प्रेम करते हो ?

त्याग की मूरत तुम, मेरी सीरत तुम,
तुम जिंदगी की रोशनी हो ,मेरी सच्ची अभिलाषा तुम !

पिता तुम कैसे हो धीरे-धीरे प्रेम बने, स्वाभिमान बने, फीर
भगवान बने, पता ही न चला कि कब तुम दिल और जान बने !

शितल पाटील (T.Y.BPharm)

जीवन गीत

शहर भी ये गैर है,
गैर वक्त की सैर है,
सैर पे चले पैर है,
पैरो मे है बेडीया ,
बेडीया वो रीशतो कीं,
ये रीशते चश्मदीद है,
चश्मदीद जुल्मो के ,
जो जुल्म मैंने सहे थे,
जो अशको मे भी बहे थे,
बहे कुछ पलको से,
कुछ पलको मे ही फसे थे,
याद है वो रीशते भी ,
जो मेरा हाल देख हसे थे,
तोड दि अब बेडीया ,
छिटककर सारी कडीया,
कडीयो की छनकार से
मै गीत बनाता चला,
मिलता गया जो राह मे,
उसे मित बनाता चला..!

Instagram

- जीवन कुंदे (T. Y. B PHARM)

शायरी

कोई तो ऐसा हो,
जिससे खून का रिश्ता ना हो
कोई तो ऐसा हो,
जो हमारी बाते सुने समझे
कोई तो ऐसा हो,
जिसे हम अपना कह सके
कोई तो ऐसा हो,
जो बिना मतलब का ख्याल रखे
वो चाहे दोस्त हो या प्यार
पर कोई तो ऐसा हो.....

चल पड़ा था राही खुदकी तलाश में,
घुमा , फिरा पर खुदको ना पाया।
बैठा थक हार के एक जगह ,
उसने समझा खुदको ढूँढ पाऊंगा।
मिला खुदसे जिसे उसने कभी समझा नहीं,
जिसे समझा वो कभी वो था ही नहीं।

तेरे सच में झूठ की मिलावट है
तेरी सारी बाते बनावट है
भगवान ने की है तेरी किस्मत की
लिखावट है
जाने किस हुर की तेरी कबखत
नसीब में सजावट है

-Ankita Aaware (T.Y.BPharm)

असे हे वाट पाहणे

शेंदरी करून आभाळ
सूर्य गेला अस्ताचरी,
दाटता काळोख बागेत,
रातकिडे रुदन करी,
फुलपाखरू सोडून फुलाला,
वाट सदनाची धरी,
पाहून कोमेजताना फुलाला ,
खंत भरे त्याच्या उरी,
उद्या येईल पुन्हा मी,
असे फुलाला सांगून,
आसवं घेऊन डोळ्यात,
जाते बागेला सोडून,
गुण फुलपाखराचे ,
मग सांगून रातीला,
आस लावून पहाटेची ,
फुल पाहते उगवतीला

-वैष्णवी गिते (T.Y.BPharm)

मन नावाचा कोपरा

माणूस नावाच्या सजीवात मन नावाचा कोपरा वसतो
असंख्य गोष्टींचा दडलेला येथे खजिनाच असतो.

काही स्वप्न पूर्ण झाल्याचा आनंद असतो तर,
काही स्वप्न अपूर्ण असल्याचा सुवास येथे दरवळतो

आठवणींचा खेळ रोज चालूच असतो
याच खेळात स्वतःला हरवून मात्र बसतो

परवा नसते कोणालाच याची
जो तो आपलीच गरज तर भागवत असतो

मन नावाचा कोपरा मात्र
आशेवरच जगत बसतो.

समजून घेण्यास कठिन असला तरी
अशक्य मात्र नक्कीच नसतो...

करीना ढाले (T.Y.BPharm)

आता तुच तुझी ढाल बन...

समाजाला, सरकारला, आजूबाजूंच्या लोकांना नको मागू कोणतीही मदत,
असते जागे हे सगळे तर नसती आली ही वेळ सतत.

सौंदर्याला सजवत बसण्यापेक्षा तुझ्या शरीराला आता बळकट कर,
कराटे, बॉक्सिंग एवढेच नव्हे तर fighting सुद्धा शिकून तुच तुझ रक्षण कर.

कठीण प्रसंगी झाशीची राणी बनून वार्ड नजरांना फोडून काढ,
दुर्गामातेचा अवतार घेऊन राक्षसांचा विध्वंस करून तुझ्यावर होणाऱ्या अन्यायाला वाचा फोड,

कणखर हो तू, स्त्रीमत्वाची मशाल पेटव,
अत्याचाराला बळी न पडता, अपराध्याला धडा शिकव.

गोफणे मयुरी (S.Y.M.Pharm)

बाप

बापाची एक वेगळीच कहाणी
लेक म्हणजे त्याची परी अन् राणी...
दूर जायची ती म्हणताच येई
डोळ्यांत त्याच्या पाणी...!!!

निरोप घेताना माझा
पाहून माझ्याकडे हसत होता...
पण नजर चुकवून माझी
अश्रू डोळ्यातले पूसत होता...!!!

मग समजूत काढत स्वतःचीच म्हणाला
ते शिकाया आता निघालं....
खांद्यावर खेळणारं पाखरू माझं
उंच आकाशात उडालं...!!!

उन्हात राबून स्वतः त्यानं
मला मात्र छायेत ठेवलं...
कोळशाच्या खाणीच आयुष्य माझं
हिन्याहूनही सुंदर केलं...!!!

झिजलेल्या बापासाठी माझ्या
मलाही पै पै झिजायचय....
रक्त आटलेल्या पायांना त्याच्या
मला माझ्या रक्ताने चोळायचय...!!!

आमोषेच्या रात्रीसुद्धा
ताऱ्यासारखं चमकायचयं
काट्याकुट्यांच्या रस्त्याला त्याच्या
मला फुलांच्या मखमलीने सजवायचयं...!!!

Vaishnavi Kulkarni
(FYMPHarm.)

कागदावरील भविष्य....

आयुष्याचा सारासार विचार करून पाहिला, भविष्यातील एक दिवस
कागदावर लिहून पाहिला ॥ तितक्यात मनात विचार उद्भवला,

कागद व पेन पुरेल का हो भविष्य लिहायला,
पण कागदावरील भविष्य घडणार नाही ना सत्यात .
मग केली शेवटी लिहायला आनंदाने सुरुवात

कोण असेल का हो भोवती एवढ्या मोठ्या जगात ,
दिसतील का सोबती रमलेले आपापल्या कुटुंबात,
सोडून सर्वजण आपल्या जणांना,
विचारल का कोणी ऐकमेकांना

मुलांवर घडतील का हो संस्कार,
विसरतील का सर्व हा अहंकार .
मनुष्यच मनुष्याचा शत्रू होईल का ?
वेळ जाईल पण टळेल का हो धोका ?

सरून कंटाळानू या सर्व गोष्टींना,
निसर्ग करणार नाही ना नष्ट या मानव जातीला....

वेदांती अनिल उन्हाळे (FYBpharm)

विचारांची पाऊलवाट

मनातल्या पाऊलवाटांना अंत कधीच नसतो,
फक्त उद्भवणाऱ्या विचारांचा ढीग मात्र असतो,
त्यातल्या साऱ्यांतून आपण कोणता घ्यायचा,
ठेवायचा याला मात्र वेळच नसतो ॥१॥
मग, घेऊन काहीतरी आपण रोजच धावतो,
आणि हेच विचार सोबत घेऊन कितीदा पडतो.
पडून सुद्धा आनंदाने पुन्हा उत्साहात धावतो.
त्यात कोणी काही सांगितल्यास किंवा मध्येच
ठेच लागता आपण वाट का बदलतो ..? ॥२॥
शेवटी अनेक वर्षे धावून सुद्धा अंधारच दिसतो ,
एवढं सारं करताना हा देह मात्र झिजतो,
झिजलेला प्राण मात्र एक दिवस मातीत मिटतो॥३॥

वेदांती अनिल उन्हाळे (FYBPHARM)

घराची वाट!!

भेटले स्वातंत्र्य स्वप्नांना माझ्या जरी
पाऊले मात्र घराचीच वाट धरी

आईच्या डोळ्यात पाणी आल जरी
बाबा तिला देई धीर
खूप मोठी होईल आपली छकुली
याची त्यांना खात्री

मनात काळजी आणि भीती जरी
आणी थोडी हुरहूर ही त्यात भर घाली
हळूच आई ही कानात बडबडली
कर बाळा बाबांचं नाव मोठ
जाऊ नको देऊ मान खाली

निघता घरातून बाहेर जरी
पाय जणू उंबरठ्यावर घट्ट झाले
डोक्यावर स्वप्नांचे ओझे असताना
मन मात्र घरातच रमले.

स्वातंत्र्य भेटल जरी
सोप्प नसत हो घर सोडून बाहेर राहणं
अन् आई बाबांचं आशेच गाठोडं घेत
बाहेर शहरात रमणं

भेटले स्वातंत्र्य स्वप्नांना माझ्या जरी
पाऊले मात्र घराचीच वाट धरी

आठवणीतील पाऊस!

हळुवार तरुंनी देह उंचावला,
वाऱ्याच्या स्पर्शाने नभ ही लाजला,
गुलाबी थंडी त्यास साद घाली,
अन विज जी रागात कडाडली.

पक्ष्यांची किलबिल घरट्याकडे धाव घेई,
लेकरांच्या ओढीने मायेच काळीज जड होई .
मेघाच्या अवतारण्याने पाने फळे ही खुलली,
अन अलगद पुष्पराजांनीहि पाने मिटली.

गुणगुणणारा भुंगासुद्धा
त्याचे गीत विसरला,
इंद्रधनूची सुंदरता बघून
जनु मधू ही लाजला.

रंग फुलपाखराचे जणू
निसर्गात अवतरले,
हे सर्व घडताना
सूर्याने अलगद डोकावले.

रंग नवनवे वेगवेगळ्या छटांनी माखलेले,
सुंदर रूप हे पावसाचे,
आठवणींनी रेखाटलेले.

खेळ शब्दांचा!

सुचता सुचेना शब्द कसे,
शब्द ही अपुरे पडले.
काही मनामध्ये थांबले
तर काही ओठांवर सुकून गेले.

केले मनानेही धैर्य थोडे
शब्द व्यक्त करण्याचे,
ओठांनाही बजावले डोळ्यांनी
हे काम नाही तुझ्या एकट्याचे.

न बोलताच काही शब्द
आपोआप व्यक्त होतात,
डोळ्यांतून वाहिलेले अश्रू
खूप काही सांगून जातात.

खरंच शब्दांना व्यक्त व्हायला
शब्दांचीच गरज भासते का?
शब्दांची गुंफण शब्दांत करताना
शब्द अपुरे पडते का ?

अर्ध अस्तित्व कवटाळलेलं

कवळा उरपाट्या स्वप्नांचा घेऊन उरावर
चालतो हा जीव कोवळा जगाच्या चालीवर
बोझा अपेक्षांचा असे बोकांडी त्याच्या
आता ना उरलं मन ना भावना कवडीच्या

जन्म निघाला निरोपा बघत जगाच्या रीती
जगणं राहून जातंय आई-बापाच्या इज्जती पोटी
हात सापडलेत घिरट्यात समाज गिधडांच्या
मन अडकलंय त्याचं तुरंगात जगनियमांच्या

जावं कुठं या वासरानं जगण्याच्या तहानेपाठी
हंबरतय लेकरू आकांताने घोटभर प्रेमासाठी
कळतंय आता सगळं हुड नाय राहिला हा चिमणा
मुका झालाय अलीकडे कारण फक्त वेगळेपणा

शब्द रेखाटलेत ओढून चौकटीत पुरुषत्वाच्या
गळा घोटून मारल्यात भावना आतल्या स्त्रीच्या
इतका का डसतो त्याला त्याचा हा वेगळेपणा
मरायच्या आधी विष भिनून तिला ही आपलं म्हणा...

आई-बाप माझे...

आई माझी भोळी भाबडी बाप साधा भोळा
जपलं मला दोघांनी जसा लोणीयाचा गोळा
दिस दाखवले नशिबानी वाईट कितीतरी
पलटलं नशिब ही त्या दोघांच्या जिद्दी परी

बापाच्या दारी होतं अभागी दारिद्र्य
ना नशीबी त्याचा आई बापाचं सानिध्य
आईच्याही माहेरी नव्हतं काही खास
बा चं मणी गळ्यात तोच मोठा उल्हास

होता मातीचा संसार त्यात पावसाला जोर
बाप आडवितो माझा माती हाती घेऊन खोरं
गेले आता ते दिसं घर बांधलं मेणाचं
उचलून पोती पाठी मणकं गेलं कमरेचं

आईही गेली थकून बापही झाला म्हातारा
पदरात पडला त्यांच्या कसा माझ्यावानी उतारा
अपेक्षांचं या दोघांच्या पोतं मी उसवलं
तरी माझ्या आई बापानं ते हसत सोसलं ...

वाट...

वाट माझी बोचरी जरा आहे वाकड्या वळणाची
आहे नजर तिच्यावर क्षितिजावरल्या काळाची
कोरडी ठाक तिची पाठ फुफाटा उडवी अंगावर
थांबवलय तिनं मला काळ्या ओढ्याच्या काठावर

पडला पाऊस कधी तर पडावा तिच्या मनात
सांगाव समजून पावसानं तिला तिच्या कानात
ओबडधोबड अंग हिचं जरा जास्तच नागमोडं
दिसते तशी चांगली पण नाचवते घालून तोडं

फड नाही हा तमाशाचा ती वाट आहे माझी
जमलं तिला सरळ करायला तर करा तुम्ही दाजी
लय दिवस झाले शितोडा नाही झाला हिच्यावर
चाललोय पुढं मी टांगून स्वप्नं नशिबाच्या वेशीवर

अजून किती पायपीट करून घेईल ही माझ्याकडून
कालच्या वणवणीच्या पाऊलखुणा पण गेल्या उडून
आडोसा पण नाही इथं जर घ्यावा म्हटलं आसरा
कुठवर मांडू या वाटेवर जीवनाचा माझ्या पसारा...

Raut Kshitij Shivaji
(Final Yr Bpharm)

The Warrior

A small little girl was born in a town
That little little soul wearing Little little gown
Smile on her face and spark in her eyes
Started growing up with positive vibes

Days passed and she turned into a woman
Glorious, Angelic, Devine and pure
All men wanted to take her till she is a maiden
But our cute little lady passed off that heaven

She had different goals and desires in her life,
wanting to be a warrior rather than being his wife

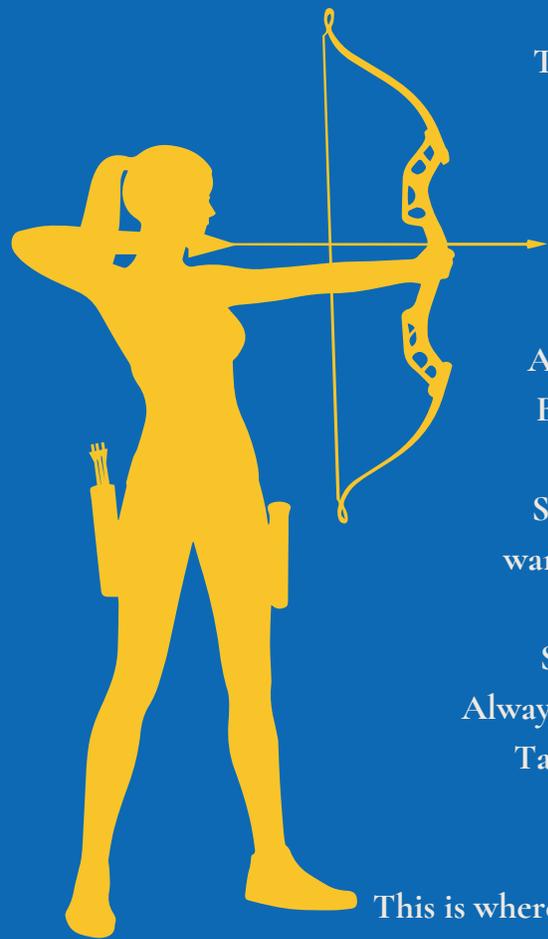
She put forth the idea in front of her parents
Always knowing that, they will never support her talent
Taking all her dreams and desires in her baggage
She vacated that place leaving in carriage

This is where the test begins , to make her place in the men's regime
All men thought, she is a deer caught in a group of lions
But she emerged out to be a furious lioness

Gracefully developing her skills of hunting,
she started becoming a skillful warrior in battling
She faced many difficulties, hurdles and setbacks during her training
But never stopped looking towards her winning

It was difficult for a woman to cope up with the physical strength of men
But her vision of taking girls to the battlefield gave her strength
She passed all the hurdle, difficulties and tasks
And finally got the warrior dagger she always dreamt off

Now her parents also understand her craving for her own name
And gave her lots of blessings for all her gains
Last but not the least, our cute little lady was no longer a maiden
She promised her love to a handsome raven



The Hope

The night was dark with no light
Even the rain was raining so heavy like it was
going to flood the city tonight!

The lightning in the dark clouds was like an art
But the noise was strong enough to cause fear
in most heart!

Walking on a lonely road on that ominous
night was a lonely person,
Even the loud noise of thunder was not
enough to shake the heart of that one!

He didn't know what was in his mind,
He just knew that he needed to walk alone on
that lonely dark night!

He continued his journey in that ominous
night filled with obstacles,
Cause he knew that after the dark night
Will be the day filled with warm light!

That warm light will be brightest of all,
Cause he travelled the darkest night after all!

-Aniket Lasankute (S.Y.B.Pharm)

It's all a matter of Silence!

You talk to look talking
to the depths of the curly seashore
Where you see your feet visible
Drenched to the ankle.

It feels like a solitary star,
lost in an endless sky,
searching for a constellation to call its own.
All bizzares have their bizzares.
Where's mine?

As I make sure of a bond.
Every time it brings an ache for depth
in the small talks.
Leaving me all to my silence.

One of my companion is my own essence.
We struggle to have some occupancy.
As it is all preoccupied for glitters.
Leaving me all to my silence.

My companion is talkitive.
It puts me to worries of unneeded.
My composed self with a smile
is a roaring sea of disarray.

My ones have seen my chatter pouring out.
They're Home; They're Home.
My heart resides in them.

— Sanika Dhawankar (Final Y BPharm)



Kiss the sky...

A chirpy little bird set its aim high,
Aiming that it will conquer the blue sky!
It saw its wing and cancelled the flight,
It thought it's tiring so it never tried.
Summer approached and it saw its mates
flying high,
So it thought of giving it a conceptual try,
It forgot its size and attended the flight,
It tried reaching the zenith with all its might.
It flied among the cloud's, it felt contended,
It was happy about the decision it had
made!
And ofcourse so should all of us be,
Yes you can do it, so shall we.
So set your aim high and attend the flight,
Don't get confused between what's wrong
and right!
Aim big and perspire a lot,
Cause that's what the bird taught!!

-Mangesh Gujar (T.Y.B. Pharm)

Whispers of Healing

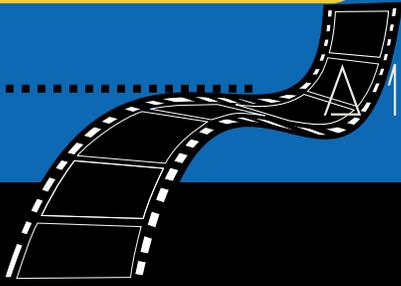
With skilled hands and a caring heart,
Medicine's art, a brand new start.
Healing wounds, soothing pain,
Bringing hope, again and again.

In labs and hospitals, they strive,
To find cures, to stay alive.
With each discovery, a step ahead,
Medicine's power, in every thread.

From ancient herbs to modern pills,
Medicine's journey, through countless
hills.
A never-ending quest, to mend and repair,
Medicine's gift, beyond compare.

-Dipti Nelge (S.Y.B.Pharm)





14000 YEAR OLD FRIEND!!!



Film : The Man from the Earth
(2007)

Director: Richard Schenkman

Screenplay : Jerome Bixby

Actors: David Lee Smith, John Billingsley, William Katt, Tony Todd, Annika Peterson, etc.

The film begins with a middle-aged history professor, John Oldman, leaving his house after an abrupt resignation from his job. This is exactly when his colleagues (friends) give him a surprise visit. These colleagues include experts from various disciplines: Arts, History, Biology, Archaeology, Mythology, Psychology, etc. They try to make John reveal the reason for his abrupt resignation, but he refuses to answer their question satisfactorily. The awkward silence on his refusal is broken when the archaeologist finds a 'flint tool' in one of the boxes lying around. They also notice a painting similar to those of *Van Gogh*. John also offers them "*Johnnie Walker Green*," an outdated whiskey (the presence of these things makes a lot of sense as the movie goes on!).

The discussion becomes interesting when John asks them all: ***What if a 14,000-year-old man from the Upper Paleolithic Period (a Cro-Magnon) lived till the present day? What would he be like?***

Thinking that this might be a topic for a sci-fi novel, everyone offers their own opinion (based on their expertise) on what that man would be like, what reasons would have contributed to his survival, whether it would be possible at all, and so on.

As they continue discussing, it becomes more and more difficult to separate fact from fiction: Is the professor really talking about himself, a 14,000-year-old Cro-Magnon? Or is he just a darn good storyteller?

The movie continues with quite a heated debate between John and his colleagues: some find his story fascinating, some find it atrocious, and some think he has lost his mind! They question (and challenge) him from all aspects of their expertise to disprove his "made-up story", but John has a reasonable answer for it all!

So who exactly is John? Is he an important figure in the history of mankind living till date? Is he really telling the truth? Will his colleagues succeed in disproving him? Or has John really lost his mind? That's up to you to find out by watching the film...

The whole plot of the movie makes one realize how human history can be studied from the perspective of various disciplines. While John narrates his experiences throughout centuries, the silent background music with occasional tribal drum beats keeps the audience completely engaged in the narrative. Those passionate about evolutionary studies will be able to truly appreciate the plot of the film.

Another peculiarity of the film is that the entire movie is set in a single room. In an era where films gain popularity and praise for their use of VFX, (practically impossible!) with no action sequences, and abusive language, the possibility of a movie fully engaging the audience solely on its plot and dialogue is simply amazing!

-Megha Patil (T.Y.BPharm)

Charles Darwin's home, **Down House**, located in Kent, England, is now a museum open to the public. It was his retreat for nearly 40 years, where he conducted groundbreaking experiments and wrote *On the Origin of Species*. The house remains much as it was in his time, with his study, garden, and greenhouse preserved. Visitors can walk the "Sandwalk," his daily thinking path, where he pondered natural selection. The gardens reflect his scientific curiosity, as he tested theories on plant movement and pollination. Down House offers a glimpse into Darwin's personal and scientific life, making it a fascinating historical site.

THE ETERNAL SUNSHINE OF THE SPOTLESS MIND

- **Film:** Eternal Sunshine of the Spotless Mind
- **Director:** Michel Gondry
- **Screenplay:** Charlie Kaufman
- **Actors:** Jim Carrey, Kate Winslet, Mark Ruffalo, Kirsten Dunst, Elijah Wood

Despite its gloomy setting, the movie remains a powerful narrative of love, sadness, and complexity that come with relationships. The question, “Is it better to have loved and lost than to have never loved at all?” becomes more comprehensible after watching Eternal Sunshine of the Spotless Mind.

The piercing emotions conveyed through the screen and the visualization of memories being physically destroyed make it an emotionally charged experience; simultaneously, it resonates with the audience.

The screenplay by Charlie Kaufman is said to have been written at the peak of his career, creating a masterful work. Michel Gondry skillfully directs the film to give it the illusion of a documentary recorded on a camera while also having transitions and special effects that appear to be part of the film itself due to the concept of the set. Every scene depicts a blurred line between memory and reality, justifying the screenplay. The visuals of Eternal Sunshine are imaginative as well as intimate. The blend of sci-fi with layered emotional storytelling captivates the viewer at a personal level. The use of special effects instead of CGI adds a dreamlike quality and immerses the audience in Joel’s chaotic mind.

The casting, with Jim Carrey playing Joel and Kate Winslet as Clementine, was unconventional yet impactful. Jim Carrey, famous for his comedic performances, portrays a nuanced character which gives more depth to the story, unlike his previous works. Kate Winslet’s character is a bold and impulsive one with a vibrant personality. She portrays a playful and lively girl who is introduced to the brooding and soulful existence of the male character to make him embrace mysteries and countless adventures of life. This description does not entirely hold for Clementine, as it becomes evident later on.

The movie is a unique take on love, memory, and identity. It explores the imperfect love that humans share. Joel and Clementine are opposites but still get to know each other. Given their nature, the relationship soon becomes monotonous for Clementine and ends in them parting ways. The other relationships in the movie stand as a testament to the messiness of love and make the viewer realize that it is not easy.

It also explores themes of losing one’s identity after the loss of someone we love from our lives. Joel and Clementine chose to erase their memories as a coping mechanism to overcome the pain and grief. Processing those feelings and emotions can help us come to terms with the present as it would have for them.

The movie is told from Joel's perspective, which adds a biased element as their relationship unfolds in a reverse order. It starts with Joel spontaneously taking a train to Mauntak and meeting Clementine by chance for the second time, unknowingly. There are hints that they have met before.

They fall in love, but Clementine's impulsive nature drives her to erase her memories of Joel without his knowledge. When he accidentally finds out about it, his hatred towards her makes him do the same. Joel regrets his decision and desperately tries to stop the erasure together with an imaginary version of Clementine. As they jump from one memory to another, Joel tries to prevent them from disappearing completely. Some fragments transcend the procedure and turn into a longing or intense urge, which leads both of them to Mauntak again. They look like mice running in a maze with no exit, trying to find their way out; it becomes an endless cycle of remembering and forgetting. The loop never seems to end because their actions lead to the same results. The beginning can be seen as the end and the end as the start of something new. It's truly perplexing how similar life is when we try to let go of someone and fail to do so.

The realities of life associated with memory, people, things, dreams and relationships take a dynamic form and show how when trying to remember something we somehow manage to grasp a sliver and it vanishes in plain sight. The movie also captures the horrifying possibility of memory erasure in the future and makes us question whether it is okay to exploit memories rather than to help process them.

Eternal Sunshine of the Spotless Mind is more than a love story. It highlights the fragility and persistence of human emotions. Throughout the movie, it suggests the importance of cherishing every imperfect moment in a relationship and rediscovering love. This movie is a powerful reminder that despite the imperfections, love is worth holding on to.

-Naomi Wankhede (S.Y.B.Pharm)

Some films entertain. Some inspire. And then there are films like *The Shawshank Redemption*—films that stay with you forever. A box-office disappointment upon release, overshadowed by cinematic titans *Pulp Fiction* and *Forrest Gump*, this 1994 classic has since risen to stand at the pinnacle of storytelling. Today, it is more than just a film; it is a testament to the enduring power of hope, resilience, and friendship.

This isn't just a prison drama—it is life itself, woven into a tale of endurance, injustice, camaraderie, and the unbreakable spirit of man.

At the heart of the film is Andy Dufresne, played with masterful restraint by Tim Robbins. A quiet, intelligent banker, Andy is wrongly convicted for the murder of his wife and her lover. Sentenced to two consecutive life terms in Shawshank Prison, he enters a world ruled by cruelty, corruption, and despair. But Andy? He watches. He learns. He endures

The Story That Breaks and Rebuilds You

And then there's Red—Ellis Redding, played by Morgan Freeman in the performance of a lifetime. The prison's "man who can get things," Red is more than just a smuggler of cigarettes and posters; he is the voice of Shawshank. His wisdom, cynicism, and quiet longing for freedom make him the soul of the story. Yet, while Red has made peace with his confinement, Andy refuses to be broken.

Where others surrender to the system, Andy plays it. He gains favor with the guards by using his banking skills, making himself indispensable to Warden Norton, who uses him to launder money. But behind that quiet demeanor, Andy is planning—something so meticulous, so patient, that when it unfolds, it leaves you breathless.

There's a moment one of the most gut-wrenching moments in the film where Andy walks into his cell carrying a rope. At that instant, it felt like everything was lost.

All the hope he had held onto, the resilience, the quiet rebellion it seemed to be crumbling. Watching it, you feel an unbearable weight in your chest. Could this be it? Has Shawshank finally broken him?

And then—he didn't.

Beyond its story, this film is a technical marvel.

Roger Deakins' cinematography is flawless—capturing despair in shadow and hope in golden light.

Thomas Newman's score is haunting, melancholic, yet uplifting—a perfect companion to Andy's journey. The screenplay (adapted from Stephen King's novella *Rita Hayworth and Shawshank Redemption*) is poetic, sharp, and endlessly quotable.

And of course, Morgan Freeman's narration—one of the greatest in film history—elevates every scene. His voice isn't just storytelling; it's an experience.

**Movies to
watch once
in a Lifetime**

Why It Still Resonates ?

Years after first watching it, I realize why *The Shawshank Redemption* sticks with me. It isn't just because of its flawless execution, unforgettable characters, or stunning cinematography. It's because it tells us something fundamental—something we need to hear, especially in difficult times.

That no matter how bleak things seem, hope is a powerful thing.

And as Andy says:

"I guess it comes down to a simple choice, really. Get busy living or get busy dying."

On an overall scale, *The Shawshank Redemption* isn't just a film—it's a reflection of life. It reminds us that some prisons have bars, and some don't. It shows us that fear can hold you prisoner, but hope? Hope can set you free.

- Mangesh Gujar (T.Y. B Pharm)

A Harrowing Journey into Survival and Isolation

- **Film : Trapped (2016)**
- **Director: Vikramaditya Motwane**
- **Starring : Rajkummar Rao**
- **Cinematography : Siddharth Diwan**

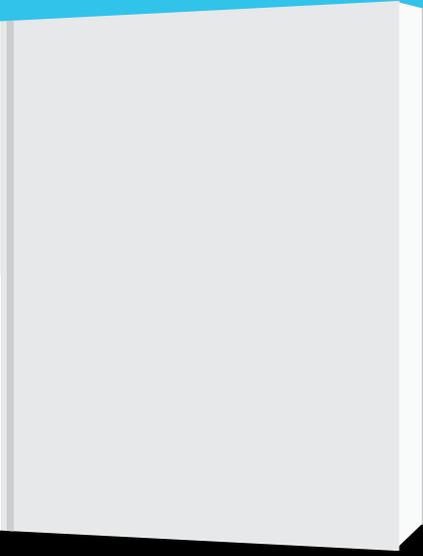
Imagine being locked in an apartment with no food, water, electricity, or escape. *Trapped* (2016) turns this simple premise into a gripping psychological thriller. Shaurya, an ordinary man in Mumbai, finds himself imprisoned in an empty high-rise, completely cut off from the world. As desperation sets in, he is forced to confront his physical and mental limits.

The film brilliantly showcases human adaptability. A vegetarian by choice, Shaurya initially struggles to kill a pigeon for food, disgusted and hesitant. But hunger soon overpowers morality, and he becomes adept at hunting, shedding all hesitation. His transformation is a haunting reminder of how survival instincts can override deep-rooted beliefs. More than just a battle for food and water, *Trapped* explores the crushing loneliness and psychological breakdown that come with extreme isolation. Rajkummar Rao delivers a masterful performance, making every moment of his suffering feel agonizingly real.

Cinematography intensifies the claustrophobia, while the eerie background score amplifies the tension.

At its core, *Trapped* is about perseverance. It teaches that no matter how dire the situation, survival depends on resilience and adaptability. If one way fails, find another. Keep fighting. Never give up. With no dramatic action sequences, the film grips you purely through its realism and emotional depth. It's an unforgettable experience, a chilling testament to human endurance and the will to survive.

-Sharyu Desale (T.Y.BPharm)



Finding YOU in a World of Anxiety

(A review of Alan Watts' "The Wisdom of Insecurity)

In today's frantic world, anxiety often seems to be a constant companion. While chasing happiness, stability and meaning we find ourselves away from peace.

Watts' in his book challenges the very foundation of our anxieties: the deep belief in a fixed, separate self. This "I" - the ego - constantly seeks security and tries to control its environment, causing perpetual cycles of striving and dissatisfaction.

He introduces the "law of reversed effort", which is the idea that the more we try to cling to control and certainty, the more elusive peace becomes. True peace emerges from looking at the interconnectedness of all things. We are not isolated entities but rather participants in the ever flowing river of existence (the very idea of fluidity!).

He urges us to delve into deeper awareness of the present moment, to "be" rather than "do", and to find joy in the simplest acts of living.

"To be aware of reality, of the living present, is to discover that at each moment, the experience is all. There is nothing else beside it."

The line I resonate from the book: It highlights the importance of embracing the present moment without judging and analysing someone and sometimes even yourself too, altogether trying to cultivate unfathomable connection with you as well as the world around, therefore be fully present and mindful.

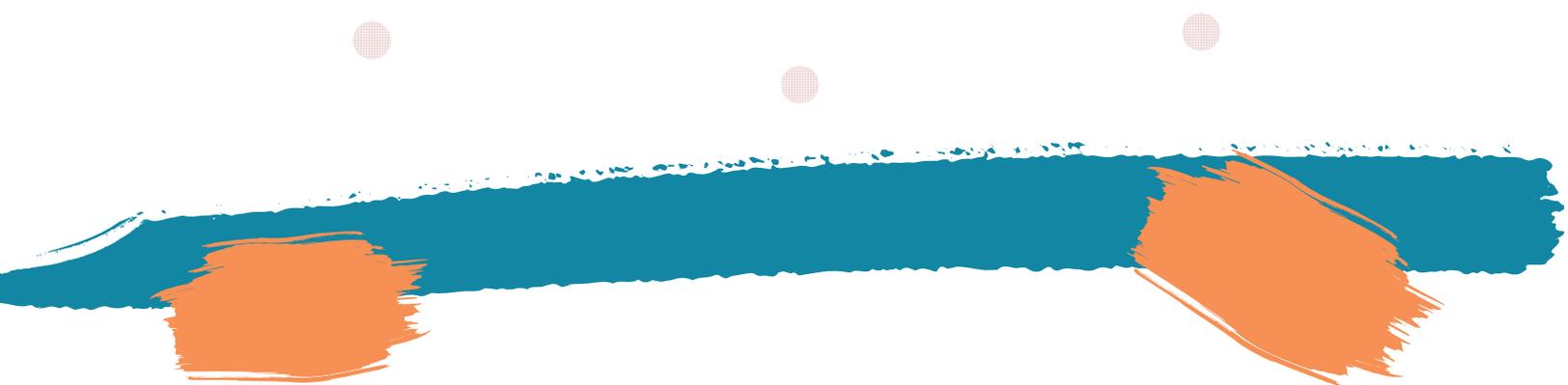
"The Wisdom of Insecurity" has more than just a philosophical edge, providing a profound perspective. Whether you are battling anxiety, grappling existential questions, or simply trying to understand yourself better, acknowledge life's unpredictability and compel towards your institutions and direct experiences for truly living.

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

This profound insight reminds me of our true nature, which transcends the limitations of the human form.

-Vanshita Patil (T.Y.B.Pharm)

Switzerland



Hi there! My name is Sanyukta and I would love to share my travel experience with you all from a recent Europe trip . If you like exploring different destinations, finding out about different cultures, off-beat experiences, myths, all the best kinds of cuisines , Europe is the best place to experience it all within few days.

I am sharing my experience in Switzerland, which is special due to its stunning natural landscapes, including majestic mountains, pristine lakes, and picturesque villages. It is a blend of cultural diversity, rich history, high-quality living standards, and innovative spirit in sectors like finance and technology further contributing to its uniqueness. Switzerland is a very unique Alpine country situated next to the big neighbours: Italy, Germany, France, “little brother” Austria & “small cousin” Liechtenstein.

Switzerland is famous for many things, but with only a few days to explore, I managed to visit some remarkable places: Interlaken, Zürich, Jungfrauoch, and Mt.Titlis.

Interlaken is located in western Switzerland, in the Bernese Oberland, between Lake Thun and Lake Brienz. It is globally recognized for the range of adventure sports available there and for its many top excursion destinations. It has the most serene weather with beautiful crystal-like lakes and mountains in the background (Cherry on top!) . Interlaken has been the filming location for many TV shows and Movies like Dilwale Dulhania Le Jayenge, Crash Landing on You, On her Majesty’s Secret Service ,Battle of Britain, Sangam, The Magic Mountain, Quicker Than the Eye, etc . They even have a ‘Yash Chopra Statue’ in Interlaken !

Jungfrauoch is located near Interlaken and provides a unique experience of icy air sweeping all over your face, snow crunches underfoot, and the panoramic view that almost takes your breath away: on one side the view of the *Swiss Plateau* as far as France, on the other the *Aletsch Glacier*, lined with four thousand metre peaks. Standing on the Jungfrauoch, 3345m above sea level, you feel it on your first step there: this is a different world! No wonder it is known as the Top of Europe. I spent my whole day exploring the place and it offers a *Gondola Ride* from *Grindelwald* to *Eiger Glacier*, a unique train journey to the top; a Multi media experience tour, a cinematic 360° experience, tour of ice palace with ice sculptures, a bird's-eye view of the glacier along with a sweet section of *Lindt* on top. Jungfrauoch is also one of the places where Korean drama '*Crash*' landing on you was shot.

Mount Titlis is another iconic location from Switzerland, which offers you a Cliff walk on Europe's highest suspension bridge: *The Ice flyer*: a flight between ice and eternity. The snow peak offers an unforgettable view. The iconic songs from "*Dilwale Dulhania Le Jayenge*": "*Tujhe Dekha Toh Yeh Jaana Sanam*" and "*Zara Sa Jhoom Loon Main*", were shot on Titlis making it more memorable for every Bollywood fan.

And last but not the least **Zürich**, which is famous for its museums and art galleries, the absolutely beautiful *Rhine falls* and *lake Zurich* along with the *Swiss National Museum* and *Kunsthau*s, which make this city a perfect blend of history, nature, and suburban life!

A thing I liked, not only about Switzerland, but almost all European countries is that about 30 to 45 percent of the Europeans use cycles for their daily commute: be it going for work or to schools, or even for deliveries. In some countries like Netherlands and France, the government even offers reduction in tax by per-kilometre you cycle, which I thought was a very good strategy to reduce pollution, maintain the health of individuals and preserve fuels. This is something I would personally like to see in India too.

Switzerland is also renowned for its high-quality products and culinary specialties. Among the most famous are the Swiss chocolates, like *Lindt*, *Toblerone*, and *Milka*, celebrated for their rich flavours and quality.

Swiss cheese known for its purity and distinctive taste, is also loved worldwide, *Swiss Fondue*, a beloved Swiss delicacy, is a must-try for cheese lovers. It's a dish of melted cheese, traditionally enjoyed by dipping bread, fruits, or vegetables into it. Apart from these things, Switzerland is also famous for the *Swiss watches* because they are intricately designed and meet the highest standards of craftsmanship.

A few days back I read it somewhere:

"Rather than buying expensive phones, cars and jewels, use that money to explore different countries because there are a few things in life which can only be taught to oneself by travelling and exploring different places."

After all, a fellow can't live on books, can he?

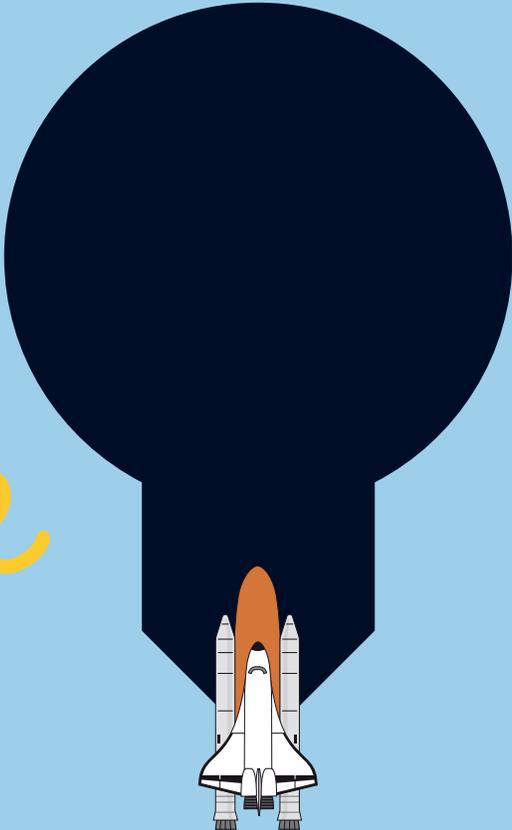
-Sanyukta Ahire (S.Y.B.Pharm)



NASA HONEYWELL SPACE EDUCATOR

How did your journey as a Space Educator begin?

During my B.Tech in Electronics and Telecommunications at Gogte Institute of Technology, I had the opportunity to choose elective subjects in my final year. That's when I first came across topics related to space sciences, and I found them incredibly fascinating. After my final year, I was fortunate to be part of a DST (Department of Science & Technology) project at ISRO Bangalore, where I worked on sensors, transducers, and actuators. This experience made me realize just how dynamic and exciting this field was.

A large, dark blue lightbulb shape with a white rocket ship launching from the bottom. The rocket has a white body and a brown flame. To the left of the lightbulb is a yellow, wavy line. In the bottom right corner, there is a grid of small white dots.

However, after returning to Nashik, I started working in a firm that wasn't related to space sciences. In June 2010, I got a once-in-a-lifetime opportunity to attend the NASA Space Camp Program, organized by Honeywell in partnership with NASA for teachers and students. As part of this program, I got to visit the Marshall Space Flight Center (MSFC) in Alabama, also known as Rocket City. It was an incredible experience, and I was among the 2 representatives selected from India. When I returned to Nashik, I knew that my journey in space education couldn't stop there. That's when I decided to start my path as a Space Educator, aiming to bring the wonders of space science to students and aspiring learners.

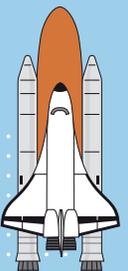
What is your Role as a Space Educator?

One of the first and most important initiatives I took as a Space Educator was reviving Tarangan, the planetarium run by Nashik Municipal Corporation (NMC). Many people were unaware that it was the only planetarium of its kind in Northern Maharashtra, and due to a lack of awareness, it wasn't getting many visitors. So, in collaboration with NMC, I started reaching out to schools and colleges, bringing principals and teachers together on the same platform. This effort led to a significant increase in visits, not just from Nashik but also from students in Tier 1 and Tier 2 cities like Mumbai and Pune.

Apart from that, I have been conducting lectures on space science at various schools and colleges in Nashik, covering a diverse range of institutions—from MNC schools to Zilla Parishad schools and even those in rural areas. Over the years, I've observed an encouraging trend: the curiosity and temperament of Nashik students toward space science have improved tremendously. In fact, they now often show a deeper interest in the subject compared to students from bigger cities. To further engage young minds, I have been organizing competitions related to space science during World Space Week in October. Whenever there are live satellite launches, I am often invited to television and radio channels to provide expert insights. Additionally, I regularly write articles on the latest updates from different space agencies, helping to spread awareness about the advancements in space technology. Many students are passionate about the field but hesitate due to uncertainty and self-doubt. Through proper mentoring, I help them understand that success in this field is achievable with dedication and the right guidance. In fact, I take great pride in knowing that some students from Nashik, whom we mentored, are now studying at Purdue University—the very institution where Neil Armstrong studied!

Space Technology has made enough advancements so as to make Human Life Comfortable. Why is there still need for more research? Also a Layman can be seen mocking Elon Musk's Mars Mission as something futile. What would you say on that...

Many people still think of travelling to Mars as science fiction, but in reality, it could be tomorrow's breakthrough! The reason why space agencies and private organizations invest billions in space research is not just to explore the unknown but to ensure the survival of humanity. While reviving Earth and addressing climate change remain our top priorities, space exploration helps us find alternative solutions for the future. For instance, most space agencies today are focusing their research on the Moon. The South Pole of the Moon has been found to contain abundant water resources and Helium-3, which can be used as a potential fuel source. Additionally, the Moon serves as a great intermediate space station for future deep-space missions. In fact, the upcoming Chandrayaan-4 mission, a collaboration between ISRO and JAXA (Japan Aerospace Exploration Agency), will be studying simulated Earth-like atmospheric conditions on the Moon. Also many experiments are to be carried out in Micro-gravity environment which is easily possible in Space Beyond planetary exploration, space technology plays a crucial role in improving life on Earth. While we in Maharashtra enjoy seamless connectivity, remote regions like the Seven Sisters (North-Eastern states of India) still face challenges. To bridge this gap, special satellites are launched to improve communication accessibility in these areas. India's Polar Satellite Launch Vehicle (PSLV) has gained international recognition due to its high success rate and cost-effectiveness.



**We have all heard about the recent news on Sunita Williams and her colleagues' prolonged space mission. How do these scientists manage resources in such situations?
(Question was asked before her return on 18th March 2025)**

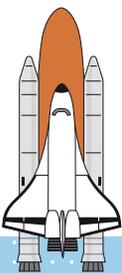
Sunita Williams' recent situation on the Boeing Starliner was initially planned as a short 2–3 week test flight. While the vehicle successfully transported the astronauts to space, technical complications arose during the return journey. Since astronaut safety is the top priority, the mission's return was delayed to minimize the risk of an accident.

Incidents like the tragic loss of Kalpana Chawla and her six colleagues highlight the immense risks involved in space travel. Given the resources and research dedicated to astronaut safety, space agencies prioritize unmanned missions first to test systems and reduce the chances of human casualties. Since unmanned missions don't require extensive life-support measures, they are comparatively easier to accomplish. For longer space missions, different space agencies also step in to help by providing resources to the astronauts—of course, they are paid for it. This kind of collaboration makes sure the scientists have everything they need to carry out their work safely and efficiently.

The contributions of astronauts to science are invaluable—they risk their lives for the advancement of human knowledge. When I was at the NASA Space Camp, I had the privilege of learning from experienced space travelers like Robert Gibson, who went to the Space Station twice, and Homer Hickam, author of *Rocket Boys*. From that experience, I understood the importance of breaking mental barriers of doubt and fear. As Robert Gibson always said, "Aim High." If the journey seems tough, take it as a challenge and work hard to overcome it!

Interview conducted on 16/01/2025

*By : Megha Patil, Vanshita Patil, Omkar Kahane, Ankita Aware,
(QUASAR Magazine Editorial Board)*



मराठी गायक, संगीतकार आणि लेखक

नमस्कार सर ,आमच्या कॉलेजच्या वार्षिक विशेषांकाची थीम “नेक्सस” आहे : एक असा बिंदू जिथे अनेक लोक एक ध्येय साध्य करण्यासाठी एकत्र येतात....

सलीलजी: आपण नेक्सस या टॉपीकबद्दल बोलूया का ? लोकांना एकत्र घेऊन जायचे याच्यावर बोलू या असे मला वाटते, कारण तुमचा तो विषय आहे ना? मला एकदम त्या दोन गोष्टी वाटतात. एक म्हणजे ते जे मी जवळ जवळ ९० लोकांना घेऊन ते गाणे केले होते ना, 'हे गजवदन'. त्याला आपण म्हणू शकतो नेक्सस. दुसरे म्हणजे फिल्म डिरेक्टर म्हणून तुम्ही फिल्म करताना तुम्ही जी इतकी डिपार्टमेंट घेऊन काम करतात. मी दोन चित्रपट दिग्दर्शित केले, त्यातल्या दुसऱ्या फिल्मला (एकदा काय झालं) तर नॅशनल ॲवॉर्ड मिळाला. नेक्सस बद्दल बोलायचे तर दुसरे नको बोलूया, जे नेटवर आधीच available आहे. तुम्ही जेव्हा एखादी गोष्ट दिग्दर्शित करत असतात, समन्वय साधत असतात तेव्हा खूप लोक तुमच्यापेक्षा मोठी असतात. काही अगदी नवीन असतात. काही छोटे असतात पण सगळ्यांना एकच गोष्ट तुम्हाला सांगायची असते. कोणालाही न दुखावता, कुणाचाही इगो हर्ट न करता. तुम्ही १०० लोकांची मते विचारात घेतले तर तुमचे काम पूर्णत्वाला जाणारच नाही. विशेषतः जेव्हा परफॉर्म करणारा मोठा ग्रुप असतो, तेव्हा एखादी गोष्ट तुम्ही कशी कन्वे करतात? कारण जितका मोठा ग्रुप तितकी वेगवेगळी मते. वेगळी प्रवृत्ती, तेवढी जास्त इगोज फेस करावे लागतात.

“हे गजवदना” ह्या गाण्याबद्दल बोलायचे तर , एक दिवस सकाळी-सकाळी माझ्या डोक्यात ही कल्पना आली . मी दहा-साडे दहाला कॉल करायला सुरूवात केली आणि पुढच्या दोन तासात सगळे नव्वद लोक तयार होते. मी प्रत्येकाशी बोललो की, नवीन एक गणपतीचे गाणे करतोय. त्याला काही थीम नाहीए, प्रत्येकाला एक एकच ओळ गायची आहे. त्याचा प्रकाशन समारंभ नाही. तुम्हाला आवडेल का गायला? तर सगळे हो बोलले .काय असतं की, तुम्ही जेव्हा एवढ्या लोकांना एकत्र आणता तेव्हा तुम्ही २०-२५ वर्षे केलेल्या कामाची पूर्णपणे असते.तुमचे कम्युनिकेशन स्कूल हे नेक्सस साठी महत्वाचे. सामुहिक कार्यात तुम्हाला माहिती स्पष्ट मांडता आली पाहिजे म्हणजे शंका राहत नाही. तसेच कामाच्या यशस्वीतेचे श्रेय सर्वांना द्यावे, म्हणजे ते यशस्वी होतेच,आनंददायीही होते. कार्य यशस्वी झाल्यावर तुम्ही सहभागी सर्वांना श्रेय दिले तर तुमच्या पुढील कामात सर्व सहभागी होतात. फिल्म करताना दिग्दर्शकाला सकाळी सर्व प्रकारच्या सहाय्यकाच्या प्रश्नांची उत्तरे द्यावी लागतात. कोणालाही शंका राहता कामा नये याची काळजी घ्यावी लागते. तीन गोष्टी महत्वाच्या असतात. १) क्रेडेबिलिटी, २) कम्युनिकेशन व ३) किपिंग पिपल इनफॉर्म.

स्टेजवरील गाण्याचे कार्यक्रम करताना एवढ्या वर्षांच्या अनुभवावरून पहिल्या २०-२५ मिनिटात श्रोत्यांना काय हवंय याची कल्पना येते. यांना वरवरचा आनंद द्यायचा आहे की, यांना गाण्याच्या खोलात घेऊन जायचे आहे. यात सर्वात महत्वाचे कम्युनिकेशन. म्हणजे नुसते बोलणे नव्हे तर खूप सारे ऐकणे. तुम्ही कार्यक्रमाचे कॅप्टन असाल तर तुम्हाला संवाद साधता आला पाहिजे. सर्वांना कंफर्टेबल करता आले पाहिजे, म्हणजे यशस्वीता मिळते.

सर, नेक्ससबद्दल तुम्ही सांगितले की, काय-काय गोष्टी आपण केल्या पाहिजे. पण अशा पण काही गोष्टी असतील ज्या आपण टाळल्या पाहिजेत ?

लूज टॉक ! कोणाच्याही अपरोक्ष त्याच्या विषयी वार्डट बोलायचे नाही. कामात क्लिअरिटी असली पाहिजे. विश्वासार्हता पाहिजे. निर्णय लगेच झाला पाहिजे. उद्या ठरवू, नंतर सांगतो हे वाक्य समोरच्याच्या मनात अनेक शंका निर्माण करतात. हे टाळले पाहिजे.

एकदा काय झालं या फिल्मला राष्ट्रीय पारितोषिक मिळाल्याबद्दल तुमचं अभिनंदन! पण एका स्टोरी टेलरची गोष्ट सांगावी असे तुम्हाला कसे सुचले ? यात तुम्ही संवाद, संगीत, दिग्दर्शन एवढे पेलून नेलेत.

फार वर्ष ही गोष्ट डोक्यात होती. माझ्या मुलांना गोष्ट सांगत असतांना ही कल्पना सुचली. गोष्टी माणसाला मोठ्या गोष्टी, विचार, तत्वज्ञान सहज शिकवतात. शिवाय गोष्टी २ वर्षांच्या मुलांपासून ते ९० वर्षांच्या वयोवृद्धांपर्यंत सर्वांना आवडतात. हे एकमेव माध्यम आहे, ज्यात सर्व वयोगट तुमचा श्रोता असतो. या फिल्ममध्ये तीन गोष्टी महत्वाच्या आहेत. एक म्हणजे स्टोरी टेलिंग आहेच, पण बालक-पालक संबंध कसे असावे. बालकाच्या वाढीच्या काळात पालकाचे बोलणे, वागणे कसे असावे. तिसरी व सर्वात महत्वाची गोष्ट म्हणजे बालक किंवा पाल्य याला एखादी दैनंदिन आयुष्यातील बदल आवश्यक असणारी गोष्ट कशी सांगावी? याला आज काल ब्रेकिंग द न्यूज असे म्हणतात. चांगली किंवा वार्डट बातमी समोरच्याला सांगणे ही कला आहे. आजकाल वैद्यकीय विद्यार्थ्यांना देखील ब्रेकिंग द बॅड न्यूज या विषयावर कोर्स दिला जातो.

मागची पीढी किंवा आमचे आईवडील म्हणतात की आजच्या गाण्यात मजा नाही.

हे पहा, प्रत्येक काळात भली बूरी गाणी होती. सोशल मिडियामुळे सगळंच वर येत, सगळंच ऐकण्यासाठी उपलब्ध असतं. आता काय होतं, शंकर महादेवन, सुरेश वाडकर यांच्यासारख्या वर्षानुवर्षे कष्ट, आराधना करणारे कलावंत यांची गाणी व कोणीतरी पाचकळ , डबल मीनिंग गाणं केलं तर हे दोन्ही प्रकार ची गाणी युट्युब सारख्या एकाच प्लॅटफॉर्मवर उपलब्ध आहे. समजा गंमत म्हणून द्विअर्थी गाणे जास्त ऐकले गेले, त्याला जास्त लाईक्स मिळाल्या तर तो म्हणतो की यांच्या गाण्यापेक्षा मला जास्त ह्यूज/लाईक मिळाले. पण आपण पाहिले आहे की ही गाणी काही काळ व्हायरल राहतात, पण काळाच्या ओघात टिकत नाही.

उदाहरण घ्यायचे झाले तर माझे पहिले बालगीत तुमच्या जन्माआधीचे होते. **एका माकडाने काढले दुकान** ९९ साली आले. पंचवीस वर्षे झाली. ते गाणे आजही ऐकणाऱ्याच्या चेहऱ्यावर हास्य फुलविते. हेच प्रशस्तिपत्रक !

तुम्ही डॉक्टर होऊनही या क्षेत्रात गेलात तेव्हा घरच्यांची प्रतिक्रिया काय होती ?

मला आईनेच वाढवले आहे. आई मला म्हणाली की मला भिती वाटते. हे क्षेत्र अनिश्चित आहे. पण तू बघ, निर्णय घे. तीने अडवणूक नाही केली. काळजी करणे व अडवणूक करणे यात फरक असतो. उलट घरच्यांनी एका स्टेजला म्हणाले पाहिजे की, तू करून बघ आम्ही आहोत. असा आधार मिळाला की, मुले अधिक जवाबदारीने प्रयत्न करतात. त्यांना वाटले पाहिजे की, आपण चुकलो तरी आपल्याला सांभाळून व समजून घ्यायला कोणीतरी आहे. त्यासाठीच तर प्रत्येक वयात आईवडील हवे असतात.

आम्हाला तुमचे-मंगेशकर कुटुंबियाचे संबंध जाणून घ्यायला आवडेल.

मुळात मंगेशकर कुटुंबियांनी संगीत क्षेत्रात प्रचंड साधना केलेली आहे. त्यामुळे देव व भक्त असेच नाते आहे. मी त्यांच्याबरोबर काम केले असले तरी मला त्यांच्याबरोबर काम करता आले हा त्यांचा मोठेपणा आहे. चांगल्या कवितांची निवड हा माझ्यातला गुण हृदयनाथ मंगेशकरांना आवडला असावा. त्यांच्यासोबत अनेक कार्यक्रम करण्याची संधी मिळाली व शिकण्याचीही . सर्वच मंगेशकर, अतिशय खडतर परिस्थितीत आपली जी आवड आहे, ध्येय आहे , त्याची साधना कशी करावी याचे आदर्श आहेत. ते तुम्हाला मित्र समजत असतील म्हणून तुम्ही त्यांना मित्र नसते समजायचे. त्यांचे स्थान मोठेच आहे.

सर, आजची पिढी ही पैशासाठीच काम करते. त्यांची आवड वेगळी असली तरी यात पैसे मिळतात म्हणून हे काम करतात. करीअर आपल्या आवडते त्यात केले पाहिजे की, ज्यात आर्थिक फायदा आहे त्यात ?

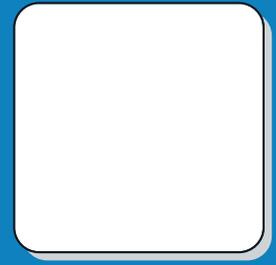
बघा आपल्याला कोविडने काय शिकवले ? माणसाला गरजा किती असतात ? जगण्यासाठी काय लागते ? अनेक गोष्टी आपल्याला अत्यावश्यक वाटत होत्या. कोविडमध्ये आपण त्याशिवाय राहिलो. उलट फायदाच झाला. आपण पोहे, फोडणीची पोळी व बरमुडा पॅन्ट टि-शर्ट या गोष्टींवर जिवंत राहिलो की! हॉटेल नाही, सुंदर सुंदर कपडे नाही, उगाच फिरायला जाणे नाही. अत्यावश्यक अशा गरजा फार कमी असतात. आपले जीवन सुखकर करण्याचा नादात माणसाने जगणं महाग केले आहे. मी डॉक्टर म्हणून खूप पैसा कमावला असता, पण मी या क्षेत्रात आलो व आनंदी आहे. आपल्याला आनंद मिळेल त्या क्षेत्रात काम करावे. तुम्हाला समाधान व शांततेत झोप लागली की तुम्ही सुखी.

नुकताच आपल्या मराठी भाषेला अभिजात भाषेचा दर्जा मिळाला आहे. यूवा पिढीने भाषा जपण्यासाठी काय करावे असे तुम्हाला वाटते ?

कालच माझा एक कार्यक्रम पुण्यात होता- "एकवीस कवींची एकवीस गाणी". त्या कार्यक्रमाच्या शेवटी मी म्हणालो की, आपण काय करतो की, मातृदिनाला आईबरोबर फोटो काढणे, स्टेटस ठेवणे. भाषादिनाला छान ओळी लिहिणे म्हणजे त्या त्या वेळेला भावनिक होतो. कायम ही भावना का राहत नाही? चिमणीदिनाला चिमणीचे फोटो टाकतो. खंत व्यक्त करतो की, चिमण्या कमी झाल्या ! कोणामुळे कमी झाल्या? आपल्यामुळेच ना. भाषेचेही तसेच आहे. सरकारने त्यांचे काम केले. आता जबाबदारी आपली आहे. वापर नसल्याने एक एक शब्द नष्ट होत आहे. 'आणाभाका' किती सुंदर शब्द आहे! आपण प्रॉमिस म्हणतो. स्वातंत्र्यवीर सावरकर यांनी अनेक इंग्रजी शब्दांना मराठी पर्याय दिलेत. मेयर ला महापौर, डिरेक्शन ला दिग्दर्शन, कला दिग्दर्शन ला संपादक. खूप आहेत. हे जपले पाहिजे.

कोणत्याही साहित्यात सर्वात जास्त आयुष्य गाण्यांना असते म्हणून गाणी जपली पाहिजे. सारखी सारखी म्हंटली पाहिजेत. आता तुम्ही बोली भाषा व प्रमाण भाषा यावर चर्चा करता. दोन्ही आवश्यक आहेत. त्यात उवे डावे नाहीत. पण व्याकरणाचे एक महत्व आहे. इंग्रजी भाषा वापरताना आपण काळजी घेतो. प्रमाण भाषेचेही महत्व आहे. एक काय व अनेक काय. केस केसच असतात. 'केस' नाही होत. आपली मराठी भाषा दर वीस कोसावर बदलते. त्यातही सौंदर्य आहे. विदर्भ, मराठवाडा, प. महाराष्ट्र, कोकण व उर्वरीत महाराष्ट्र. यात उच्चारात वैविध्य असले तरी आत्मा एक आहे. ही आपली भाषा आहे. यात कोणी लाडका नाही, कुणी दोडका नाही. कुठलाही अभिनिवेश व न्यूनगंड न बाळागता आपण मराठी भाषेचा वापर करावा.

**मुलाखत दिनांक: १३/१०/२०२४ @कालिदास कलामंदिर, नाशिक.
मुलाखतकार: मेघा पाटील, शरयू देसले, आस्था चौधरी
(QUASAR Magazine Editorial Board)**



YOUTUBER

Art and craft have been an integral part of my life since my school days. Back then, I eagerly participated in various competitions, honing my skills and discovering the immense joy of creating something beautiful with my own hands. What began as a school activity soon became a beloved hobby and a lifelong passion.

In my free time, I enjoy drawing, painting, and crafting. Festivals like Diwali bring extra excitement as I get to create unique home décor items, such as the traditional Akash Kandil (lantern). These moments of creativity bring a sense of fulfillment and add a personal touch to celebrations.

The pandemic in 2020 marked a turning point in my artistic journey. During those challenging times, I decided to start my own YouTube channel, Pramod's Creations. With just a phone camera, I began shooting and editing videos all by myself. On this channel, I share the process of making art, offer tips and tricks, discuss the materials I use, and provide detailed information about different art forms. Although I don't earn from my YouTube channel, the joy of sharing my passion with others keeps me motivated.

Apart from YouTube, I actively share my creations on other social media platforms like Instagram, Facebook, and Pinterest. I specialize in glass painting, lippan art, decoupage, and paper crafts, but I'm always eager to explore and try new art forms. The thrill of experimenting with different techniques and styles keeps me engaged and inspired.

My love for art and craft traces back to my childhood when I would spend hours drawing, painting, or making paper crafts. Watching art and craft shows on TV further fueled my interest, and my parents' support encouraged me to pursue this hobby passionately. Even though I'm not a professional artist, I strive to improve and give my best in every piece I create. Creating and sharing videos is no small task. A five-minute video often takes 4-5 days of effort, but the process is incredibly rewarding. Till date, I've shared over 250 videos across social media platforms. Each video represents my dedication and enthusiasm for art and craft, and the feedback from viewers inspires me to continue.

-Pramod Sable (T.Y.BPharm)



ध्यास नृत्याचा

भारतीय शास्त्रीय नृत्य प्रकारांपैकी कथक हा एक शास्त्रीय नृत्य प्रकार आहे. पूर्वी नर्तक किंवा नर्तकी मंदिरात कथा सादर करताना आपल्या अभिनय व मुद्रा द्वारे कथा प्रेक्षकांपर्यंत पोहोचवत असत.' कथा कहे सो कथक कहलावे' या उक्ती द्वारे 'कथक' या शब्दाची उत्पत्ती झाली.

मी कथक नृत्य शिकायला सुरुवात केली, त्यावेळी मी सहा वर्षाची होते. नाशिक मधील ज्येष्ठ आणि प्रसिद्ध नृत्य गुरु रेखाताई नाडगौडा यांच्या कीर्ती कला मंदिर येथे मी कथक नृत्याचे प्रशिक्षण घेत आहे.

नृत्य शिकत असताना कलेबरोबरच आपला व्यक्तिमत्व विकास सुद्धा होत असतो. ताल व लय यांचा समन्वय साधून त्याबरोबरच चेहऱ्यावरील हावभाव व पदन्यास आणि हातांद्वारे मुद्रा हे सर्व केंद्रित करायचे असते, ज्यामुळे एकाग्रता वाढते .

मी गेल्या बारा वर्षांपासून कथक नृत्याचे धडे गिरवत आहे. मला आमच्या गुरु रेखाताईंकडून खूप काही शिकायला मिळाले ,सातत्य ,नियमितपणा, वेळेचे नियोजन, परिपूर्णता उत्साह, या सर्व गोष्टी मी माझ्या गुरूंकडून शिकले. शास्त्रीय नृत्य हे एखाद्या शिबिरात किंवा कार्यशाळेत शिकण्याची कला नसून नियमितपणे सातत्याने शिस्तबद्ध शिकण्याची कला आहे नृत्यकलेने मला जीवनाकडे सकारात्मकतेने बघायला शिकवले ,नवनवीन शिकता शिकता त्याचा ध्यास घ्यायला शिकवले ,म्हणूनच मला असे वाटते की प्रत्येकाने आपल्याला आवडेल ती कला आत्मसात करायला हवी ज्यामुळे आपल्या आयुष्यात रंग भरले जाऊन आपण आयुष्यात नेहमी आनंदी उत्साही राहू शकतो व आयुष्याकडे सकारात्मकतेने बघू शकतो...

-गौरी किरण चांदवडकर (S.Y.B.Pharm)

Instagram

My journey through the Ragas of Resilience...

As an artist, my journey in Shastriya Sangeet started in grade 4. Since then, it has evolved from a mere hobby into a passion. Over these years, I've learned that patience, perseverance, and practice are key to mastering anything. With every practice session, I find something new, even if I'm singing the same raga over and over again. The subtle variations, the deeper understanding of each note and its emotion, the refining of my voice suggests that learning never stops. Music has taught me that growth is a continuous journey.

Singing requires coordination- between vocals, the notes and the beats of the instruments; it teaches me the importance of balance and synchronization to create a beautiful melody. In Indian classical music, each raga evokes specific emotions and moods. Whether it's the serenity of a morning raga or the intensity of an evening composition. Music has gained me skills, and given me a way to establish a unique identity. Classical music is timeless and deserves to be cherished and nurtured, even in a world where modern music often overshadows it.

Kasturi Gangurde (S.Y.B.Pharm)

Patterns of Colourful Joy!

Since school days, Art has been my favourite subject and a hobby too. It is something that I personally prefer investing my free time in. Rangoli has always been my medium of choice when it comes to putting my thoughts into reality. Whenever I am to design a Rangoli, I prefer putting the design on the paper first. It helps me visualize the dimensions of it on the platform. The most crucial part in Rangoli for me is to get the shading right. The proportions of different colours while mixing to get a particular shade is very tricky! Along with that, one has to get the facial components accurate if the design contains any human figures. But once the whole thing is done, it gives me immense satisfaction.

Whether it was a festival at home or a special occasion at college, I have designed Rangolis for many such occasions. Some might think of it as a trivial part of any such program, but I like to think of it as a perfect welcoming gesture. I am not really a techie-person. Therefore I do not prefer designing anything on a screen. I find it relaxing when I am working away from all the gadgets; I feel more focused when I do so. I look forward to improve myself in Rangoli drawing whilst managing my studies and career.

-Komal Pawar (T.Y.B.Pharm)

Capturing Moments!

Exploring nature and capturing its beauty through my mobile camera over the past few years has been a transformative experience. Each trek, sunrise, and forest trail brings a sense of peace and wonder, reminding me how vast and intricate the world is.

Photography has taught me to be present, as the perfect shot often comes in fleeting moments. I've learned to appreciate the small things—like the dew on leaves or the patterns in clouds—that might otherwise go unnoticed.

Every journey, whether through mountains or forests, has reinforced the value of patience, resilience, and the importance of treading lightly to preserve nature's beauty.

These experiences have also nurtured my curiosity, encouraging me to explore new places, connect with local cultures, and develop a deeper respect for the environment.

Through this journey, I've found both a creative outlet and a sense of belonging in nature.

-Rohit Vibhute (Final Year B.Pharm)

From the Eye of a Dancer

Since childhood I was very fond of grooving on songs. Fortunately being blessed by an amateur mother she engaged me with dance. Unexpectedly and undoubtedly dance has turned out as an inevitable part of me now.

As per my opinion dance is not just an art form which can be just learnt and perform rather its a process of learning, growing, understanding and expressing by means of fine movements which creates Harmonious Beauty in a performance. I started my dance journey from small stage dance performances and later reconciled with Classical Dance form '**KATHAK**' with Blessings of My Guru. Shri Karan Kishan. Kathak involves knowledge of Shastras in performances that bridges into sensibilities of audience.

Watching my Guru dance always makes me feel perfect and I have always considered him as my inspiration because he has been so honest and passionate with his work. Because of my Guru my interest and love for this dance form is increasing over years. He has developed artistry in subtle nuances of Lucknow Gharana through regular training. Dance is what 'Sukoon' means and indeed an escape where I find solace in a rythm. It literally feels like shedding layers of stress and anxiety.

I feel that one who learns Kathak can easily perform any other dance form as Kathak is a perfect combination of Shringar and Tandav. I'm Glad to be a part of prevailing and worshipping our Indian essence of artform in this modern culture.

-Neha Rajput (Final Yr.B.Pharm)

Pandit Birju Maharaj was a legendary Kathak dancer, composer, and singer, widely regarded as the torchbearer of the *Lucknow Gharana*. While he was known for his mesmerizing dance, few people know that he was also a skilled painter and poet, often writing in Hindi and Urdu.

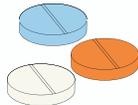
Maharaj ji also choreographed dance sequences for Bollywood, including *Dil To Pagal Hai* and *Bajirao Mastani*. Despite his classical roots, he appreciated modern music and even played the tabla with great finesse, blending rhythm with storytelling effortlessly.





THE SNAKES & LADDERS



<p>WINNER</p> 	<p>Cephalosporins (Generations 1-5)</p>	<p>Tetracyclines</p> 	<p>Anti-HIV Agents</p> 
<p>Antifungals</p> 	<p>ACE Inhibitors</p>	<p>Antitubercular Drugs</p>	<p>Dopamine Agonists</p>
<p>Barbiturates</p> 	<p>Antiviral Drugs</p>	<p>Topoisomerase Inhibitors</p>	<p>Alkylating Agents (Anticancer)</p>
<p>Platinum-Based Compounds</p> 	<p>Anti-Epileptic Drugs</p>	<p>Tyrosine Kinase Inhibitors</p>	<p>Monoclonal Antibodies (mAbs) for Cancer</p>
<p>Cyclooxygenase-2 (COX-2) Inhibitors</p>	<p>Non-Steroidal Anti- Inflammatory Drugs (NSAIDs)</p> 	<p>DPP-4 Inhibitors (Gliptins)</p>	<p>Biguanides</p> 
<p>Histamine H2 Receptor Antagonists</p>	<p>Proton Pump Inhibitors</p>	<p>Diuretics</p>	<p>Calcium Channel Blockers (CCBs)</p> 
<p>START</p> 	<p>HMG-CoA Reductase Inhibitors</p> 	<p>Angiotensin II Receptor Blockers</p>	<p>Beta Blockers (Selective and Non- Selective)</p>

Game Rules

- **Category Recall:** Recall drugs in a category to earn +2 (full list) or -1 (incomplete list).
- **Ladder Lockout:** Correctly recall category drugs to climb ladders.
- **Snake Reprieve:** Avoid sliding down snakes by correctly recalling category drugs.
- **Customization:** Players can modify the game by adding or replacing drug categories.

Don't have a Dice?

No Worries!

Scan this QR Code
and let the Game
begin...

The Ultimate Family Hunt!!!



2. Agar agar

5. *Plantago ovata* (used to study swelling index)

7. *Atropa belladonna*, *Datura stramonium*

9. *Ricinus communis* (Castor), *Jatropha curcas*

10. *Mentha piperita*, *Ocimum sanctum*

11. *Zingiber officinale*, *Curcuma longa*

1. *Coriandrum sativum*, *Foeniculum vulgare*

2. *Cinchona calisaya*

3. *Eugenia caryophyllus*

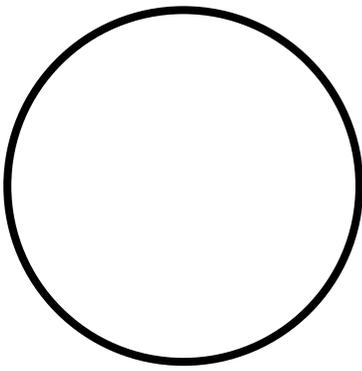
4. Siam/Sumatra Benzoin

6. *Aloe vera*

8. *Rauwolfia serpentina*, *Catharanthus roseus*

10. *Cinnamomum cassia*





Dr. Milind P.Wagh

With your extensive research experience, which of your projects have had the most significant impact on medicine? What advice would you offer to aspiring researchers?

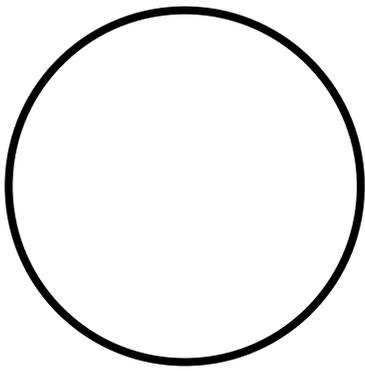
In my academic journey, several research projects have stood out due to their impact and learning potential. One such project was the development of disulfiram implants in collaboration with practicing surgeons, which was both challenging and rewarding. Another notable contribution was the creation of a hemocoagulase gel for clotting, a project undertaken with a dental college. Additionally, work on compression studies generated substantial data and provided insights that were both educational and impactful. For aspiring researchers, it is crucial to clearly define the problem and hypothesis of their work. Thoroughly reviewing existing research is essential to identifying gaps that can be addressed innovatively. It is important to interpret experimental outcomes honestly, even if the results are unexpected, rather than manipulating data. Starting early, ideally from the third year of studies, allows deeper understanding and meaningful exploration of topics. Aligning research with future interests, whether in pharmaceuticals, formulation, or management, adds value to both personal and professional growth.

What are the key challenges faced by today's youth in education and skill development, and what reforms are needed to improve their career prospects?

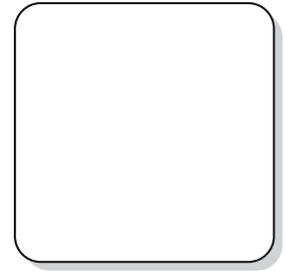
Today's youth have numerous opportunities in fields such as IT, biotechnology, pharmacovigilance, and regulatory affairs, but they face significant shortcomings. A major issue is the lack of core skills due to an education system that prioritizes competitive exams over practical lab work. Practical experience is essential for understanding and retaining concepts, and its absence affects their readiness for real-world challenges. Additionally, excessive screen time has led to superficial learning, reducing in-depth understanding and long-term knowledge retention. Focusing on practical skills and fostering deep learning can significantly enhance their career growth.

How is Indian education system and what are reforms needed ?

While primary education in India is free, its quality varies widely. Developed nations have improved their education systems through historical reforms, and India can adopt similar measures. Although some government schools, like Kendriya Vidyalayas, maintain high standards, private institutions dominate the sector. Investing in the infrastructure and quality of government schools can help bridge this gap, ensuring equitable access to quality education. If the government prioritizes primary education reforms, it can create a well-educated and skilled generation ready to contribute to India's progress.



Dr. Mrudula Bele



What skills are essential for a patent consultant in the pharmaceutical field?

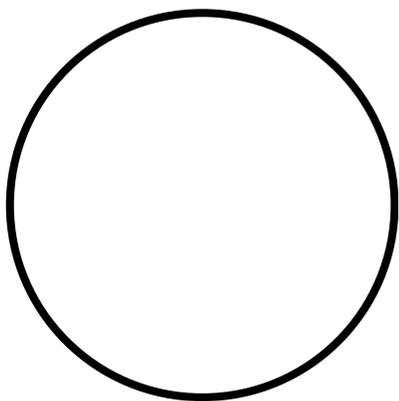
Patents are inherently techno-legal, and the pharmaceutical industry thrives on them. For anyone aspiring to be a patent consultant in this field, a strong understanding of both the domain and legal aspects is essential. Purely pharmaceutical professionals often find it challenging to grasp the intricacies of intellectual property (IP), while purely legal professionals lack the technical expertise required for filing patents. They may excel in handling copyrights or trademarks, but patents demand a unique blend of skills. In the industry, it's typically individuals with technical expertise who acquire legal knowledge, rather than lawyers picking up technical skills.

How has AI influenced the Patent filing process?

Artificial Intelligence (AI) adds a new layer of complexity to the realm of IP and patent filing. One significant challenge lies in addressing patents for AI-generated inventions, where the inventor is non-human. Current patent laws lack provisions to address such scenarios, raising questions about ownership—does the patent belong to the AI developer or the individual providing the commands? These ambiguities remain unresolved as patent law hasn't evolved sufficiently to keep pace with technological advancements. That said, AI has revolutionized patent-related processes in many ways. It simplifies patent searching and provides summarized drafts to better understand inventions, saving considerable time. Additionally, AI can draft patent applications tailored to the specific requirements of different countries, accommodating their unique legal nuances.

What are the latest initiatives by PRADNYA to Spread Awareness related to IPR?

With PRADNYA, we have recently begun working with school children to nurture their creativity and introduce them to the world of intellectual property (IP). Through engaging activities, we encourage them to invent something and then teach them the fundamentals of securing IP for their creations. These young minds often come up with remarkable ideas, and it's truly rewarding to help them secure patents. Our consultancy services for them are completely free of cost—something that would otherwise be very expensive. In many cases, we even cover half or all of the patent office charges to ensure their innovations are protected. Raising awareness about securing patents has never been more crucial for the growth and development of our country.



Dr. Amol S. Jagdale

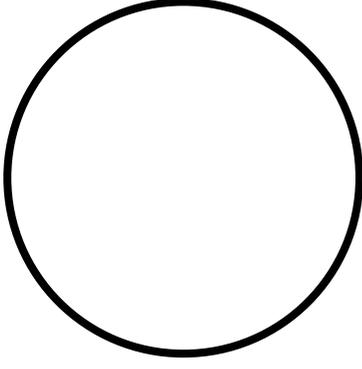
Dept. Pharmaceutical Chemistry

How does fundamental research in B. Pharmacy drive pharmaceutical advancements, and what strategies can strengthen research culture in Indian institutions despite funding challenges?

Research is the driving force behind innovation, particularly in pharmaceuticals, where it plays a vital role in drug discovery, development, and delivery. Fundamental research in organic chemistry, pharmacology, and molecular biology forms the foundation for applied advancements. Breakthroughs in treating diseases like cancer and HIV result from dedicated research, leading to improved treatments, diagnostics, and preventive strategies. Students are at the heart of the research ecosystem, with mentorship fostering critical thinking, problem-solving, and curiosity.

A strong foundation in pharmaceutical chemistry, pharmacology, pharmacognosy, and pharmaceutics is essential for B. Pharm students to engage in research. Hands-on lab experience, combined with theoretical knowledge, enables them to apply their learning effectively. The transition from academics to industry is dynamic, with academic research focusing on exploration and industrial research aimed at product development. Both are crucial and often complement each other. Institutes like NIPER and IISc provide cutting-edge facilities, facilitate academia-industry collaborations, and support research commercialization. Academic research is driven by curiosity and expanding knowledge, while industrial research is market-oriented and results-driven. Both have value: academic research is often high-risk and exploratory, while industrial research is more focused and practical.

The ultimate goal of pharmaceutical research is to benefit society through new drugs, better diagnostics, and improved healthcare. Quality research, backed by strong methodology and rigorous analysis, is more impactful than a high volume of superficial studies. Identifying knowledge gaps, medical challenges, or technological needs often serves as the starting point for meaningful research. Funding remains a major challenge in Indian colleges, yet it is essential for sustaining research quality, acquiring equipment, and supporting research teams. Increased investment in research is necessary to build a thriving research culture and translate findings into societal benefits.



Dr. K.N. Mundlod

Dept. Pharmaceutical Chemistry

Cultural Incharge (2024-25)

प्रश्न : तुम्ही कॉलेज चे cultural incharge आहात, तर cultural incharge म्हणून तुमचे उद्देश्य काय आहेत ?

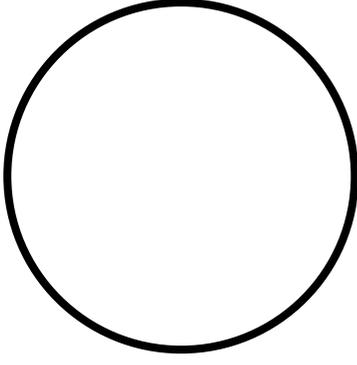
उत्तर : माझं असं मत आहे कि विद्यार्थ्यांनी इथून बाहेर पडताना आठवणी घेऊन बाहेर पडावं. १०- २० वर्षांनी जेव्हा विद्यार्थी परत महाविद्यालयात येतात तेव्हा याच आठवणींद्वारे त्यांची नाळ महाविद्यालया सोबत जोडलेली असते आणि महाविद्यालयात होणाऱ्या सांस्कृतिक कार्यक्रमांद्वारे या आठवणी तयार होत जातात , मग ते कार्यक्रमांमध्ये घेतलेला सहभाग असो किंवा कार्यक्रमांदरम्यानची मस्ती मौज असो. नुकताच पार पडलेला 'अतरंगी २०२४ ' हा कार्यक्रम अपेक्षेपेक्षा जास्त भव्य आणि यशस्वी झाला. या कार्यक्रमासंबंधित तुमच्या आयुष्यभरासाठी सुखद आठवणी तयार झाल्या , आणि cultural incharge म्हणून माझी हीच इच्छा आहे. उद्देश्य विषयी बोलायचं झालं तर , हल्लीची शिक्षण पद्धती हि विद्यार्थी केंद्रित झाली आहे , विद्यार्थ्यांमध्ये संघटन क्षमता , नेतृत्वगुण , व्यवस्थापन क्षमता इत्यादी गुणांचा विकास व ते वाढीस लागण्यात महाविद्यालयातील सांस्कृतिक कार्यक्रमांचा मोठा वाटा असतो.

प्रश्न : तुम्ही ICT (Institute of Chemical Technology) चे माजी विद्यार्थी आहात, तिथलं विद्यार्थी जीवन तुम्ही जवळून अनुभवलेलं आहे , तिथल्या आणि इतर महाविद्यालयांच्या शैक्षणिक आणि सांस्कृतिक वातावरणात तुम्हाला काय तफावत जाणवते ?

उत्तर : ICT च culture इतर महाविद्यालयांपेक्षा खूप वेगळं आहे , सांस्कृतिक बाबतीत जर विचार केला तर ICT हे सांस्कृतिक दृष्ट्या खूप सक्रिय आहे. महाविद्यालयीन स्तरावर 'फन-टेक' हा कार्यक्रम आयोजित केला जातो ज्यामध्ये विद्यार्थी वर्गनिहाय सहभाग घेतात. फन-टेक व्यतिरिक्त 'मंजर' म्हणून आंतरमहाविद्यालयीन सांस्कृतिक कार्यक्रम आयोजित केला जातो. या कार्यक्रमांसाठी स्पॉन्सरशिप आणण्याचं काम विद्यार्थीच करतात , भविष्यात हि संकल्पना आपण पण राबवू शकतो आणि स्पॉन्सरशिप साठी प्रस्ताव मांडण्यासाठी अतरंगी २०२४ चे यश आहेच , म्हणून मला येणाऱ्या batches कडून हि अपेक्षा आहे कि ते CPN मध्ये तुम्ही रुजू घातलेल्या सांस्कृतिक परंपरेला नवे आयाम देतील.

प्रश्न : फार्मसी क्षेत्रात वाढत असलेल्या स्पर्धेत टिकून राहायचा असेल तर महाविद्यालय आणि आम्ही विद्यार्थी म्हणून आमच्याद्वारे काय प्रयत्न केले पाहिजे ?

उत्तर : फार्मसी क्षेत्राचा जर विचार केला तर इंडस्ट्री- इन्स्टिट्यूट गॅप हा कमी करता आला तर विद्यार्थ्यांना स्पर्धेच्या आव्हानांना समर्थपणे सामोरे जाता येईल. हा गॅप कमी करण्यासाठी आपण महाविद्यालयीन स्तरावर विद्यार्थ्यांसाठी औद्योगिक भेट आयोजित करत असतो , या दरम्यान विद्यार्थी कंपनी मधील कामगार ते अधिकारी वृंद यांच्याशी संवाद साधून तिथली कार्यप्रणाली समजून घेण्याचा प्रयत्न करतात , तसेच औद्योगिक क्षेत्रात गरजेचे असलेल्या कौशल्यांचीही त्यांना कल्पना या संवादातून येते . विद्यार्थी म्हणून तुम्ही अभ्यासासोबतच फार्मसी क्षेत्रात घडणाऱ्या घडामोडींबद्दल अपडेटेड राहिलं. पाहिजे नव नवीन तंत्रज्ञानाची माहिती तुम्हाला असायला हवी. Google Cloud , Artificial Intelligence यासारखे कोर्स नक्कीच फायदेशीर ठरतील. विद्यार्थी म्हणून तुम्ही ज्ञानाबरोबरच फार्मसी क्षेत्राचा कल ओळखून एक्सट्रा कोर्सेस केले तर निश्चितच तुम्हाला स्पर्धेत टिकून राहण्यासाठी मदत होईल.



Dr. L. A. Kawale

Dept. Pharmaceutical Chemistry

Examination officer

माणूस म्हणून जगता आलं पाहिजे" हे वाक्य आम्ही आपल्या तोंडून सतत ऐकतो , तर या वाक्याचा संदर्भ काय ?

उत्तर : उत्क्रांतीच्या इतिहासात मानवाने संघर्षातून त्याचं माणुसपण निर्माण केलं, आणि आपला भोवताल समृद्ध केला. आज जे प्रगत जग दिसते ते केवळ माणसाची अचंबित करणारी बुद्धिमत्ता आणि त्याचा विवेक यामुळेच. म्हणून प्रत्येक मानवामध्ये तर्क आणि विवेक बुद्धीचा विकास झाला पाहिजे , प्रत्येक माणसाला सद्विवेक बुद्धीने विचार करता आला पाहिजे . ज्या माणसाला तार्किक व विवेकपूर्ण विचार करता येत नाही त्यामाणसाची , तो राहत असलेल्या समाजाची आणि देशाची प्रगती खुंटते.

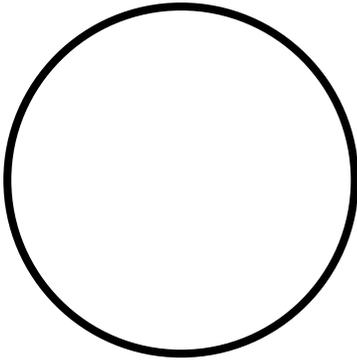
गेल्या काही वर्षांमध्ये असं लक्षात येतंय कि माणूस माणूस बनण्याच्या प्रक्रियेपासून उलटा फिरतो आहे. ज्या माणसाच्या सांस्कृतिक आणि धार्मिक भावना टोकदार होतात त्या माणसाच्या विचार आणि आचरणामधून तर्क आणि विवेक हा मागे सारला जातो. माणसाचं शहाणपण म्हणजे त्याच्या मनात इतरांसाठी असलेली संवेदना , इतरांच्या आनंदात स्वच्छंदी मनाने सहभागी होता आलं पाहिजे. तसेच दुःख वाटता हि आलं पाहिजे आणि हि संवेदना आजच्या काळात शिक्षणाद्वारेच रुजवली जाऊ शकते हे माझे ठाम मत आहे. प्रजनन आणि उदरभरण हे गुण प्रत्येक सजीव प्राण्यामध्ये उपजत असतात , मानवाने त्याच्या पलीकडे जाऊन सभ्यता आणि विवेक याचा विकास केला. भोवताली वाढत असलेला निरर्थक सामाजिक उन्मादाला बळी न पडत तर्क आणि विवेक बुद्धीने समाजात काही सृजनात्मक बदल जर आपण करू शकलो तर आपण " माणूस म्हणून आणि समाज सभ्यता म्हणून प्रगती करतोय" असं म्हणू शकू " .

जसं तुम्ही बोलले कि माणसाची वाटचाल अधोगती कडे होत आहे , तर याच्यात समाज माध्यमांचा अतिरेक हे कारण असू शकतं का?

उत्तर : या प्रश्नाची समीक्षा करताना अनेक अंगांने विचार केला पाहिजे , समाज माध्यमांचा अतिरेक हा एकच आयाम लावून आपण या प्रश्नाचे उत्तर नाही शोधू शकत . गेल्या काही वर्षांमध्ये समाज जागृतीचे आणि एक सुजाण नागरिक घडविण्याचे शालेय पातळीवर होणारे प्रयत्न कमी झालेले दिसतायत त्यामुळे नजदिकच्या काळात समाजाच्या एकंदरीत सामाजिक संवेदना बोथट झालेल्या निदर्शनास येतात. सर्वच माध्यमांतून समाज जागृतीचे प्रयत्न थंडावत चाललेत त्यामुळे कदाचित माणसाच्या विचारक्षमतेचा ह्रास होत आहे आणि मग तो समाजमाध्यमांतून जे काही त्याच्या निदर्शनास पडते त्याचे अनुकरण करत असावा. समाज माध्यमांची दुसरी बाजू समजून घेतली तर खूप सारी महत्वाची आणि विश्वासाहर्ष माहितीचा स्रोत म्हणून आपण समाज माध्यमांकडे बघू शकतो. योग्य आणि अयोग्य गोष्टींमधील जी पुसटशी रेषा आहे ती आपल्याला समजली पाहिजे आणि ती समजण्यासाठी आपण स्वतःकडे तटस्थपणे बघितल पाहिजे.

आपल्या महाविद्यालयाचे माजी विद्यार्थी फार्मसी क्षेत्रात उच्चस्थ पदांवर कार्यरत आहेत , यातून आपल्या महाविद्यालयाचे फार्मासि क्षेत्रात असलेले योगदान मोलाचे आहे असे कळते , या विद्यार्थ्यांची नाळ आपल्या महाविद्यालयाशी कशी जुळलेली आहे ?

उत्तर : एखाद्या व्यक्तीला त्याच्या शाळेची किंवा महाविद्यालयाची ओढ असण्यामागे त्याची त्याच्या त्या महाविद्यालयाबद्दल असलेली कृतज्ञता आणि त्या महाविद्यालयाने त्याच्या व्यक्तित्वाला दिलेला आकार या दोन्ही गोष्टी समांतर धुरेवर असतात, या मध्ये त्या महाविद्यालयाचेही उत्तरदायित्व असते , या दोन्ही गोष्टींचा सुवर्ण मध्य साधता आला कि माजी विद्यार्थ्यांची नाळ महाविद्यालयाशी जोडून राहते. आपल्या महाविद्यालयाचे माजी विद्यार्थी सतत महाविध्यलयात येतात , भेटतात , संवाद साधतात, त्यांची नाळ अजूनही आपल्या महाविद्यालयाशी घट्ट जोडलेली आहे कारण त्यांच्या व्यवसाईक आणि वैयक्तिक विकासा मध्ये महाविद्यालयाचा मोलाचा वाटा आहे . माजी विदहयार्थी केवळ महाविध्यलयास पुनः पुनः भेट देतात असे नसून अनेक अंगांने ते सातत्याने महाविद्यालयास मदतही करत असतात, जसे प्लेसमेंट्स, रिसर्च ॲक्टिविटी आदि. माझ्या मते त्यांना महाविध्यलयाशी व्यवस्थित पने जोडून घेऊन अधिक चांगला त्यांचा उपयोग करून घेता येऊ शकतो, त्यातून महाविध्यलयाचा विकास साधता येऊ शकतो.



Dr. Vandana S. Nade

Dept. Pharmacology

How are volunteers chosen for clinical trials? How is their safety ensured? Are these volunteers financially benefitted?

To participate in a clinical trial, the volunteers must meet certain "eligibility criteria," The factors considered are age, sex, specific illnesses or health conditions, prior treatments, and overall health status of the volunteers. Inclusion and exclusion criterions are decided. Inclusion and exclusion criterions determine which members of the target population can or can't participate in a research study. In clinical practice, informed consent is a cornerstone of ethical and responsible care, ensuring that patients are actively involved in decisions about their treatment. Informed consent is a crucial process ensuring individuals understand and voluntarily agree to medical treatments or research participation, encompassing risks, benefits, and alternatives.

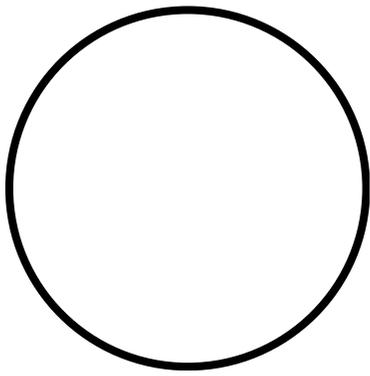
In India, the safety of participants in clinical trials is ensured through a multi-layered approach, including regulatory oversight by the Central Drugs Standard Control Organization (CDSCO), adherence to Good Clinical Practice (GCP) guidelines, ethics committee review, and ongoing safety monitoring with reporting mechanisms.

Yes, volunteers in clinical trials often receive financial compensation, though the amount varies based on the study and time commitment, and some studies offer reimbursement for travel and time spent.

If you were given a chance to design the pharmacology syllabus, what changes would you make to increase the practical approach in students?

The syllabus of subject should be relevant to that time. It should contain basic concept of syllabus along with current needs and knowledge of the subject. But the syllabus of pharmacy is prescribed by PCI and PCI does not allow to make any changes in the syllabus, therefore students of pharmacy are learning same things since many years. I think one nation one syllabus is an outdated concept. The syllabus should be periodically reviewed and modified as per need.

If I get a chance to modify syllabus, my focus will be more on incorporating basic knowledge, current developments in the field, technology enabled skills and global challenges. The students should be enriched with knowledge as well as skills that are globally sought after.



Dr. Rahul Nahire (Bpharm. Batch 2007)

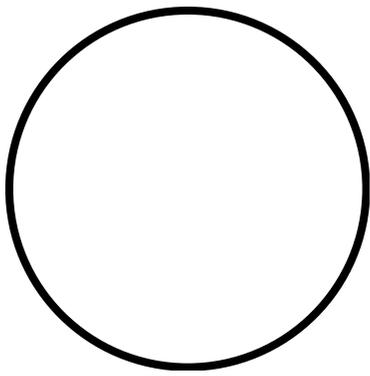
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rahulandrd@yahoo.co.in

Looking back at my time at CPN College, where I pursued my Bachelor of Pharmacy, I am filled with nostalgia and gratitude. Those days were a transformative period that shaped my journey from being a middle-class kid with dreams to becoming a Scientist after completing a PhD in the USA.

Stepping into CPN, I was filled with excitement tinged with uncertainty. Pharmacy as a profession was not as recognized and respected as the medical and engineering fields at the time. We all were initially unsure about what we had signed up for and what we would be doing for the rest of our lives as a career. But those doubts soon turned into challenges and, eventually, a deep passion, fueled by the competitive and ambitious atmosphere at CPN. The campus became my second home, and the classrooms, laboratories, and library became spaces where I nurtured my dreams of becoming a researcher. CPN was a place where Dreams and Ambitions blossomed. As young students, we carried the dreams of our middle-class families, determined to make the most of every opportunity. Education was not just a routine but a path to success and a way to honor the sacrifices made by our parents.

Equally pivotal were the dedicated teachers at CPN, whose unwavering guidance and mentorship left an indelible mark. The teachers at CPN were another cornerstone of my growth. Their dedication and mentorship went beyond the classroom. **Dr. Bele Mam**, who stayed after college hours just to listen to our group discussions and provide feedback on our spoken english. **Dr. Milind Wagh**, who encouraged us to pursue studies abroad, inspired us by connecting us with seniors who had gone abroad to share their experiences and boost our confidence, showing us that we could achieve the same. They didn't have to do any of this—it wasn't part of their job, nor were they paid extra for it. Yet, they went above and beyond for us, and their efforts transformed our lives in ways we can never fully express. Their belief in our abilities gave me the confidence to aim higher and dream bigger. Beyond academics, what made CPN unforgettable was the camaraderie and friendships that were built within its walls. Late-night study sessions, spirited debates, and celebrations cemented bonds that remain strong to this day. These friends were and are my pillars of strength, pushing me through challenges and sharing in my joys. Watching all my friends thrive in their respective lives and careers makes me feel happy and reinforces how important our time at CPN was.

Today, as I stand at this point in my career, I carry the memories of CPN with pride and joy. It was a place where dreams were nurtured, lifelong friendships were made, and the spark for Scientific Research was ignited. I owe much of my success to those transformative years, and for that, I will always remain grateful to my alma mater-CPN.



Isha Khairnar (Bpharm Batch 2022)

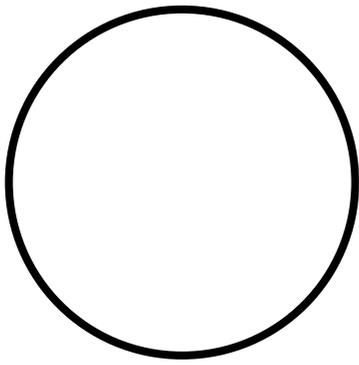
Master of Science (Pharmaceutical Sciences)
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ishakhairnar2000@gmail.com

Hello! I'm Isha, a graduate of the College of Pharmacy, Nashik (Class of 2022). My time at CPN was incredible—I met wonderful people and created unforgettable memories, especially while preparing for cultural events and the fresher's and farewell party. The supportive environment at CPN not only enhanced my academic journey but also helped me build lifelong friendships and develop leadership skills through extracurricular activities. During my second semester, I was uncertain about my future path. However, I always had a desire to study abroad for quality education and cultural exposure. By my third semester, after thorough research and discussions, I decided to pursue a master's degree in the USA.

Coming from a middle-class family, the cost was a major concern. I connected with CPN alumni and education consultants to find universities offering scholarships. That's when I discovered Western University of Health Sciences, California, where I am currently pursuing my Master's in Pharmaceutical Sciences. I chose it for its strong academic reputation and, most importantly, its full tuition waiver and stipend, making my education practically cost-free. This financial support lifted a huge burden off my shoulders and allowed me to focus entirely on my studies and personal growth.

Studying at *Western University of Health Sciences*, California, has been an amazing experience. Our classroom is truly global, with students from Africa, Europe, and Asia. Interacting with diverse peers has helped me gain confidence, become more independent, and learn social etiquette at an international level. The faculty is considerate, and the courses are engaging, application-based, and interactive. Beyond academics, participating in student-led initiatives and networking events has broadened my perspective and opened doors to new opportunities. The journey from CPN to the USA was challenging, filled with uncertainties and fears. However, trusting that I could handle obstacles and staying focused and consistent helped me to navigate it. Talking to alumni and seniors was especially valuable, as their guidance made a significant difference. There were moments of self-doubt, but perseverance and continuous learning helped me overcome them, shaping me into a more resilient individual.

Now, as I approach graduation in June 2025, I am excited to step into the pharmaceutical industry. This new chapter will bring challenges, but I am eager and hopeful for what lies ahead. I look forward to applying my knowledge, contributing to innovative research, and making a meaningful impact in the field of pharmaceutical sciences.



Sandip Jadhav (Mpharm. Batch 2000)

Product Owner
GSK Pharmaceuticals India
jadhavsandipl@yahoo.co.in

M. Pharm from Pune University (NDMVP 2000), GATE qualified, with a Management Diploma in Total Quality Management (TQM) and ISO 9000. I possess approximately 24 years of industrial experience in the Pharmaceuticals and Cosmetics sectors, having worked with organizations such as Wockhardt, Fem Care, FDC, Blue Cross, and GSK. I hold certifications in Operational Excellence Green Belt, Train the Trainers, Technical Risk Assessment (TRA), and Material Risk Assessment (MRA). My professional journey includes international exposure through business meetings, workshops, and project work in Germany, the UK, Switzerland, Canada, and the USA.

The key areas of professional work encompasses several key responsibilities, including new product development, line extensions, and ongoing enhancements related to cost, quality, and services. It also involves managing the product life cycle and ensuring process robustness. Additional duties include assessing new sites, facilitating technology and product transfers, and overseeing advanced manufacturing technologies and site capital projects. The role requires leading new packaging initiatives and conducting various risk assessments. Support for audits is also a critical component, alongside providing routine technical assistance to both company and contract sites, which includes troubleshooting and problem-solving. Furthermore, the position entails offering technical input on root cause analysis (RCA), corrective and preventive actions (CAPA), change control, and deviations, as well as preparing technical reports, master documents, presentations, rationales, and justifications. Working in the pharmaceutical industry presents a significant opportunity to gain insights, contribute meaningfully, and foster professional growth. The foundational theoretical knowledge obtained through academic pursuits is vital for its practical application within this field. Regardless of the specific area of specialization, staying informed and educated about current trends is essential for attaining success. Furthermore, a dedication to continuous improvement plays a critical role in sustaining a competitive advantage.

I take great pride in being associated with the College of Pharmacy Nashik, recognized as one of India's leading institutions. My time at the college was a harmonious blend of education, enjoyment, and participation in various activities, events, programs, and seminars. While the college maintains its discipline, I have come to appreciate how it ultimately benefits students. The coaching, learning, and mentorship from the faculty established a robust foundation in pharmacy fundamentals and other critical principles, which have been invaluable in my professional journey, as they prioritize practical application over rote memorization. As an engaged alumnus, I maintain regular interactions with faculty and staff, support the college in various ways, occasionally return as a guest speaker, and look forward to continuing my association while wishing the institution continued success.

RANKERS

NIPER JEE-2024 M.S/M.B.A/M.PHARM QUALIFIED STUDENT

Sr. No.	Name	AIR
1	Yadav Shikha Munshilal	AIR 5
2	Swapnesh Sanjay Kapadne	AIR 27
3	Bhangare Aditya Deepak	AIR 71
4	Badjate Samiksha Devendra	AIR 80
5	Pawar Rohini Ramdas	AIR 92
6	Gadekar Kailas Vijay	AIR 94
7	Pande Anushka Sanjay	AIR 98
8	Dixit Vaishnavi Udayrao	AIR 192
9	Lele Gayatri Dilip	AIR 236
10	Kulkarni Anushka Suhas	AIR 272
11	Ambekar Prachi Pravinrao	AIR 287
12	Shinde Sanjana Vijay	AIR 290
13	Mahajan Sakshi Anil	AIR 314

Sr. No.	Name	AIR
14	Tekale Yogesh Mahesh	AIR 372
15	Lanke Prasad Vitthal	AIR 376
16	Sahane Pradnya Shivaji	AIR 399
17	Kale Anagha Vilas	AIR 418
18	Patil Sanika Nanasheeb	AIR 421
19	Nale Gaytri Nitin	AIR 431
20	Bhosale Tejaswi Rajesh	AIR 478
21	Surse Dhanshree Subhash	AIR 625
22	Kolhe Devashree Hareshwar	AIR 842
23	Lasure Tanvi Hemant	AIR 1134
24	Kale Rushali Sopan	AIR 1530
25	Patil Sonali Chandrakant	AIR 2715
26	Patil Prachi Rajendra	AIR 4336
27	Paik Akanksha Balkrishna	AIR 4727

GATE 2025 RESULT

DEPARTMENT



VISION

MISSION

FACULTY PLACEMENT CELL

PLACEMENT COORDINATORS

2024 – 2025

Management in Medical Underwriting

Company Name - Kotak Life

Package - 6.25 LPA

MISSION

Anantha Tangade

Akshada Nathe

Divya Patil

Akash Kolekar

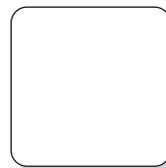
Company Name - Enzene Bioscience s ltd.

Package - 4.25 LPA

LIFE AT CPN



Designed by
Mangesh Gujar -
Quasar Editorial Board
2024 -25



2024

Celebrating Diversity and Creativity



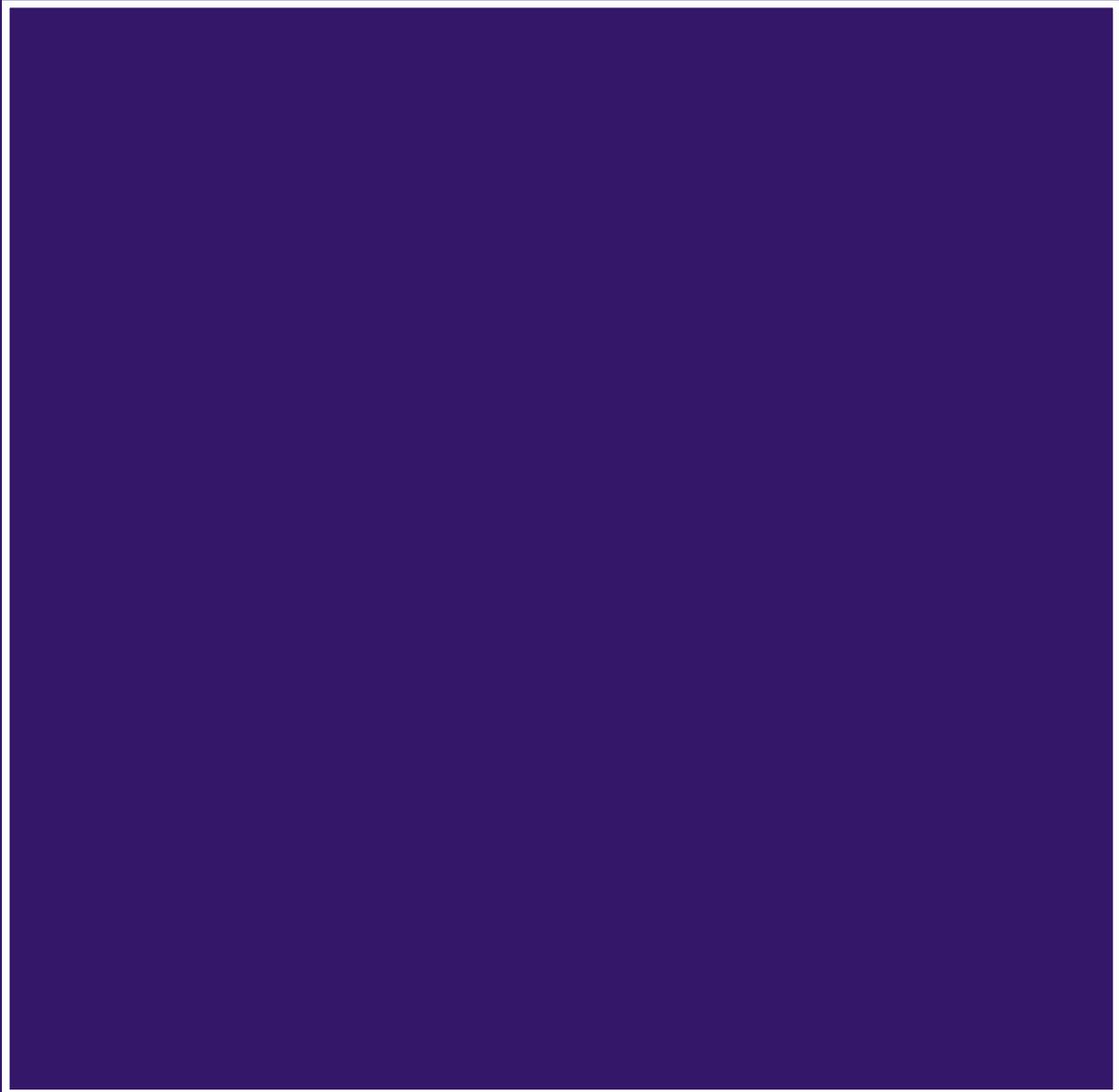
**Traditional Day - Celebrating "One
Nation, Different Traditions"**



2024

Bollywood Day – Lights, Camera, Action!

le.



The Grand Finale : Atrañgi 2024

The cultural extravaganza Atrañgi 2024, the most awaited and grandest event in the history of MVP Samaj's College of Pharmacy, Nashik, was a spectacular celebration of talent, energy, and vibrant colors. The event, living up to its name, showcased an eclectic mix of performances that mesmerized everyone present. The college management and esteemed teachers were felicitated, acknowledging their relentless efforts and dedication. The Principal's speech, accompanied by insights from other respected faculty members, added an inspiring dimension to the program. One of the professors beautifully summarized the event by saying, "Atrañgi is indeed a blend of diverse colors and emotions, a true representation of its name."



MVP'S COLLEGE OF PHARMACY

SPORTS WEEK YASHOMANCH 2024

16 DEC- 21ST DEC 2025

Yashomanch 2k24 Sports Week at MVP Samaj's College of Pharmacy, Nashik (16th to 21st December 2024) was a thrilling blend of competition and camaraderie. The week featured intense matches, showcasing exceptional talent and sportsmanship.

Chess: Saurabh Pagare secured first place, followed by Aryan Dube and Vedant Ahirrao.

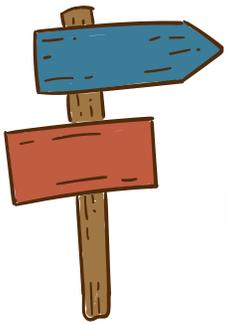
Cube Quest: Megha Patil dominated, winning both the 3x3 and 2x2 categories.

Final Year B. Pharm: Excelled in treasure hunt and athletics,

Sport	Winners
Volleyball	S.Y. M. Pharm defeated S.Y. B. Pharm in the final.
Tug of War	T.Y. B. Pharm won in both boys' and girls' categories.
Cricket	S.Y. B. Pharm boys and T.Y. B. Pharm girls claimed the top spots.
Table Tennis	Rohit Vibhute & Megha Patil (Singles), Rohak Mahajan & Amit Deshmukh (Men's Doubles), Vaishnavi Kolhe & Kalyani Khandve (Women's Doubles).

Tree





NSS Camp (17th Jan – 24th Jan 2025, Mungsare)

The National Service Scheme (NSS) Camp was successfully organized from 17th January to 24th January 2025 at Mungsare, lasting seven days. The primary objective of this camp was to serve the community through various social activities while fostering teamwork and leadership among volunteers. A team of 30 NSS volunteers actively participated in different initiatives, including village cleaning, teaching school students, conducting a survey on women empowerment, and raising public awareness about Adverse Drug Reactions (ADR) through kirtans and other social programs. These activities aimed to uplift the local community by promoting education, hygiene, and awareness on crucial social issues.

The impact of the camp was significant, as it helped in cleaning the village, educating students, and sensitizing the community about women empowerment and health issues. Volunteers gained valuable experiences in teamwork, leadership, and social responsibility. The camp was a meaningful initiative, leaving a positive imprint on both the community and the volunteers.



CPN

CAMP



PRADNYA: THE IP CELL

MVP's Centre for Promotion, Research, and Awareness of Intellectual Property was inaugurated on February 28, 2024, in Nashik, Maharashtra, on National Science Day. Co-ordinated by Dr. Mrudula Bele, the initiative promotes intellectual property rights and innovation by supporting students, faculty, and the community. The event featured insights from Padmavibhushan Dr. Raghunath Mashelkar and Hon. Vivek Sawant.

On its first anniversary, February 28, 2025, PRADNYA organized an IPR Awareness Competition with poster, poem, slogan, and skit contests, receiving an overwhelming response.

MVP MARATHON

On January 12, 2025 the *9th National and 14th state level Nashik MVP Marathon 2025* was organised by Maratha Vidya Prasad Samaj. The event saw enthusiastic participation from students promoting fitness and community engagement. As part of the marathon student conducted a rally supporting the beti Bachao beti padhao initiative, raising awareness about girls, education, and empowerment. The event was graced with the presence of president of MVP Nitin Thakre, additionally, an accomplished athlete in deaf international cricket, tae kwon do and athletics was honoured as guest of honour.

TEACHER'S DAY

On September 5th, 2024, MVP Samaj's College of Pharmacy celebrated Teacher's Day with enthusiasm. Final-year B.Pharm, M.Pharm, and Diploma students organized the event, beginning with senior students conducting lectures as a tribute to their mentors.

At noon, engaging games like Musical Chairs and Antakshari created a joyful atmosphere for faculty. The main function at 2 PM included a warm welcome with greeting cards and gifts. A welcome song by D.Pharm students and a heartfelt speech by a final-year student expressed gratitude to both teaching and non-teaching staff.

WORLD CANCER DAY

On February 4th, 2025, MVP Samaj's College of Pharmacy observed World Cancer Day by organizing an informative lecture on behalf of *Green Pulse Pharmacy Global Ltd.* The session was conducted by **Dr. Gauree Pimpralekar**, who delivered an insightful talk on uterine cancer, its prevention, and essential health measures.

Dr. Pimpralekar not only educated students on cancer-related aspects but also provided practical health tips for women to lead a healthier life. Her interactive approach made the lecture highly engaging and impactful, ensuring active participation from the audience.

Hope
Strength
Awareness

2024

BUILDING CONNECTIONS BEYOND COMPETITION -





WHERE BRAINS MET BONDS



WINNERS

First Prize: PG Team, MVP Samaj's College of Pharmacy (₹2100)

Second Prize: UG , MVP Samaj's College of Pharmacy (₹1500)

Third Prize: UG , MET Institute (₹1000)

In today's digital age, platforms like LinkedIn transform competitions into communities – and this event was living proof of that shift. The message was clear: pharmacy isn't just a profession, it's a collective journey where every interaction plants the seed for future opportunities.

STUDENT OUTREACH PROGRAM

The Student Outreach Program (SOP) Biopharma 2024, held from March 4th to 6th, featured inspirational lectures by renowned speakers, including Padma awardee **Krishna Ella**, founder of Bharat Biotech, and **Alexey Ivanov**, Director of the BRICS Competition Law and Policy Centre.

Speakers shared insights on intellectual property, sustainability, innovation, and environmental conservation. Interactive sessions enhanced students' understanding of global and local challenges. Additionally, attendees explored the *Chemtech World Expo 2024*, witnessing groundbreaking industrial innovations, inspiring them toward impactful contributions through innovation and collaboration.

HOSPITAL VISIT

The First-Year D.Pharm students visited Dr. Vasant Rao Pawar Medical College for an educational hospital visit. The day began with a medical check-up arranged for all students, ensuring a hands-on understanding of basic health assessments.

Students then explored the Blood Bank, gaining insights into blood storage and transfusion procedures. They also visited key diagnostic departments, including X-ray, Sonography, ECG, and CT Scan, observing advanced imaging techniques. Additionally, the visit to the Central Sterile Supply Department (C.S.S.D) provided valuable knowledge about sterilization processes essential for maintaining medical equipment hygiene.



Dr. Vasant Rao Pawar Medical College,
Hospital & Research Centre, Nashik.

F.Y.B.Pharm. (Aided)

F.Y.B.Pharm. (Unaided)

S.Y.B.Pharm. (Aided)

S.Y.B.Pharm. (Unaided)

T.Y.B.Pharm.

Final Y.B.Pharm.

F.Y.D.Pharm.

S.Y.D.Pharm.

F.Y.M.Pharm.

S.Y.M.Pharm.

Teaching Faculty

Office Staff

Non-Teaching Staff

Council Members (2024-25)

Cultural Committee (2024-25)

Social Media Team (2024-25)

NSS Team (2024-25)

Magazine Editorial Board (2024-25)

2025

MAGAZINE
JOURNEY

Poster
Inauguration



Brain storming

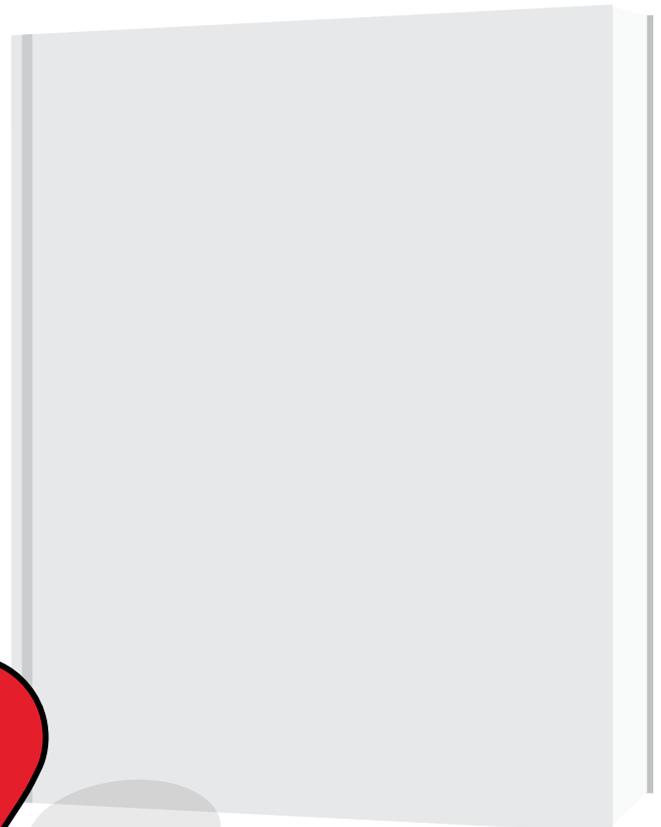


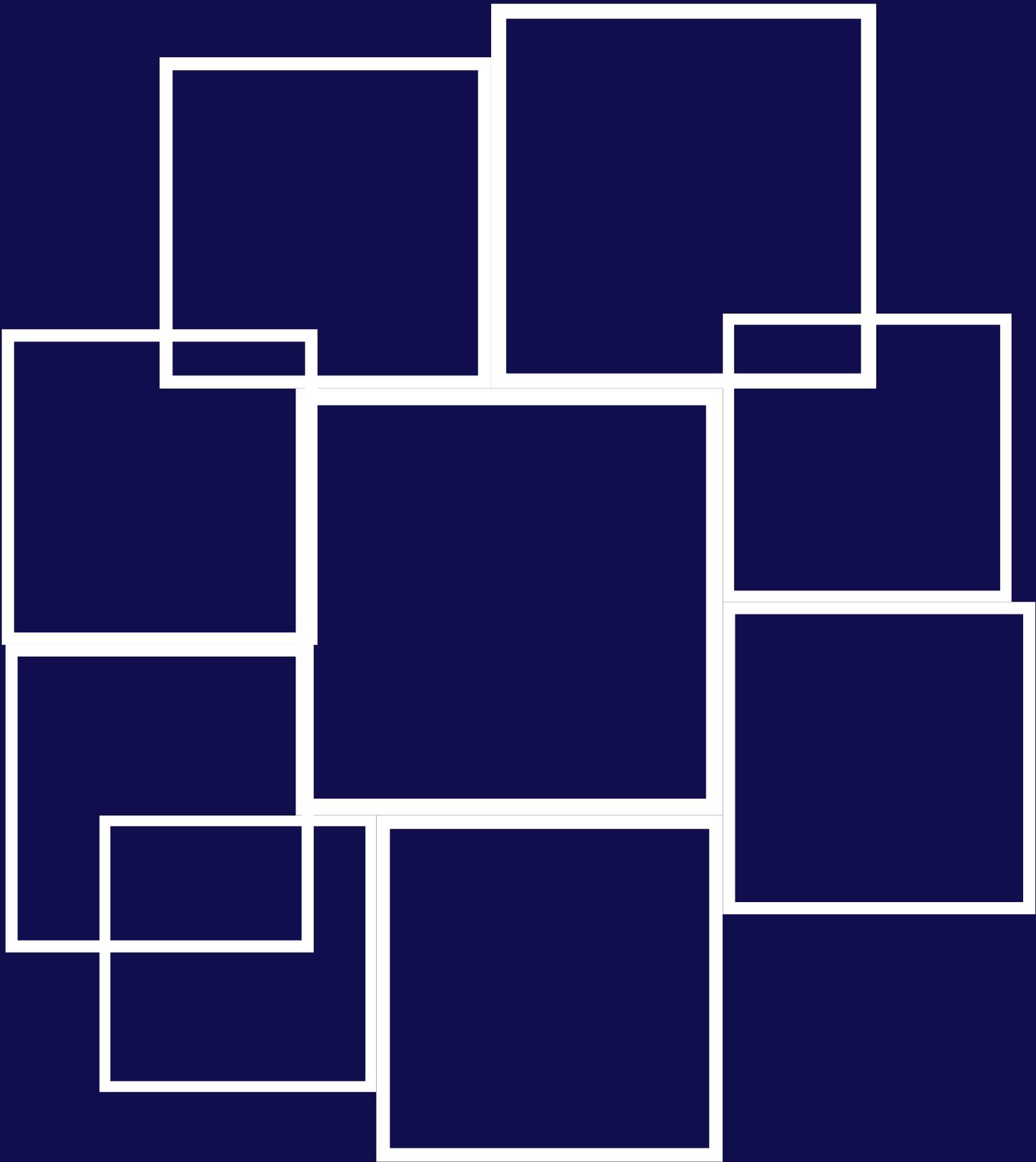
Designing



Planning and Execution

Plenty of Editing
and time





Maratha Vidya Prasarak Samaj's College of Pharmacy Nashik.

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