



MVP SAMAJ'S COLLEGE OF PHARMACY NASHIK



QUASAR

2025-2026

THE ANNUAL MAGAZINE OF CPN



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FROM THE MAGAZINE TEAM

From the heart of brilliance emerges a new chapter.

As we continue our journey of growth, excellence, and legacy, we proudly present the third edition of our College Magazine, QUASAR.

Inspired by one of the brightest phenomena in the universe, QUASAR symbolizes brilliance, curiosity, and limitless exploration. Just as a quasar radiates light across vast distances, our magazine reflects the vibrant ideas, achievements, and creativity of our students, faculty, and alumni.

As we step into the third consecutive year of this publication, this edition reflects our growth, resilience, and shared journey, capturing the milestones that define our academic journey.

We are delighted to introduce "Rx Factor," a special column highlighting the strengths, challenges, and opportunities in the Indian pharmaceutical industry. It features perspectives from eminent personalities and students on the evolving legacy of pharmacy.

We encourage you to scan the QR codes placed throughout the magazine to discover something exciting and uncover hidden surprises.

We extend our heartfelt gratitude to our respected Principal, Dr. D.V. Derle Sir, our guide Savkare Sir, and everyone who contributed their time, effort, and creativity in making this edition possible. Your support and enthusiasm remain the true driving force behind QUASAR's brilliance.

Happy Reading!

- Vedashree Naigaonkar (Operative Head)

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.

OUR INSPIRATION

- 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

OUR INSPIRATION



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General Secretary's Message

The College of Pharmacy, Nashik, a proud institution under Maratha Vidyaprasarak Samaj Sanstha, has consistently upheld a legacy of academic excellence since its establishment in 1982. With nearly seventy percent of students qualifying annually in national-level examinations such as GATE, GPAT, and NIPER, the college has demonstrated its strong academic foundation. Our alumni continue to make their mark in reputed pharmaceutical industries, research organizations, academia, and international institutions.

The institution has steadily progressed in research and innovation through quality publications, funded projects, industry collaborations, and a commendable placement record.

The establishment of the PRADNYA- Centre for Promotion, Research and Awareness of Intellectual Property stands as a significant milestone, promoting intellectual property awareness, patent filing, and an innovation-driven culture among students and faculty. This initiative reflects our commitment to nurturing research aptitude and entrepreneurial spirit.

It is heartening to see our students carrying forward the legacy of the annual college magazine with dedication and enthusiasm. I extend my sincere congratulations to the Editorial Board and all contributors for their commendable efforts.

I wish all our budding pharmacists great success as they strive to contribute meaningfully to the pharmaceutical industry and the healthcare system of our nation.



Hon. Adv. Nitin Babaurao Thakare
General Secretary
Maratha Vidya Prasarak Samaj, Nashik

The Principal's Message



It gives me immense pleasure to address you through the annual magazine of MVP's College of Pharmacy. As an alumnus and proud member of the first batch, I never imagined that I would one day serve as the Principal of this esteemed institution. After completing my UG and PG, I began my academic career here and have devoted over 35 years to education, including more than 25 years in administrative roles.

I have also served as Principal of D. Pharmacy College, Adgaon, Director at AICTE, New Delhi, and as a member of the Academic Council and Board of Studies at Savitribai Phule Pune University.

Being associated with this college as both a student and administrator, I understand its strengths and areas for growth. During my tenure, the college has achieved outstanding results in GPAT, NIPER, and GATE examinations, earned recognition in NIRF rankings, and secured substantial grants from various funding agencies.

To meet evolving academic and professional demands, we introduced the Diploma course in 2021 and an additional B. Pharmacy division in 2023. We have strengthened infrastructure and initiated value-added certificate courses such as DRA and IPR, enhancing industry-oriented learning. The establishment of the NSS unit and the encouragement of student activities, including this annual magazine, reflect our commitment to holistic development.

I firmly believe in three guiding principles for students: शिस्त, चारित्र्य आणि संस्कार, which nurture disciplined, ethical, and socially responsible professionals.

I appreciate the dedicated efforts of the Editorial Board and extend my heartfelt best wishes for a bright and successful future.

Dr. Deelip Derle
Principal
College of Pharmacy, Nashik.

Message from the Editor's Desk

It gives me immense pleasure to present the college magazine as we proudly mark the successful third consecutive year of its publication. This achievement reflects the vibrant spirit and enthusiastic participation of our students be it as writers, poets, photographers, or illustrators who have contributed their creative excellence with dedication and originality. The seamless interweaving of classical expressions, pop art perspectives, and scientific vision has not only enriched the content but has also helped shape the magazine into a thoughtful and engaging platform. Their collective efforts have played a significant role in making this publication increasingly popular among the field of pharmacy under Savitribai Phule Pune University



I extend my heartfelt gratitude to the Maratha Vidya Prasarak Samaj, Nashik and MVP Samaj's College of Pharmacy, Nashik for their constant encouragement and unwavering support. I would also like to convey special thanks to the student editorial team of "QUASAR" Magazine and the dedicated technical team for their remarkable efforts in design, selection of colour combinations, arrangement of articles, typing, and printing. Their hard work and attention to detail have truly made this magazine more refined, enjoyable, and well-polished with each passing year. I sincerely appreciate the faculty members and students whose continuous efforts have made this publication possible. I am confident that this magazine will continue to inspire, inform, and showcase the diverse talents within our academic community

Prof. Anand Savkare (Teacher Editor)

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THE TRAGEDY OF GRAVITY

- Ughade Anushka (T. Y. B. Pharm)

Have you ever wondered about an object that remains dark even when light is used to observe it? Almost every object reflects, refracts, or emits light. Yet there exists something so extreme that once light enters it, escape becomes impossible. This mysterious object is known as a black hole.

The question often arises: why is it called a black hole? It is because light cannot escape from its immense gravitational pull, making it appear like a void in an invisible region against the dark background of space. Black holes are commonly classified into three main categories: stellar-mass black holes, intermediate-mass black holes, and supermassive black holes. Intermediate-mass black holes are relatively rare and are still being actively studied.

Many black holes are formed from massive stars. During most of a star's life, nuclear fusion in its core produces an outward pressure that balances gravity. This process acts like a continuous fuel supply, keeping the star stable. However, when the star exhausts its nuclear fuel, this outward pressure weakens. Gravity then dominates, causing the star's core to collapse under its own mass, eventually forming a stellar black hole.

This can be compared to a balloon being kept inflated by a stream of air from a hairdryer. As long as the air flows, the balloon remains expanded. Once the air stops, the balloon shrinks. Similarly, when nuclear fusion stops, the star can no longer support itself against gravity.

Scientists have a clear understanding of how many black holes are formed from the collapse of massive stars. However, the origin of supermassive black holes, which lie at the centers of galaxies, is still not fully understood and remains an active area of research.

The behaviour of black holes is a mystery for science. Due to its tremendous gravitational pull it pulls everything around its own. Over time, stars, planets, and clouds of gas lose energy as they spiral inward, eventually being pulled into the black hole's immense gravity.

As matter falls toward a black hole under its extreme gravity, it reaches a special boundary. Even light cannot escape once it crosses this limit. This invisible border is called the Event Horizon, often known as the "point of no return." For an outside observer, time appears to slow down dramatically here almost to a freeze. Anything that crosses the event horizon, including light, can only move inward and never return to the outside universe. Light cannot escape because the black hole bends space-time so strongly that every possible path curves inward. At the event horizon, even the fastest thing in the universe has no way out, every direction leads deeper into the black hole.

But this "slowing of time" is far more dramatic than it sounds. To someone falling in, time moves normally, their heartbeat, their thoughts, everything feels the same. Yet to an outside observer, they never seem to cross the event horizon at all. They fade, slow, and appear frozen in time.

This strange effect, called gravitational time dilation, shows how black holes do not just trap light they distort time itself. And while the inside remains hidden, the region just outside the event horizon becomes one of the most violent, energetic environments in the universe.

Before reaching the event horizon, matter and light experience extreme gravity. This gravity bends the path of light and causes nearby matter to spiral around the black hole rather than falling straight in. As this material collides and rubs against itself, it heats up and emits enormous amounts of energy, forming a bright, glowing, disc-like structure called an accretion disk. The accretion disk is often how astronomers detect black holes, since the black hole itself remains invisible.

But sometimes, accretion disks do not remain stable for long, which can lead to the emission of intense radiation and powerful jets. A supermassive black hole at the center of a galaxy consumes a huge amount of gas and dust. As this material heats up and spins in the disk, it emits tremendous light, rays, and radiation. This entire phenomenon causes the formation of quasars some of the brightest objects in the universe.

Quasars do not create new galaxies, but they can influence existing galaxies by triggering the formation of new stars. Quasars were much more common in the early universe, when galaxy collisions occurred frequently. In a way, Quasars are the shapeshifters of galaxies reshaping their surroundings with immense energy and light.

Even with decades of research and powerful telescopes, black holes remain beyond our full understanding.

At the core lies a singularity, where density becomes infinite and the laws of physics as we know them break down. Space and time themselves warp so drastically that our equations cannot predict what happens inside. Light cannot escape, matter disappears from view, and gravity becomes extreme. This is why, despite all our knowledge about stars, galaxies, and quasars, black holes continue to defy science, remaining one of the universe's most profound mysteries.

Even now, as I write about them, I realize just how mysterious and magnetic black holes truly are. In a universe bursting with light, black holes and quasars remind us that some darkness cannot be touched. They are powerful, mysterious, and endlessly fascinating showing that even the brightest minds of science have limits. Some mysteries, it seems, are meant not to be solved, but to inspire curiosity and wonder. And perhaps that is their greatest power not what they destroy, but what they make us wonder.



THE FOCUS REBOOT

-Dr. Surabhi Harshavardhan Patil
Assistant Professor

Try sitting quietly for five minutes without your phone.

No scrolling. No music. No notifications.

If that idea feels uncomfortable, your brain is not broken.....but it is being trained in different way.

Most of us today don't lack motivation. We are simply surrounded by too many quick rewards. Likes, status updates, messages, videos, memes, reels—each one gives the brain a tiny hit by the pleasure molecule, the dopamine, just enough to compel to ask for more. Constant stimulation causes overload.

This is where the idea of a Pleasure Pause comes in- a gentle pause button for an overstimulated brain. It doesn't mean giving up happiness or living in absolute silence. It simply means taking a break from constant stimulation so the brain can remember how to focus on every day tasks—like studying, reading, or even thinking. Its like rebooting your attention like a computer.

The first few minutes of a digital reset feel strange. The phone is nearby, staring at you. Your hand reaches for it automatically, like muscle memory. But then thoughts start to appear. Some are useful. Some are deeply unnecessary. Then comes boredom. Surprisingly, not as an enemy, but as a friend. It helps to clear up the fog. Suddenly chasing quick pleasures comes to a halt and brain starts to focus.

We start to focus on tasks that were procrastinated for long period, not out of motivation but there is nothing for further distraction. The brain starts adjusting.

Then something interesting happens. Tasks that once felt unbearable—reading a chapter, writing journals, helping mom in household chores, folding cloths—start to feel manageable. Concentration improves, not because work became fun, but because the noise reduced.

A mental reset isn't about discipline or quitting social media or becoming a monk; it's about balance. About choosing moments of low stimulations like waking up and not grabbing our phone immediately, walking without headphones, eating without scrolling. The result is mental clarity. Studying feels less exhaustive, concentration lasts longer. Enjoy entertainment, but don't let it replace attention.

In a world designed to keep minds busy, choosing moments of saying "NO" to distractions is a powerful skill.

And if you try out this focus reboot and fail after ten minutes, relax. That's not failure—it's awareness. Next time you will refrain from dopamine boost for longer.

Be wise! Be present in the present!

And yes, checking your phone after reading this is completely expected.

*Author's note: The ideas in this article were inspired by the book **Dopamine Detox** by Thibaut Meurisse*

दृष्टिकोन

गायत्री भरत श्रावणे (T.Y.B.Pharm)

रंगुनी रंगात साऱ्या रंग माझा वेगळा गुंतुनी
गुंत्यात साऱ्या पाय माझा वेगळा - सुरेश भट

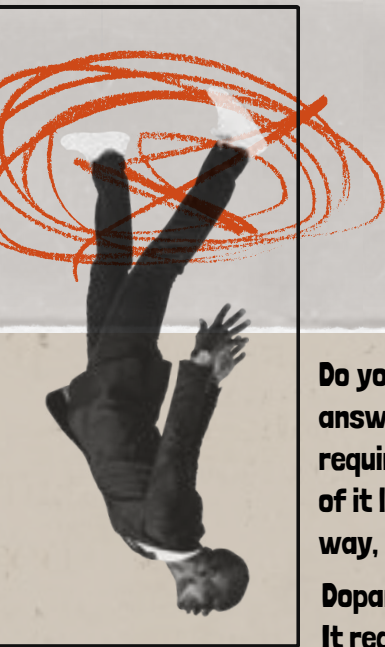
अचानक सुरेश भट यांच्या कवितेच्या या दोन ओळी वाचल्या आणि मनात विचार आला. या ओळी माझ्या आयुष्याशी किती जुळतात! कधी कधी स्वतःलाच प्रश्न पडतो मी अशी का आहे? मी नेहमी नाती निर्माण करण्याचा प्रयत्न करते तरीही मी एकटी का भासते? सगळ्यांमध्ये असूनही मी एकटी का वाटते?

अश्या वेळी मनात अनेक प्रश्न उभे राहतात. कदाचित माझा विचार करण्याचा आणि गोष्टी बघण्याचा दृष्टिकोन वेगळा असेल . मी ज्या नजरेने जगाला पाहते ती नजर प्रत्येकाला समजेलच अस नाही . पण त्यामुळे माझ्यात काही कमतरता आहे का? तर अस मुळीच नाही.

हळूहळू मनाला समजावते तू सगळ्यांमध्ये असून सुद्धा तुझ्यासाठी जगत आहेस. तुझ्यासाठी तुझे वेगळेपण जपत आहेस. शेवटी प्रत्येक गोष्टीकडे बघण्याचा दृष्टिकोन हा आपला असतो. या सगळ्यात महत्वाचे म्हणजे- स्वतःचा रंग ओळख आणि स्वीकार

THE DOPAMINE DISCIPLINE

– Saddam Khan
(T.Y.B.Pharm)



Do you know which hormone silently controls discipline, habits, and motivation in our life? The answer is dopamine. Hormones are chemical substances synthesized from proteins. Though required in very small quantities, they regulate almost all the vital functions of our body. Think of it like this—if you cook delicious food but forget to add salt, the taste is ruined. In the same way, hormones must be present in the right amount to maintain balance in our body and mind.

Dopamine is often called the “happiness hormone,” but in reality, it plays a much bigger role. It regulates pleasure, motivation, discipline, and habit formation. When dopamine is present in

the right quantity, it helps us stay focused, motivated, and emotionally stable. Excess dopamine may lead to psychological disturbances such as psychosis, while deficiency can cause isolation, lack of motivation, and emotional withdrawal. Therefore, the solution is not to fight dopamine but to maintain and manage it properly. As rightly said, dopamine plays with your brain, and your brain plays with you.

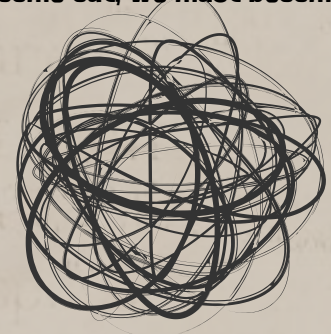
Every habit—good or bad—works through a simple loop known as Cue-Response-Reward. A cue is a trigger, which may be internal (loneliness, stress, boredom) or external (social media, environment). The response is the action or behavior we perform after the cue. The reward is the release of dopamine, which creates pleasure and teaches the brain to repeat the behavior. This is how habits and addictions are formed.

Today, a large part of our young generation is trapped in this very loop. We keep chasing instant pleasure, unaware that we are slowly locking ourselves inside a closed room. This room is not locked from the outside—it is locked from within, and the key is already in our own hands. To come out, we must become aware of our actions and consciously choose discipline over shortcuts.

Addiction can be positive or negative, depending on balance. Negative addiction leads to isolation, loss of goals, emotional dependency, and poor decision-making. Positive addiction, on the other hand, encourages discipline, consistency, growth, and meaningful happiness. Whenever we experience pleasure for the first time, the brain marks that activity as a shortcut to happiness. Repeating shortcuts again and again weakens self-control and slowly disturbs the dopamine reward system.

We do not need to eliminate dopamine; we need to redirect it. By observing our habits and replacing harmful pleasures with meaningful long-term efforts, we can train our brain to choose the right path. This process takes time—months or even years—but it is completely possible with patience and self-awareness.

Before doing anything, ask yourself one simple question: “What I am doing right now—is it beneficial for me or my future?” That one thought can protect your discipline, your dopamine, and your destiny.



एका शेतकऱ्याची व्यथा..



Scan here to read लेख article

~ओमसाई (T.Y.B.Pharm)

पाऊस पडायला लागला की शहरातली माणसं खिडकीतून बाहेर बघत बसतात. गरमागरम चहा, पाव भजी, आणि "वा रे वा किती सुंदर सुगंध" असं म्हणून खुश होतात. त्यांच्या दृष्टीने तो पाऊस म्हणजे मजा, गप्पा, आठवणी. पण आपल्या मातीतला बापडा शेतकरी? त्याच्यासाठी हाच पाऊस कधी वरदान, तर कधी थेट आयुष्य उद्ध्वस्त करणारा शाप ठरतो.

बातम्यांत आपण ऐकतो "अमक्या हेक्टरवर नुकसान झालं, सरकारने मदत जाहीर केली." पण त्या आकड्यांच्या मागे एक जिवंत माणूस असतो, त्याची स्वप्नं असतात, त्याची हुरहुर असते. पण ती कोणाला दिसते का? नाहीच.

*चला, आता थेट त्याच्याच तोंडून ऐकूया...

"रात्री झोपच लागत नाही बघा... काल रात्रीही शेताच्या बांधावर जाऊन बसलो होतो. पाय चिखलात रूतून गेले होते, अगदी माझ्या आयुष्यासारखे. नजरेला जाईल तिथवर फक्त पाण्याखाली बुडालेलं, सडलंलेलं पीक दिसत होतं. कालपर्यंत त्या पिकात हजार स्वप्नं पाहिली होती. आज तेच हाडं पोखरतंय. हे फक्त रोपांचं सडणं नाही, तर माझ्या घामाचं, माझ्या कष्टाचं, माझ्या बापजाद्यांनी दिलेल्या आशेचं सडणं आहे.

संध्याकाळी घरी आलो तर घरभर शांतता. चूल पेटलेली, भाकरी थापल्याचा आवाज होतोय, पण बोलायला कुणी नाही. बायको डोळ्याने विचारते पण तोंडाने नाही. पोरंही आता काही मागायचं धाडस करत नाहीत, गपचूप जेवतात आणि झोपतात. जेवताना घास घशाखाली उतरतच नाही.

प्रत्येक घास सावकाराच्या शिव्या, बँकेच्या नोटीस आठवण करून देतो. रात्री अंथरुणावर पडलो तरी डोळे मिटत नाहीत.

डोक्यात विचारांचा काहूर माजलेला. पेरणीसाठीचं कर्ज, मुलीच्या लग्नाची चिंता, पोरानाच्या फीची तरतूद, येणारी दिवाळी... काहीच हिशोब लागत नाही.

छत गळतंय, पण ते सारवण्यापेक्षा डोक्यावरचं कर्ज कसं फेडायचं हा प्रश्न मोठा आहे. कधी वाटतं, सगळं सोडून द्यावं. पण मग त्या झोपलेल्या पोराने चेहरे आठवतात.

पुन्हा त्या चिखलातच पाय रोवून उभं राहतो.

सगळे म्हणतात, "धीर धर, सरकार मदत करेल." पण तो धीर आणायचा कुठून? सरकारी मंडळी येतात, फोटो काढतात, पंचनामा लिहून जातात. आमचं आयुष्य त्यांच्यासाठी फक्त कागदाचा तुकडा असतं. कधी कधी काळ्या आईला प्रश्न विचारावा वाटतो -"आई, तुझ्या कुशीत जन्म घेतला हीच चूक होती का? तुझ्यासाठी घाम गाळला, रक्त पाणी केलं, आणि त्याचं हे फळ?"... उत्तर मिळत नाही.


सकाळ झाली की पुन्हा उठतो, तेच फाटके कपडे घालतो, त्याच चिखलात उतरतो. कारण मी शेतकरी आहे. लढण्याशिवाय, आणि हरण्याची सवय करून घेण्याशिवाय, दुसरा पर्याय नाही..." ही फक्त एका शेतकऱ्याची नाही, तर लाखो बळीराजांची कहाणी आहे. आपल्या ताटात जी भाकर येते, ती अशा संघर्षातून, अश्रूंमधून जन्मते. म्हणून पुढच्या वेळी शेतमालाच्या किमतीवर घासाघीस कराल किंवा पावसात रोमॅन्सचा आनंद घ्याल, तेव्हा एकदा शेतकऱ्याची व्यथा नक्की आठवा.





Discover, Design and Develop Your Academic Identity—Before the Degree Does

-Omkar Kahane | Final Year B.Pharm.



Marks may open doors. Identity decides which ones stay open.

Lectures, exams, and grades are all common aspects of college life. While these are important, they no longer define success on their own. In today's academic and professional world, students who begin to shape their identity early...long before graduation: **STAND OUT.**



Writing: Your First Academic Footprint

For many students, the word publication feels intimidating. Labs, grants, complex experiments—this is what we imagine research to be. In reality, the most common entry point into academia is far simpler: writing review articles. Pharmacy and life science students, for example, have successfully published reviews on artificial intelligence in healthcare, quality by design, and drug safety systems. Such activity demonstrates research preparedness and increases applications to higher education. **"You don't need a lab to publish—clarity of thought is your first instrument."**



Research Without the Lab Coat

Original research does not usually imply complicated experimentation. Many valuable papers written by students originate from: More and more students who study perception, awareness, or preparedness are adding to important research, especially in new areas like digital healthcare. You can get better at collecting data, being ethical, using statistics, and writing scientific papers through these projects. All of these skills are highly valued in postgraduate education.



Start Early, Win Slowly

Being a student really benefits you in terms of time. Years of mindless studying can't compare to a year of purposeful and impactful writing, reading or sharing.

"Those who start early don't chase opportunities. They attract them."





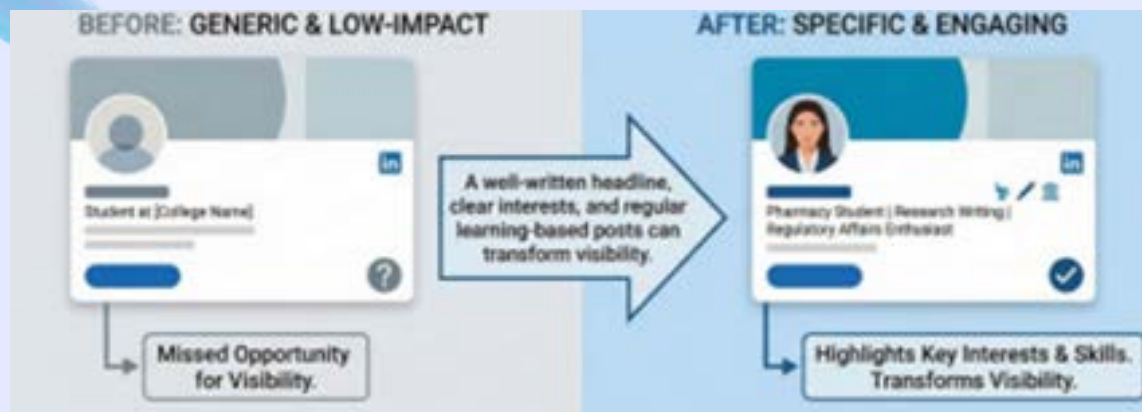
LinkedIn: Your Living Academic Record

LinkedIn is no longer a choice; it's your public academic profile. A well-written headline, clear interests, and regular posts about what you're learning can make you more visible.

Compare:

Student atCollege vs Pharmacy Student | Research Writing | Regulatory Affairs Enthusiast

"LinkedIn is not social media for students. It is a public record of your intellectual growth."



Define Your Own Role: Don't Wait for a Job Title

Startups do not wait for validation before defining positions. They invent them for instance Strategy Lead, Product Analyst, Research Consultant. Students can do the same. When a student writes on pharmacovigilance on a regular basis, assists peers with ADR reporting, and provides regulatory updates, they will automatically become known as a student pharmacovigilance analyst even if they do not hold a formal title. The position is not claimed; it is earned by consistency.

Dawn of the Promise: India's Journey Forward

-By Saddam Khan (T.Y.B.Pharm)

“From midnight’s pledge to tomorrow’s promise, India’s freedom story continues to rise with every dawn.”

On the dawn of another Independence Day, the nation pauses to remember a dream born of sacrifice. As the sun gilds the saffron, white, and green flag, India stands tall – not just as a country that won freedom on August 15, 1947, but as a living promise rekindled each year. Over 78 years after that midnight hour of liberation, the air hums with pride and purpose, a blend of reflection and resolve that makes the heart beat a little louder.

Echoes of the Struggle

Decades of colonial rule demanded courage from millions. Fathers and daughters, philosophers and farmers joined a century-long struggle for dignity and self-rule. When India’s first prime minister declared that “India will awake to life and freedom” at the stroke of midnight, a new dawn had truly arrived.

We honor those heroes who spun cotton and spun hope, who faced down bayonets at Jallianwala Bagh and joined Mahatma Gandhi’s Salt March.

They gave life to words like freedom and justice – their memory a foundation beneath today’s prosperity and a reminder of how dignity was restored to a nation.

Harvest of Progress

Today, India reaps fruits that ancestors once only dreamed of. The world’s largest democracy, home to over 1.4 billion people, now makes an unmistakable mark globally. Its economy fragile at independence – is today the fifth-largest by GDP. In cities and villages alike, young engineers and artists carry the dream forward: landing the first spacecraft on the Moon’s South Pole, building start-ups that transform lives, and scripting cinema, literature, and science that win global acclaim. From rural villages lit by solar panels to city labs decoding the human genome, India’s promise is unfolding through innovation and inclusive growth.

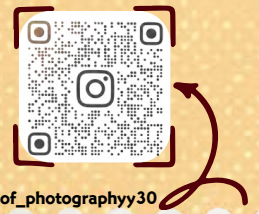
New Horizons

India’s story is still unfolding. Nehru’s call for service reminds us that true patriotism needs action. In schools, markets, and Parliament, discussions on equality, education, and environment continue – promises yet to be fulfilled. On this Independence Day, solar farms grow and young minds explore quantum technology. Each sunrise brings progress, from Clean Ganga projects to community efforts, electric trains, and vaccine drives – all building a better future. As fireworks light the sky, the tricolor waves with countless dreams. Our journey shows that courage and compassion sustain the nation. With eyes on tomorrow, India moves ahead with determination and hope.

“Through the Lens of Memory

A Personal Journey in Photography”

- Vanjare Sachin (T.Y.B.Pharm)



Capturing moments in our lives is important, especially because visiting the past is not possible, at least not physically. But for me, photography becomes that doorway. Through my photos, I can revisit moments that have shaped me. I have been taking pictures since childhood; back then it was just an activity I enjoyed without thinking much about it. Over the years, I began capturing beautiful scenes, fun moments, tenderness and colourful memories. As I grew up and got my own phone, I realised that photography had quietly become my hobby. Every time I look back at my old photographs, I feel a sense of delight. Each image expresses something different to me. For others it may be just a picture, but for me, every photograph carries its own story. Here are some of them.



I remembered this on a very soothing evening, thinking about the view. The golden light of the setting sun melts into the deep blues at the end of the day, painting the sky like molten art. The framing of the metal rods, still under construction, froze the moment for me, while the trees at the corners softened the scene.

For me, this photo stands out for its beauty even in the hectic city, nature never loses its ability to show wonder. It reminds me to cherish beautiful moments in the life ahead. At the same time, the metal rods hint at impermanence; perhaps once the construction is complete, this view of the sky may be gone. That fleeting quality makes the moment all the more precious.

This photo was taken at Ratangad, Ratanwadi, capturing the tiny bright yellow flowers of the Singapore Daisy. At first, I wasn't sure if photographing these flowers was a good idea. I doubted their size and beauty, wondering if such tiny blooms could make an interesting frame. Hesitantly, I clicked the shutter. Looking back now, I realised that together, these small flowers create a perfect frame delicate yet striking. In many ways, they remind me of life itself: small, consistent efforts, little by little, come together to create something meaningful and beautiful.

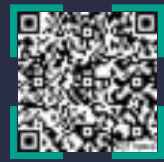


This capture took a lot of effort. At first, I planned to photograph the lonely waterfall along with the surrounding trees and large rocks. But then I changed my mind and stepped into the frame myself. At the time, it felt like a spontaneous choice, but now, looking back after a few years, I realised it was the right one. This photograph reminds me that I was not just observing nature, I was experiencing it. Standing in front of that waterfall made me wonder how small we truly are before the vastness and beauty of nature. Even now, that thought stays with me.

It has been years since I began this hobby, and throughout the journey, I have learned so much patience, dedication, self-expression, and the ability to read the stories in still photographs. Even now, I continue learning little by little. Whenever I feel sad, stressed, or tired, revisiting these images and practicing photography brings me a sense of peace and happiness. If you want to see any other pics of mine you can follow me on my Instagram ID (@art_of_photographyy30). The journey of photography is still going on. Thank you.

EDUCATOR

— SADDAM KHAN
(T.Y.B-PHARMACY)



KNOWLEDGE THAT TRAVELS BEYOND BOUNDARIES

"END IS NOT THE END; IN FACT, E.N.D. MEANS — EFFORT NEVER DIES."

IN TODAY'S DIGITAL WORLD, I STRONGLY BELIEVE THAT LEARNING SHOULD NOT REMAIN LIMITED TO CLASSROOMS, COLLEGES, OR UNIVERSITIES. EDUCATION NOW HAS THE POWER TO REACH PEOPLE INSTANTLY. SOMETIMES, JUST A SINGLE CLICK IS ENOUGH TO CONNECT WITH THOUSANDS OF MINDS. WITH THIS BELIEF, I CREATED THE INSTAGRAM PAGE @FARMACIA.04 — NOT FOR POPULARITY OR FAME, BUT TO SHARE KNOWLEDGE DIRECTLY WITH THOSE WHO TRULY NEED IT.

THIS PLATFORM WORKS AS A BRIDGE FOR ME. IT ALLOWS COMPLEX CONCEPTS TO MOVE BEYOND PHYSICAL BOUNDARIES. I DON'T NEED TO STAND ON A STAGE OR ENTER A LECTURE HALL TO EXPLAIN IDEAS. THROUGH SHORT VIDEOS AND SIMPLE DEMONSTRATIONS, I TRY TO MAKE DIFFICULT TOPICS EASIER, CLEARER, AND LESS INTIMIDATING FOR LEARNERS WATCHING FROM THEIR HOMES.

MY CORE PHILOSOPHY IS VERY SIMPLE: LEARNING SHOULD NEVER BE ABOUT BLINDLY MEMORIZING THEORIES. I FEEL REAL UNDERSTANDING COMES WHEN CONCEPTS ARE EXPLAINED USING LIVE EXAMPLES, DAILY-LIFE SITUATIONS, OR EVEN COMMON HOUSEHOLD ITEMS. WHEN LEARNERS CAN RELATE THEORY TO SOMETHING FAMILIAR, THE CONCEPT STAYS WITH THEM FOR A LONG TIME.

HOWEVER, MY JOURNEY DID NOT BEGIN WITH CONFIDENCE. IN THE INITIAL DAYS, I WAS SCARED TO CREATE CONTENT. I FACED HESITATION, FEAR, AND SELF-DOUBT. SPEAKING IN FRONT OF A CAMERA WAS NOT EASY.



A TURNING POINT CAME WHEN I DISCOVERED CREATIVE CHALLENGES HOSTED BY THE YOUTUBE CHANNEL SOLUTION PHARMACY. THESE CHALLENGES ENCOURAGED STUDENTS TO MAKE VIDEOS THAT WERE EDUCATIONAL, CREATIVE, USEFUL, AND AWARENESS-DRIVEN. INSPIRED BY THIS IDEA, I STARTED PARTICIPATING REGULARLY.

OVER TIME, I CREATED AND SUBMITTED NEARLY 15-20 EDUCATIONAL VIDEOS. THAT EFFORT WAS REWARDED WHEN I WON SEVERAL CHALLENGES AND RECEIVED 7-8 VALUABLE BOOKS THROUGH GIVEAWAYS. THESE BOOKS ARE NOT JUST REWARDS FOR ME; THEY CONSTANTLY MOTIVATE ME. WHENEVER I LOOK AT THEM, THEY REMIND ME THAT KNOWLEDGE SHOULD NEVER STAY LIMITED TO ONE PERSON AND MUST ALWAYS BE SHARED.

THIS THOUGHT LED TO THE CREATION OF @FARMACIA.04 — A PLATFORM BUILT WITH THE INTENTION OF GIVING BACK. EVEN IF I CANNOT GIVE EVERYTHING, GIVING SOMETHING STILL MATTERS. SLOWLY, THIS SMALL EFFORT STARTED HELPING MY JUNIORS, FRIENDS, AND MANY LEARNERS IMPROVE THEIR CONCEPTS AND UNDERSTANDING.

WHAT TRULY MAKES ME HAPPY WHILE CREATING THESE VIDEOS IS THE FEELING THAT WHAT I ONCE LEARNED AS A STUDENT IS NOW HELPING ME TEACH SOMEONE ELSE. THE KNOWLEDGE I GAINED THROUGH MY OWN LEARNING JOURNEY IS FINALLY BEING USED TO SUPPORT OTHERS IN THEIRS. THAT REALIZATION GIVES REAL MEANING TO MY EFFORTS.

LEARNING AND TEACHING ARE NOT SEPARATE FOR ME — THEY ARE MY PURPOSE. TO LEARN CONTINUOUSLY AND TO TEACH SINCERELY IS MY ULTIMATE AIM. EVERY VIDEO I CREATE IS A STEP IN THAT DIRECTION.

I NEVER RUSH MY CONTENT. SOMETIMES, CREATING A SINGLE VIDEO TAKES ONE DAY, SOMETIMES TWO DAYS, AND OCCASIONALLY EVEN THREE DAYS. THE NUMBER OF VIEWS HAS NEVER BOTHERED ME. WHETHER A VIDEO GETS THOUSANDS OF VIEWS OR JUST A HUNDRED, THE PURPOSE REMAINS THE SAME. IF THOSE 100 VIEWERS TRULY UNDERSTAND WHAT I EXPLAIN, IT FEELS LIKE TEACHING 100 STUDENTS FACE TO FACE — AND THAT ITSELF IS A BIG ACHIEVEMENT FOR ME.

I HAVE ALWAYS BELIEVED MORE IN SHARING KNOWLEDGE THAN CHASING FOLLOWERS. VIEWS MAY INCREASE OR DECREASE, BUT UNDERSTANDING CREATES A LASTING IMPACT.

I CONTINUOUSLY TRY TO MAKE EACH VIDEO BETTER AND MORE UNIQUE THAN THE PREVIOUS ONE, SO THAT VIEWERS ALWAYS LEARN SOMETHING NEW. EACH VIDEO REPRESENTS MY DEDICATION AND ENTHUSIASM FOR LEARNING AND TEACHING, AND THE FEEDBACK I RECEIVE FROM VIEWERS CONSTANTLY INSPIRES ME TO CONTINUE THIS JOURNEY.



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THE UNBREAKABLE BOND

One fine morning, walking on a sidewalk,
A man heard a mysterious noise,
Looking around he realised,
That a Pothole had gained human voice.

Its voice grew louder,
Full of pain and despair it cried,
The man gently asked the reason,
But failed no matter how hard he tried.

It was after a lot of consolation,
That the Pothole finally spoke,
"I am longing for my only dear friend",
It said with a little hope.

"All day long, I hear people curse me,
For backaches, accidents and mosquitoes,
The rainy season doesn't make it better,
Choking me with the water that flows".

"No matter how harsh people get,
They never forget to mention,
The deeds of a noble man,
Who cares about my retention".

"A man so eminent,
I owe him my survival,
He feels like a good old friend,
May he never meet a rival".

The man smiled and leaned closer,
Enough for the Pothole to hear,
"I promise to continue this special care,
For I am none other than The Mayor!"

- Megha Patil (Final Yr BPharm)

नज़र का तकाज़ा

इश्क की चोट खाकर भी,
हम कभी आहें भरते नहीं,
ज़ख्म गहरे भी हों तो,
हम मरहम की मित्रतें करते नहीं।

दोष उस मासूम दिल का नहीं,
जो हर चेहरे पर मचलता है,
हकीकत तो ये है कि एक मोहब्बत से,
हमारे दिन गुजरते नहीं...!

कायनात की महफ़िल में देखो,
हुस्न के कितने रंग हैं,
कोई चम्पा, कोई चमेली,
यहाँ खुशबुओं के भी ढंग हैं।

जैसे आसमां में हज़ारों तारे,
अपनी चमक बिखेरते हैं,
हम भी तो मुसाफ़िर हैं,
जो हर हसीं मंज़र पे ठहरते हैं।

हम बस इस गुलशन की रौनक देखने आते हैं यहाँ,
किसी एक कली की खातिर,
हम वफ़ा की भीख मांगते नहीं,
एक से दिल लगाएँ भला कैसे?
हमारा मन कभी भरता नहीं...!

"कोई मुसाफ़िर छोड़ दे साथ,
तो मंज़िलें थोड़ी रोती हैं,
जुदाई की काली रातों में,
आँखें भी थोड़ी नम होती हैं।

पर हर मुड़ते हुए मोड़ पर,
नए चेहरे मुस्कुराते हैं,
पुराने किस्सों की खातिर,
हम वक़्त अपना गंवाते नहीं,
एक से दिल लगाएँ भला कैसे?
हमारा मन कभी भरता नहीं...!"

मगर हम मंझे हुए खिलाड़ी हैं,
जज़्बातों को मोड़ देते हैं,
बेवजह किसी की याद में रातों को,
हम कभी जगते नहीं।

इश्क तो समंदर है साहब,
हम एक साहिल पे रुकते नहीं,
एक से दिल लगाएँ भला कैसे?
हमारा मन कभी भरता नहीं...!

-कुणाल पडवळ (F.Y.M.Pharm)

BECOMING HER

She stands in the mirror, not searching for perfection, but for truth! The kind that grows quietly behind tired eyes and steady hands Bills on the counter,dreams in the corner, both waiting for attention.

She balances them like she does everything, with grace that doesn't need applause. Some days, strength feels like survival, other days, it feels like peace.

She's learning that adulthood isn't about having it all together, but holding herself together when everything falls apart and still smiling like it's enough.

-By Saharsha Nikam (T.Y.B.Pharm)

She'd Dance

She'd dance like her heart whispered,
Her inner child smiled bright,
Flowing with the cadence,
Peace she figured.

First being very dear,
Still remember the little swirls,
She twirled full of fear,
The day since she was known to be a dancer.

Dance started to grow with her,
And she started to groove along.
Achieving horizons despairs blurred,
The stage is where she belong.

She'd dance from dusk till dawn,
Swirling along the nature's symphonies.
Talking with the birds and trees,
Painting different shades of life,
A dancer was borne.

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

NATURE'S MAGIC!

Nature is the best place to heal,
It makes our soul feel at peace,
Nature caress us with the gentle breeze,
As it makes us feel at ease!

The sunlight passing through clouds and the
landscape filled with greenery,
Depicts the stunning imagination of
someone imaginary!

The rainbow formed in the sky after a slight
rain, looks like a colourful curtain,
Mesmerizing the eyes of whoever see it from distance!

The World is rather beautiful,
What needs are the right eyes to see,
It has lots to offer,
But first we must free ourselves from the confines we have placed ourselves in !

-Aniket Lasankute (T.Y.B.PHARM)

बाई

नको आता स्पर्श रामाचा,
नको शिळेची बाई होणे,
बाई होणे सोपे नाही,
सारी हयात जणू उतराई होणे,

शिळाच राहिली असती तर,
माणसांचा धाक नसता,
नसते बंधन स्त्रीत्वाचे,
अन अस्तित्वाचा शाप नसता...

- Jeevan Kunde
(Final Year B. Pharm)

॥ जीवनाची गुरुकिल्ली ॥

मन गंगेच्या पवित्र पाण्या सारखे,
विचारांमध्ये शुद्धता अमृता प्रमाणे,
जीवनाचे असावे ध्येय त्याचे करणे चांगले कर्म,
यालाच आपण मानावे आपले खरे धर्म॥

बघावे देव सगळ्यांन मधी,
द्वेष, ईर्ष्या, राग दुसऱ्या प्रति येणार नाही कधी,
मनामध्ये आपुल्या सदृच्छा असावी सगळ्यांसाठी,
कारण देवाला प्रसन्न करणारी हीच एक गोष्ट खूप मोठी॥

माणसाचे जीवन असतेच हो किती,
तरी तो राहतो स्वतःच्या आनंदामध्ये मग्न पूर्णपणे,
आपल्या मुळे दुसऱ्याच्या जीवनात आनंद यावा,
असा विचार करणारे राहिलेच हो किती॥

या जगात कर्म ही सगळ्यात मोठी गोष्ट,
तर कर्म चांगले असावे आपले कधीही,
कारण हीच जीवनाची गुरुकिल्ली॥

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

विठू

मज पामराची इतुकीशी आस,
ठेवा मज करुनी चरणांचा दास,
बाप-माय एक माझा विठू लेकरवाळा,
रंग भुलावे अवघे ऐसा लागावा सावळा,
नको जागा कौस्तुभाची नको वैजयंती माळ,
भले ती करा पायीची वीट वा विटेचीही राळ,
लागता तव चरणांत स्वर्गसुख भासे डावे,
चंद्रभागा व्हावी जीवाची पाणी चरणी मुरावे.

- Jeevan Kunde
(Final Year B. Pharm)

अधूरा है....

चाँद ढका है बादल से,
यह रात अँधेरी काली है,
वो आज नहीं है पास मेरे,
उसकी याद मैंने संभाली है।
उस एक चाँद के खातिर,
मेरा संसार अधूरा है,
मैं उसके बिना अधूरा हूँ,
वो मेरे बिना अधूरा है।

मुझको यूँ तुम प्रेम समझ लो,
वो प्रेम की कोई परिभाषा है।
वो शाम-सवेरे साथ रहे,
यही तो मेरी आशा है।
उस एक शख्स के खातिर,
मेरा मकान अधूरा है,
मैं उसके बिना अधूरा हूँ,
वो मेरे बिना अधूरा है।

दिल का हाल दिल जाने,
दिमाग ने उसे भुला दिया।
उसने ऐसे मुँह फेरा,
मुझको मुझसे मिला दिया।
उसकी हर एक बात के खातिर,
दिल का अरमान अधूरा है,
मैं उसके बिना अधूरा हूँ,
वो मेरे बिना अधूरा है।

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



आमच्या फार्मसीची ही दुनिया

पांढरा अँप्रन अन् गळ्यात स्टेथो नाही,
तरीही रोगांशी लढण्याची जिद्द मनात राहि.

फार्मसीच्या या प्रवासात स्वप्न पाहिले पाहिले,
अन् ओळखीचे अनोळखी चेहेरे जिवाभावाचे मित्र झाले.

सकाळी दहाचा तो प्रॅक्टिकलचा तास,
'कलर चेंज' बघण्यासाठी चाललेली धडपड खास.

कधी 'टायट्रेशन'मध्ये रीडिंग चुकतेय,
तर कधी 'फिल्ट्रेशन'मध्ये अख्खी दुपार सरतेय.

मेडिकेमच्या त्या अवघड औषधांची नावे,
जी पाठ करताना मेंदूचे पुरते दही व्हावे.

केमस्ट्रीच्या स्ट्रक्चर अन् नॅचरल प्रोडक्टची पाने,
हसता हसता रडवले आम्हाला 'mpat'च्या सूत्रांनी.

कॅन्टीनमधला चहा अन् कट्ट्यावरची ती मस्ती,
असाइनमेंट पूण करण्यासाठी लागलेली कुस्ती.

रेकॉर्ड बुकसाठी मित्राची केलेली मनधरणी,
आणि सबमिशनच्या वेळी उडालेली तारांबळ हीच आमची कहाणी.

फार्मास्युटिक्सच्या लॅबमध्ये औषधे आम्ही बनवली,
पण मैत्रीची ही मात्रा आमच्या मनात कायमची रुजली.

कॉलेज सुटले तरी आठवणींचे सिरप कधी संपणार नाही,
फार्मसीच्या या मित्रांची जागा जगात दुसरे कोणी घेणार नाही.

-कुणाल पडवळ(F.Y.M.Pharm)

॥ हर यगु कलयगु ॥

क्या द्रौपदी क्या मीरा,
क्या राधा क्या सीता,
स्त्री के जीवन का हर युग कलयुग है ।

जीवन देती है जो,
जो जीवन का आधार है,
परंतु सम्मान के विषय में भिक्षुक है,
स्त्री के जीवन का हर युग कलयुग है ।

कन-कन में उसका रूप है,
उसका प्रेम सा स्वरूप है,
बलिदान और धैर्य की देवी है,
परंतु उसकी सफलता सबके लिए दुख है,
स्त्री के जीवन का हर युग कलयुग है ।

डर है समाज को की कही स्त्री आगे ना निकल जाए,
पुरुष के बिना खुद को कमजोर ना पाए,
इस समाज का रूप ही कुरूप है,
स्त्री के जीवन का हर युग कलयुग है ।

चाहे हो वह त्रेतायुग सीता का अपहरण तो होगा,
चाहे हो वह द्वापरयुग द्रौपदी का चीर हरण तो होगा,
आज के कलयुग में भी स्थिति कुछ बदली नहीं है,
स्त्री है वह उसका शोषण तो होगा ।

जहां होता है स्त्री का सम्मान भगवान का वास होता है वहां,
क्या समझेंगे इन शब्दों को वह लोग वासना है जहां,
जहां स्त्री को स्त्री होने पर गर्व हो पछतावा नहीं वही युग सतयुग है,
वरना स्त्री के बिना हर युग कलयुग है ।

-उन्नति मिश्रा (S.Y.B. Pharm)

लक्ष्य की ओर

उठो बांध लो कमर अब, आलस का त्याग करो,
जो सपना देखा है तुमने, उसे अब साकार करो ।

किताबों के इन पन्नों में, तेरा भविष्य छुपा है,
मेहनत की इस तपिश में ही, तेरी जीत का पता है ।

नींद और आराम को, कुछ दिन के लिए भुला दो,
अपने लक्ष्य की राह में, तुम सारा ज़ोर लगा दो ।

लोग कहेंगे मुश्किल है, लोग कहेंगे हारोगे,
पर खुद पर रख यकीन, तुम जीत का परचम गाड़ोगे ।

परीक्षा की ये घड़ियाँ, तुझे तपाकर कुंदन बनाएँगी,
आज की ये रातें जागी, कल खुशियाँ लेकर आएँगी ।

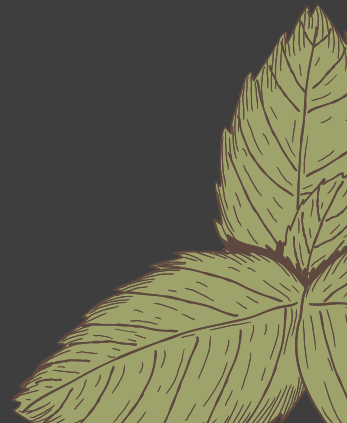
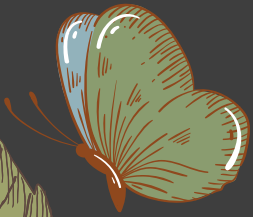
कलम तेरी तलवार है, और ज्ञान तेरा हथियार,
जीत उसी की होती है, जो रहता हरदम तैयार ।

थक कर बैठ न ऐ राही, अभी शिखर पर जाना है,
कड़ी धूप के बाद ही मिलता, सुखद सुहाना साया है ।

इतिहास वही रचते हैं, जो रातों को लड़ते हैं,
हार कर भी जो न रुकें, वही आगे बढ़ते हैं ।

मंज़िल तुझे पुकारेगी, बस हिम्मत तुम मत हारना,
अपने माता-पिता का सपना, जी-जान से है संवारना ।

-कुणाल पडवळ(F.Y.M.Pharm)





माँ

सबसे प्यारी तू, सबसे न्यारी तू
तेरे बिना मेरी जिंदगी अधूरी सी तू
पहली शिक्षक तू, जीवन का पाठ पढ़ाए तू
हर पल में, कदम से कदम चलाए तू
ममता की मूरत, स्नेह की छाया
दुख में कोई सहारा न हो तो तूने ही अपनाया
बिना कुछ कहे, फिर भी समझाए तू
गलती मेरी हो, फिर भी सहै तू
अपने सपनों को छोड़, मुझे जीने दिया
मेरी खुशी में ही, अपना सुख सींचा
भगवान के बाद, तेरा दर्जा सबसे ऊपर है
तेरे चरणों में ही, मेरे जीवन का सब कुछ है
अगर पूरी कायनात भी खिलाफ हो जाए
फिर भी हिम्मत से मेरे साथ खड़ी रह जाए
तू ही जन्मदाता, तू ही पालनकर्ता
तू ही प्रेम का आधार, तू ममता की धारा
जब मुझपे आए परेशानी
ढाल बनकर खड़ी रही तू
कभी बेटी तू, कभी बहन तू
कभी पत्नी या बन जाए माँ
मेरे हर लम्हे खुशी-खुशी निभाए तू
मेरी दुनिया की सबसे प्यारी पहचान तू

-Pradnya Patil
(F.Y.B.Pharm)

सखे.....

सुखदुःखाच्या डोंगरदऱ्यातला
अंदाधुंदीचा असा प्रवास...
सोबत तुझ्या राहून असा,
सहज झाला मनमुराद.....
अंतर्मुख एका मनाला,
व्यक्त व्हायला जागा दिलीस....
एका अबोल मनाची भिती,
छपरांना उंच टांगलीस.....
जग माझं छोटं म्हणणाऱ्यांचा,
शब्द तू निश्चल केलास....
छोट्याश्या माझ्या जगाला,
आनंदाचा बहर आणलास....
दुःखात सुद्धा हास्याची,
सीमा संगतीत अपार ठेवलीस...
प्रत्येक क्षणाच्या अश्रूंची,
आनंदाच्या सागरात सांगता केलीस....
शब्दांनी कोमेजलेल्या पाकळीला,
शब्दांनीच खत दिलस,
काट्यांच्या डगमगत्या प्रवासात,
जिंकण्याच तळपत स्वप्न दाखवलस....
थरारनाच्या वेळी आता,
हसण्याच साहस होईल का ...?...
पडताना मागितलेली एक हाक,
साथ नंतर देईल का ...?...

-वैष्णवी कुलकर्णी
(S.Y.M.Pharm)

रुको नहीं, बढ़ते चलो

मंजिल उन्हीं को मिलती है, जिनके सपनों में जान होती है,
पंखों से कुछ नहीं होता, हौसलों से उड़ान होती है।

न हार मान ऐ मुसाफिर, अभी तो रास्ता बाकी है,
तेरे अंदर छिपा जो है, वो जोश और जज़्बा बाकी है।

राहों में कांटे आएँगे, पर तुम अपनी राह बनाना,
गिरना भी होगा सौ बार, पर हर बार तुम मुस्कुराना।

वक्त की ये गर्दिशें तुझे रोक नहीं पाएँगी,
तेरी मेहनत ही एक दिन, तेरी किस्मत को चमकाएगी।

जो खो गया उसे भूल जा, जो पास है उसे थाम ले,
अपने पसीने की स्याही से, तू जीत का पैगाम लिख।

सूरज सा चमकना है अगर, तो पहले सूरज जैसा जलना सीख,
दुनिया झुकेगी कदमों में, बस तू अपने इरादे पालना सीख।

अंधेरों से मत डर तू, चिराग बनकर जलता रह,
कठिनाइयाँ कितनी भी हों, बस आगे-आगे बढ़ता रह।

सफलता शोर मचाएगी, जब तेरी खामोशी रंग लाएगी,
तेरी कहानी इस जग में, नया इतिहास बनाएगी।

-कुणाल पडवळ
(F.Y.M.Pharm)



BEYOND THE BORDERS

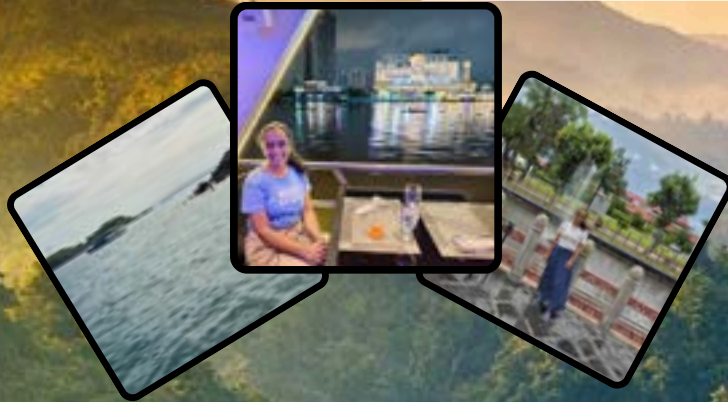
(My Journey to Southeast Asia)

By- Vedashree Naigaonkar
T.Y.B.Pharm

Hi there, I am Vedashree and this is the story of my journey across three beautiful countries, Thailand, Malaysia and Singapore. When I boarded my flight to Bangkok in May, I thought this would be just another vacation but as the journey unfolded I realized that this would be an experience I would always remember.



THAILAND: BEYOND EXPECTATIONS



Beginning of my journey abroad started with this country.

My tour in this country started with homeliness feeling of warmth because of the friendliness of people in Thailand. At every destination & place we were greeted with smiles and kind gestures. Our cheerful & energetic lovely caring tour guide Ms. Ped made the journey in the country more enjoyable by sharing stories, her experiences, culture of Thai people, their life styles. She stepped out to teach us few words of their language and enlightened our curiosity for their way of greeting each other by making us speak few Thai words like "Khapun kha" which means Thank you.

Alcazar show - Bright lights, stunning costumes and powerful performances that showed how art and confidence can speak without words, all this I saw in Alcazar show in Pattaya which was an experience in itself.

Nong Nooch Tropical Garden - A vast, beautifully landscaped park featuring themed gardens (French, Orchid, Dinosaur), Cultural shows and a Skywalk. It is known for preserving Thailand's tradition. Every corner of this Village is beautifully created, blending culture, nature and entertainment.

The traditional dance performances reflected grace and storytelling through movement and the Elephant show added a fun and playful touch.

Pattaya Park Tower - A seaside landmark with observation deck on the 55th floor offering 360 degree views of Pattaya and Jomtein stands tall over the city. It is famous for offering one of the best panoramic views.

Coral Island- Known for its clear turquoise waters, white-sand beaches and vibrant coral. Reaching the island by speedboat itself was an adventure, seeing the coral formations through the glass-bottom boat was truly fascinating. The island also offers activities like Parasailing, jet skiing and banana boat rides.

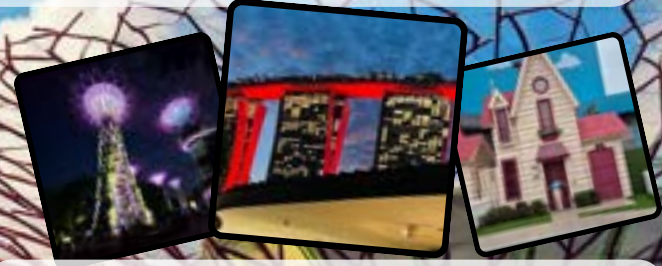
Bangkok - City of shining gold & sizzling pans

A city with perfect mix of ancient heritage & modern chaos. Honestly it surprised me a lot.

At one point of time I was surrounded by busy roads, traffic, modern world, clubs, puffs and noise and the next moment I was standing inside calm and peaceful temples like The Golden Buddha and Marble temple.

One of my favorite memories in Bangkok was the Chao Phraya River Cruise. As the boat moved gently through the water, soft music played in background and the city lights reflected beautifully on the river. Sitting there I felt relaxed and happy. Another interesting stop was Gems Gallery, where a light and sound show explained the journey of gems from raw stones to beautiful jewellery.





Out of all the places on this trip, Singapore was my favorite, which felt like stepping into a dream. Everything around me was clean, calm and beautifully planned. Gardens by the bay felt magical. The towering Supertrees glowing at night, rare plants from around the world and the light and sound show made the entire place feel magical. I felt like every corner had a story and every view was picture perfect.


The Singapore Flyer is a giant 165 meter tall observation wheel in Marina Bay, offering panoramic 360 degree views of Singapore's skyline. It offered a breathtaking view that stayed with me long after the ride ended.

The Merlion, one of Singapore's most iconic symbols felt truly special to see in person. It was one of those moments that made me feel like I was really experiencing Singapore.

Visiting Universal Studios Singapore was one of the most fun filled experiences of the trip. Each ride had its own thrill, walking through movie themed streets felt like stepping into different worlds all at once.

As night slowly settled in, the **Night Safari** opened doors to a mysterious world. Watching animals move quietly under the moonlight felt special and calm. Sentosa island added even more wonder to the journey, creating my own perfume at Scentopia felt personal, like bottling a small piece of the journey to carry home.

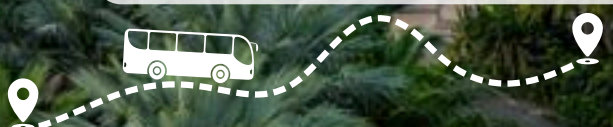
Visiting **Bird Paradise** was calm and refreshing. Walking through the open aviaries felt peaceful with colourful birds flying freely all around. Each section had something unique and it was fascinating to see birds from different parts of the world in such a beautifully designed environment. The Wings of Time Show by the sea was the perfect ending, where lights, water, music and emotions came together like a beautiful farewell. It is rightly said by Ibn Battuta, "Traveling leaves you speechless, then turns you into a storyteller".

 MALAYSIA : WHERE THE SKYSCRAPERS TOUCH THE CLOUDS

Petronas Twin Towers Felt refreshing and different visiting this iconic 88-story skyscrapers in Kuala Lumpur, they are the world's tallest twin towers. Seeing them in real life felt unreal, especially at night when the towers were beautifully lit up against the dark sky.

KL Tower - Visiting this place was another memorable experience. It is a 421 meter tall telecommunications tower. Going up to the observation deck gave me a stunning view of the entire city from above.

Genting Highlands Felt like a refreshing escape from the city. The weather was cool and pleasant and the cable car ride up the hill was an experience in itself offering beautiful views of forests along the way.



LADAKH

(KARGIL AND LEH)

A LAND WHERE CULTURE BREATHES AND MOUNTAINS SPEAK

-Nassir Hussain (T.Y.B Pharm)

Ladakh, known as the “Land of High Passes,” is one of the most stunning and culturally rich regions of India. Resting between the towering Himalayan and Karakoram mountain ranges, Ladakh is a place where nature, history, faith, and tradition come together in perfect balance. The region is divided into two major districts: Leh and Kargil. Although these places differ in religion and cultural practice. Leh being influenced largely by Tibetan Buddhism and Kargil known for its Shia Muslim heritage, they share a bond of harmony, respect, and mutual co-existence that makes Ladakh truly special.

➤ CULTURE AND WAY OF LIFE

Despite harsh climatic conditions, the people of Ladakh live a simple, warm, and community-driven life. Hospitality is deeply rooted in their hearts. They speak languages like Ladakhi, Balti, Urdu, Tibetan, and Hindi. Their traditional attire is designed to protect them from the cold. The Goncha, a thick robe made of wool, is worn with a belt and warm boots. Women often wear a unique and culturally significant headpiece called Perak, decorated with turquoise stones believed to bring good health and fortune.

The culture of Ladakh teaches balance—balance with nature, with people, and with one’s inner self. The people live close to their land and value community cooperation. Shared celebrations, collective farming efforts, and hosting guests warmly are all essential aspects of Ladakhi life.

➤ GEOGRAPHY AND CLIMATE

Ladakh is among the highest inhabited regions in the world. The climate is cold and dry, with long winters and short summers. During winter, temperatures may fall below -25°C , especially in places like Drass, which is known as one of the coldest inhabited places on Earth. The summer months, although brief, bring warmth, sunshine, and a burst of life into the valleys. The region is gifted with crystal-clear high-altitude lakes such as Pangong Lake, Tso Moriri, and Tso Kar, whose waters shine like liquid sapphires under the sun. The Indus, Shyok, and Zaskar Rivers bring life to the land, flowing through valleys and supporting farming and settlements



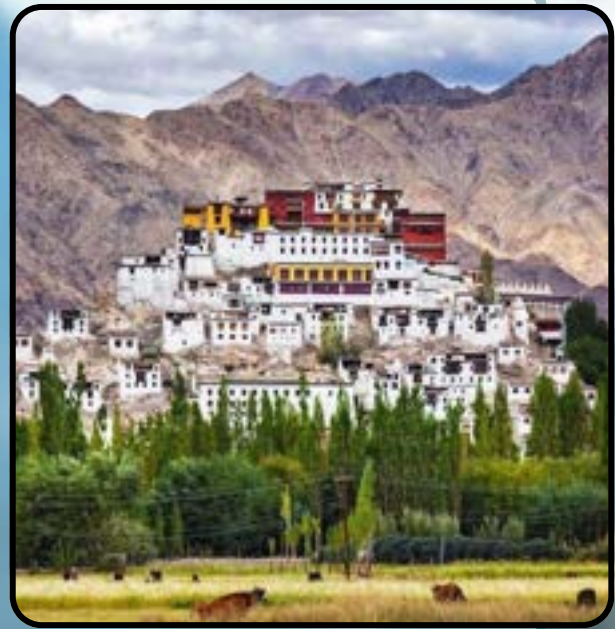
➤ TRADITIONAL GAMES AND SPORTS

Ladakhi’s celebrate life through games and sports that reflect their spirit and environment. Archery is a traditional sport often performed during festivals. Polo, a legacy of Central Asian influence, is played with great enthusiasm. In winter, when lakes and open grounds freeze, Ice Hockey becomes a major sport, especially among youth. Yak and Camel races bring excitement to cultural festivals in places like Nubra Valley.

➤ **RELIGION: MOSQUES OF KARGIL AND MONASTERIES OF LEH**

Religion plays a central role in shaping the identity of Ladakh. In Kargil, the Shia Muslim community forms the majority. Mosques such as Jama Masjid Kargil, Chutuk Mosque, and Jamiat-ul-Ulama Isna Asharia Mosque, Kargil are not only places of worship but also centers of community gathering, learning, and mutual support. During festivals like Eid, the entire town gathers to pray, celebrate, and share meals, expressing unity and brotherhood.

In contrast, Leh is known for its ancient Tibetan Buddhist monasteries built on hilltops and cliffs. Hemis, Thiksey, Diskit, and Spituk Monasteries are among the most famous. The sound of monks chanting, prayer wheels spinning, and butter lamps glowing brings an atmosphere of deep peace. These monasteries preserve centuries-old scriptures, wall paintings, statues of Buddha, and meditation halls. The Hemis Festival, featuring traditional mask dances performed by monks, is one of Ladakh's most important cultural celebrations.



➤ **FAMOUS PLACES TO VISIT**

Leh Palace stands atop a hill, overlooking the town like a silent guardian. Shanti Stupa, built to promote world peace, offers breathtaking views of Leh at sunrise and sunset. Pangong Lake, stretching across India and China, is known for its changing shades of blue. Nubra Valley, with its sand dunes and double-humped Bactrian camels, feels like a desert in the midst of mountains. In Kargil, the Kargil War Memorial in Drass honors the bravery of Indian soldiers who defended the nation during the 1999 Kargil War. Suru Valley is a beautiful valley where the green fields meet snow-covered peaks, creating a landscape that looks like a painting. Mulbekh, home to an ancient rock-carved statue of Buddha, reflects the region's cultural blend. The village of Hunderman, near the Line of Control, serves as a living museum of shared history and identity.

➤ **IMPORTANT MOUNTAIN PASSES**

Khardung La, one of the highest motorable passes in the world, connects Leh to Nubra Valley. Zoji La links Kargil with Srinagar, playing a crucial role in travel and supply. Chang La, Fotu La, and Namika La each offer stunning landscapes and connect various parts of Ladakh



MILES TO GO BEFORE I SLEEP

BY:- VISHWAJEET BAGUL
FINAL YEAR B.PHARM

Some people search for peace in destinations—I find it between throttle twists and endless roads.

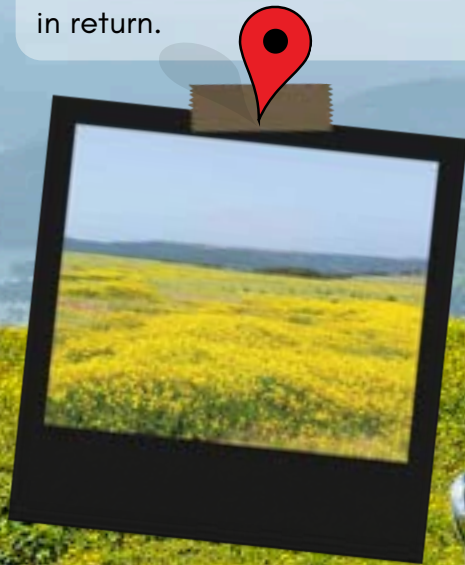
The moment I turn the key and the engine comes alive, everything else slowly fades. No noise, no rush—just me, the road, and the miles waiting ahead. Riding has become my way of breathing, my way of clearing the clutter in my head. Every curve I lean into, every long stretch of empty road, reminds me why two wheels feel more real than anything else.

One ride that stays with me is my journey to Kaas Pathar—the Valley of Flowers near Satara-Mahabaleshwar. The roads weren't perfect, the climbs weren't easy, but that's what made it honest. Twisting hill roads, cool wind cutting through my jacket, forests closing in and opening up again—each kilometer demanded focus and gave peace in return.

There were moments when I didn't need music, didn't need words. The road was enough.

When I finally reached Kaas Pathar, I didn't feel the urge to do anything. I just sat there beside my bike, looking at the land stretch out in silence. Flowers in bloom, hills fading into the distance, and a stillness that made the entire ride worth it. That pause said more than any destination ever could.

My bike isn't just how I travel—it's how I understand myself. Every ride leaves something behind and brings something back. And I've learned this along the way: it's never about how far I go. It's about what the road gives me while I'm moving through it.



॥ भटकंती ॥

BY- Pranav Yamde
T.Y.Bpharm

जय

महाराष्ट्र ! मी प्रणव. चला तर, नैसर्गिक सुख काय असतं ते तुम्हाला सांगतो. तर... माझे मुळगाव लातूर, पण माझे माध्यमिक शिक्षण मुंबई शहरात झाले असून मी सध्या नाशिक येथे पुढील शिक्षण घेत आहे. लहानपणापासून मला फिरण्याची खूप आवड आणि ही आवड माझा छंद कधी झाला ते कळलंच नाही. वडिलधाऱ्यांकडून ऐकलेल्या महाराजांच्या गोष्टी, कर्तृत्व आणि काही ऐतिहासिक पुस्तकांतून समजलेले गडकिल्ल्यांचे महत्त्व, यामुळे मी हा छंद जोपासला असे म्हणू शकतो. पण माझ्या पालकांचा सतत फिरण्यासाठी विरोध असत, कारण गडकिल्ले फिरणे हे मोठे धाडसाचे काम ज्यात कित्येक धोकादायक वळणं, टप्पे असत, म्हणून ते नेहमी मला अडवत असत.

भरपूर प्रयत्नांती मला कुठेतरी जाण्याची परवानगी मिळाली. मी सर केलेला पहिला गड, तो म्हणजे "श्रीमान रायगड". मुंबई वरून दुचाकीने मी गडाच्या पायथ्याशी पोहोचलो. तिथे पोहोचल्यानंतर माझा आनंद गगनात मावेना. अखेर महाराजांच्या स्वराज्याची दुसरी राजधानी ती आणि माझे भाग्य एवढे थोर की मी त्याच भूमीवर जन्म घेतला जिथे महाराजांनी आणि त्यांच्या मावळ्यांनी रक्त सांडून आपल्याला हे आयुष्य दिलं आहे. काय तो गड, काय ती ऊर्जा, काय ते वातावरण, सर्व एकदम अविस्मरणीय ! या अनुभवाने मी ठरवले की आता थांबायचं नाही.

माझे माध्यमिक शिक्षण पूर्ण करून, उच्च शिक्षणाकरिता मी नाशिक शहरात आलो. आणि नाशिकच्या आसपास भरपूर प्रमाणात गडकिल्ले आहेत ही माहिती मला होतीच. इथे येताच सर्वात आधी अनुभवलेला ट्रेक म्हणजे ' ब्रह्मगिरी पर्वत '. नवीन शहर, नवीन मित्र, आणि ती पहिली ट्रिप. हा एक वेगळाच अनुभव होता. काही दिवस उलटताच आम्ही ' हरिहर गड ' चढायचे ठरवले. हरिहर हा एक विशाल गड असून खूप धोकादायक किल्ला आहे. या गडाच्या पायऱ्यांबाबत आम्ही खूप ऐकून होतोच, ज्यांचा कल ८० अंश असून, वरून खाली बघितल्यास डोळे फिरतील एवढी उंची. एवढं काही ऐकल्यानंतर कोणाची इच्छा नाही होणार अश्या ठिकाणी जायची, शेवटी महाराजांचे मावळे आम्ही. येथे घेतलेला अनुभव आजन्म लक्षात राहील.

त्यानंतर अगदी माझ्या वाढदिवसाच्या एक दिवस आधी आम्ही कळसुबाई शिखर चढायचे ठरवले. ' कळसुबाई ' हे महाराष्ट्रातील सर्वात उंच शिखर आहे. तिथे जाण्याची मला फार उत्सुकता होती. आम्ही पहाटे ४ वाजता चढण्यास सुरुवात केली ते ही डिसेंबर महिन्याच्या कडाक्याच्या थंडीमध्ये, आणि हे सगळं कशाकरिता ? तर सूर्योदय पाहण्याची ओढ ! पहाटे अंधार होता, आम्ही चंद्रप्रकाशाच्या साहाय्याने हळू हळू चढत होतो. जसे जसे शिखराचे टोक जवळ येत होते तस तसा आमचा श्वास कोंडत होता, थंडीमुळे हात सुन्न पडले होते, पण थांबायचं नाही हे ठरवलं होतं. अखेर शिखराच्या टोकापर्यंत पोहोचलो आणि मनाला शांती मिळाली. तिथे पोहोचून आधी कळसुबाई देवीचे दर्शन घेतले आणि आता सूर्योदयास खूप कमी वेळ उरला होता.

काही क्षण विश्रांती घेतल्यानंतर आम्ही जे दृश्य पहिले ते दृश्य जणू स्वर्गाची चाहूल देत होतं. तो तळपता लाल सूर्य, क्षितिजापासून उदय होताना पाहून आमचे डोळे सुखावले. याच साठी केला होता एवढा अट्टाहास. या मित्रांसोबत तो सूर्योदय पाहताना आयुष्याचा खरा अर्थ जाणवला जणू ! असे करत करत बरेच गडकिल्ले मी सर केले जसे; हरिश्चंद्रगड, कलावंतीण दुर्ग, रतनगड, अंजनेरी पर्वत, किल्ले धोडप, साल्हेर किल्ला, रामशेज गड, भास्कर गड, भैरवगड, ट्रिंगलवाडी गड.

‘ भास्करगड ’ येथे तर वेगळीच गंमत घडली. तर झाला काय, खूप दिवस झाले होते आम्ही कुठे फिरायला गेलो नव्हतो, आणि असाच बसल्याबसल्या आमच्या मनात आलं की आता गेलं पाहिजे कुठेतरी, मग आम्ही भास्करगड येथे जायचे ठरवले. हे सगळं ठरवण्यात आम्हाला निघायला थोडा उशीरच झाला म्हणा. आम्ही गडाच्या पायथ्याशी पोहोचलो. तेव्हा तिथे लोकं गडावरून खाली येत होते आणि आम्ही चढण्यास सुरुवात करणार होतो. पण आता आलो आहोत तर असेच परत तर नाही जाऊ शकत. चालता चालता आम्हाला हे जाणवला की आता गडावर फक्त आम्ही ५ जण आहोत आणि आता अंधार ही होऊ लागला होता. गड पाहील्यानंतर आम्ही परत जायचे ठरवले आणि खाली उतरायची वाट च आम्हाला सापडेना. ते घनदाट जंगल आणि वरून पाऊस अश्या परिस्थितीत आम्ही वाट विसरलो. बघावं तिथे दरीच दिसायची. खूप भटकल्यानंतर आम्ही एक नवीन वाट शोधून काढली जी खूपच खडतर होती, पण आता खाली तर जाणंच होतं, इतर काही पर्यायही नव्हता. एका क्षणासाठी वाटले होते की आता सकाळ पर्यंत इथेच राहावं लागेल की काय, पण देवाच्या कृपेने आम्ही सुखरूप खाली आलो.

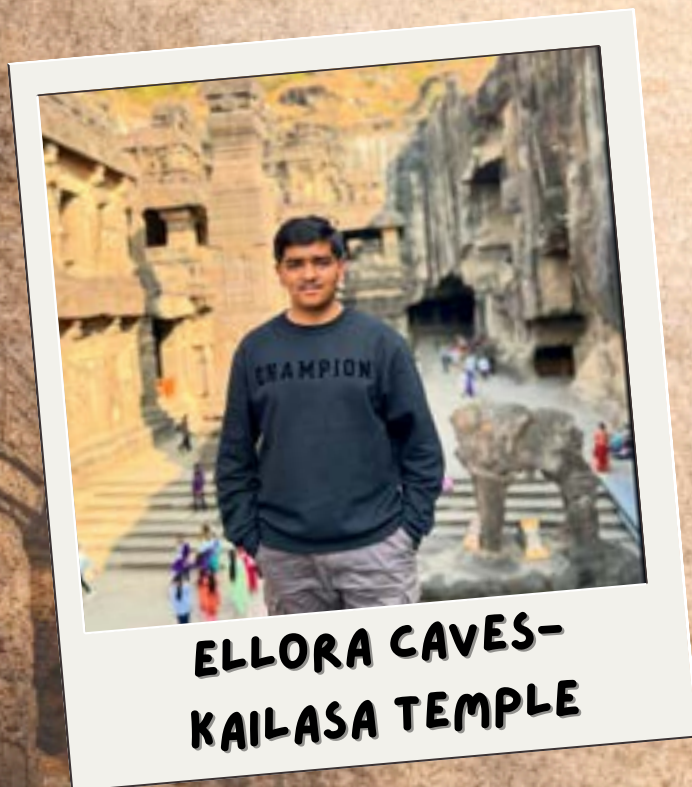
तर असे थरारक अनुभव घेत माझा प्रवास चालू आहे आणि चालूच असेल ! माझ्या या प्रवासात मी एक गोष्ट अनुभवली ती म्हणजे निसर्गाकडे जखमा भरून काढण्याची क्षमता आहे. मानसिक सुख, शांती अनुभवायची असेल तर बाहेर पडावं लागेल, तेव्हा कुठे निसर्गाचा खरा आनंद अनुभवायला मिळेल, कारण या निसर्गात खूप गुपित लपलेली आहेत आणि ते तेव्हाच उलघडतील जेव्हा तुम्ही त्याच्या सानिध्यात जाल. हाच एक संदेश तुमच्यापर्यंत पोहोचवू इच्छितो, धन्यवाद !



Discovering the Wonders of Ellora Caves

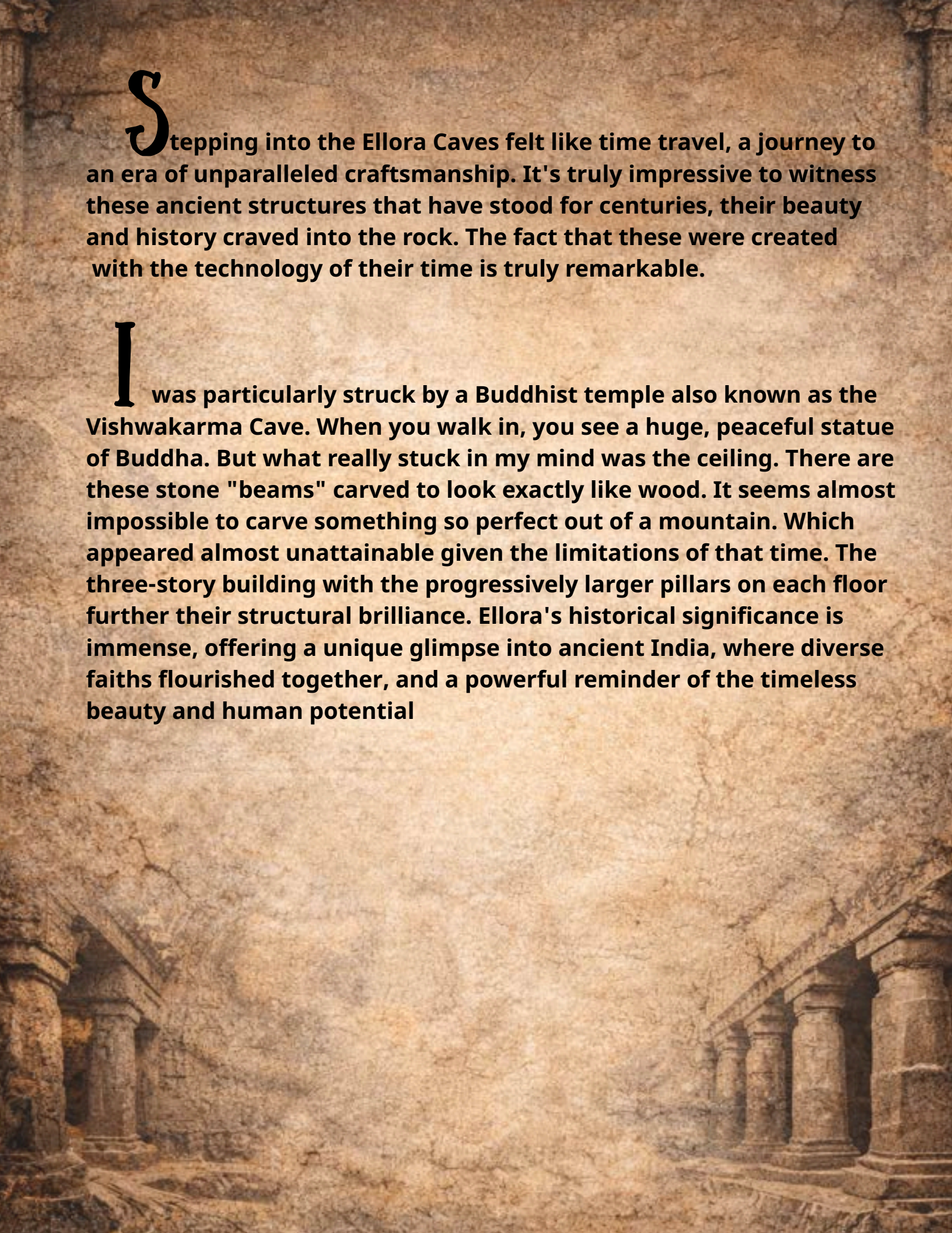
BY:- YASH PATIL T.Y.B.PHARM

The Ellora Caves were built over a period of 400 years, mainly during the monarchy of the Rashtrakuta and Yadava dynasties, from the 6th to 10th centuries. It's believed they chose this site because it was an important trade route and had religious significance, attracting travellers and providing suitable rock for carving. They didn't just build one type of temple; they made 34 caves that include Buddhist, Hindu, and Jain shrines all right next to each other.



**ELLORA CAVES-
KAILASA TEMPLE**

They didn't "build" these in the way we do today with bricks. Instead, they found a basalt mountain and cut the temples out of the solid rock. They started from the top of the mountain and carved their way down. The coexistence of Buddhist, Hindu, and Jain temples demonstrates the religious tolerance of the time. The Ellora Caves, constructed between the 6th and 10th centuries, are an evidence to the religious tolerance of the era, featuring coexisting Buddhist, Hindu, and Jain temples. It made me realize that even without our modern machines, the people back then did so much more than us



Stepping into the Ellora Caves felt like time travel, a journey to an era of unparalleled craftsmanship. It's truly impressive to witness these ancient structures that have stood for centuries, their beauty and history craved into the rock. The fact that these were created with the technology of their time is truly remarkable.

I was particularly struck by a Buddhist temple also known as the Vishwakarma Cave. When you walk in, you see a huge, peaceful statue of Buddha. But what really stuck in my mind was the ceiling. There are these stone "beams" carved to look exactly like wood. It seems almost impossible to carve something so perfect out of a mountain. Which appeared almost unattainable given the limitations of that time. The three-story building with the progressively larger pillars on each floor further their structural brilliance. Ellora's historical significance is immense, offering a unique glimpse into ancient India, where diverse faiths flourished together, and a powerful reminder of the timeless beauty and human potential

“असे पु.ल. पुन्हा होणे नाही ”

-Alandi Pisolkar (T.Y.B.Pharm)

- चित्रपटाचं नाव – “भाई- व्यक्ती की वल्ली”
- दिग्दर्शक – महेश मांजरेकर
- कलाकार –सागर देशमुख, इरावती हर्षे, मृण्मयी देशपांडे
- प्रदर्शन वर्ष – २०१९

भाई

व्यक्ती की वल्ली

“असे पु. ल. पुन्हा होणे नाही ”- पुरुषोत्तम लक्ष्मण देशपांडे म्हणजेच पु.ल. देशपांडे हे असे व्यक्तिमत्व होते ज्यांनी महाराष्ट्रला हसवलं, व त्यांच्या लेखनातून जगणं शिकवले. पु.ल. हे लेखक, नाटककार, विनोदीकार, दिग्दर्शक, अभिनेते, संगीतकार, असे बहुगुणी व्यक्तिमत्व होते. पु.ल. यांना सगळेजण आपुलकीने भाई म्हणत असत. अस विलक्षण व्यक्तिमत्व असणाऱ्या व्यक्तीचा चित्रपट पाहण्याची माझी खुप इच्छा होती.

“भाई व्यक्ति की वल्ली” या चित्रपटात पु.ल. चा जीवन प्रवास दाखविला आहे. हा चित्रपट दोन भागात प्रदर्शित झाला: पूर्वार्ध आणि उत्तरार्ध. चित्रपट जरी दोन भागात प्रदर्शित झाला असला तरी पुलं विषयी दोन भागात सांगणे हे सोपं नाही तरीही ही

कामगिरी दिग्दर्शक महेश मांजरेकर यांनी लिलया पार पाडली आहे. चित्रपटाची कथा फ्लॅशबॅक मध्ये दाखविली आहे. पुलंचा जन्म ८ नोव्हेंबर १९१९ रोजी मुंबईतील गावदेवी येथे झाला. चित्रपटात असा एक प्रसंग दाखवला आहे की, लहानपणी पुलं ची विनोद बुद्धी व नक्कल करण्याची कला दिसली व त्यांच्या वडिलांना त्यांच्या या कलेचा कौतुक वाटे. चित्रपटात त्यांच्या वडिलांकडून एक छान वाक्य दाखवले आहे जसे की ते म्हणतात फुलं कायम त्यांना आनंद मिळेल तेच करतील व शेवटपर्यंत लोकांना हसवण्यासाठी काम करतील. पु.ल. देशपांडे यांनी पुण्यातील फर्ग्युसन कॉलेजमधून बीए (B.A.) केले आणि नंतर एलएलबी (L.L.B) पदवी मिळवली. चित्रपटात सागर देशमुख यांनी पु.ल. च्या भूमिकेला योग्य न्याय दिला आहे.

पूर्वार्ध इतका सुरेखपणे रंगविला आहे म्हणूनच उत्तरार्धाची उत्सुकता लागून राहते. पु ल देशपांडे यांची नेहरुं सोबतची भेट, दूरदर्शन मधील नोकरी असे विविध प्रसंग दाखविण्यात आले आहे. चित्रपटात एक प्रसंग असा दाखविला आहे की एकदा एका रुग्णालयात देशपांडे यांनी रक्तदान केले व त्यांना असे समजले की रुग्णालयात निधी अभावामुळे Blood Preservation Unit उपलब्ध नव्हते. त्यावेळी पु.ल. व त्यांच्या पत्नीने यासाठी निधी दिला. पु. ल. देशपांडे यांचं बाबा आमटे सोबतच स्नेह, आनंद वनात जाऊन केलेली सेवा, तेथील कुष्ठरोगी रुग्ण आणि अपंग लोक स्वतःच्या मेहनतीने जीवन जगत होते हे पाहून पुलं प्रभावित झाले आणि त्यांना सहाय्य केले. या संदर्भामधून कळते की, पु.ल. हे संवेदनशील आणि समाजसेवक होते.

या चित्रपटामुळे समजते की, पु.ल. यांना विविध कला अवगत होत्या. चित्रपटात देशपांडे यांनी लिहिलेल्या कविता, पुस्तके, नाटकं जसे की त्यांनी लिहिलेले पुस्तक बटाट्याची चाळ यावर त्यांनी नाटकाचे बरेच प्रयोग केले. ती फुलराणी या प्रसिद्ध नाटकाचे ते दिग्दर्शक होते. त्यांनी व त्यांच्या पत्नी सुनीता बाई यांनी सोबत मुक्तांगण सुरू केले. पु.ल.चा जीवन प्रवासात त्यांची पत्नी कायम त्यांच्या सोबत होत्या अगदी शेवटपर्यंत. जेव्हा पु.ल. यांना रुग्णालयात दाखल केले त्यावेळी संपूर्ण महाराष्ट्र अगदी सामान्य जनतेपासून ते मोठ्या कलाकारांपर्यंत, लेखकांपासून ते राजकारण्यांपर्यंत सगळे त्यांना भेटण्यासाठी रुग्णालयाबाहेर जमलेले होते. या लोकप्रियतेवरूनच लोकांच्या मनातील पुलं विषयी चे प्रेम, आदर, आपुलकी जाणवते. म्हणूनच म्हटले जाते – असे पु.ल. पुन्हा होणे नाही.





By- Sanyukta Sanjay Ahire
T.Y.B.Pharm

Title: Instant Family

Director: Sean Anders

Main Actors: Mark Wahlberg, Rose Byrne, Isabela Merced, Gustavo Quiroz, Julianna Gamiz

Genre: Comedy, Drama

Release Year: 2018

Duration: 118 minutes

•Brief Summary

Instant Family is based on a married couple who choose to adopt some kids, thinking that they're ready for all that comes with taking care of them. However, this positive start turns out to be an emotional ride for them, with lots of learning happening along the way regarding love, patience, and family. The movie also sees that family is more than just people related by blood.

•Key Elements

•Storyline:

The story has the right balance between comedy and emotional depth. The adoption depicted in the story is realistic and dealt with in a sensitive way. It portrays the challenges, fears, and happiness that come with creating a family in one night.

•Performances:

The acting of Mark Wahlberg and Rose Byrne is believable, and they are able to balance comedy with genuine acting. The child actors, especially Isabela Merced, gave outstanding performances that bring depth to the entire story.



•Direction & Screenplay:

Sean Anders skillfully combines elements of both comedic and drama genres. This movie maintains audience engagement with significant issues that adoptive families experience.

•Music and Cinematography:

The background score is good, and it blends properly with the emotional portions. The cinematography is also good in maintaining a sense of simplicity. •Personal Opinion Instant Family is more than a comedy; it has substance in terms of being emotionally rich and educating the masses on the adoption process with a true heart. It is neither corny in its humor nor overly emotive in situations. It is excellent in creating a platform that makes the masses laugh, think, and feel all at the same time. The reality it touches is what makes it so relatable to all ages, including the younger generation trying to grasp concepts of responsibility and relationships



Final Verdict

“Instant Family” is a very heartwarming and thought-provoking movie that combines humor and social enlightenment. It is a movie that college students and families just can’t afford to miss for its compelling performance, relatable plot, and message on love. Family, as shown in the movie, can only be formed through care, effort, and selfless love.





An Unfiltered Reel of Life



By:- Megha Patil
T.Y.Pharm

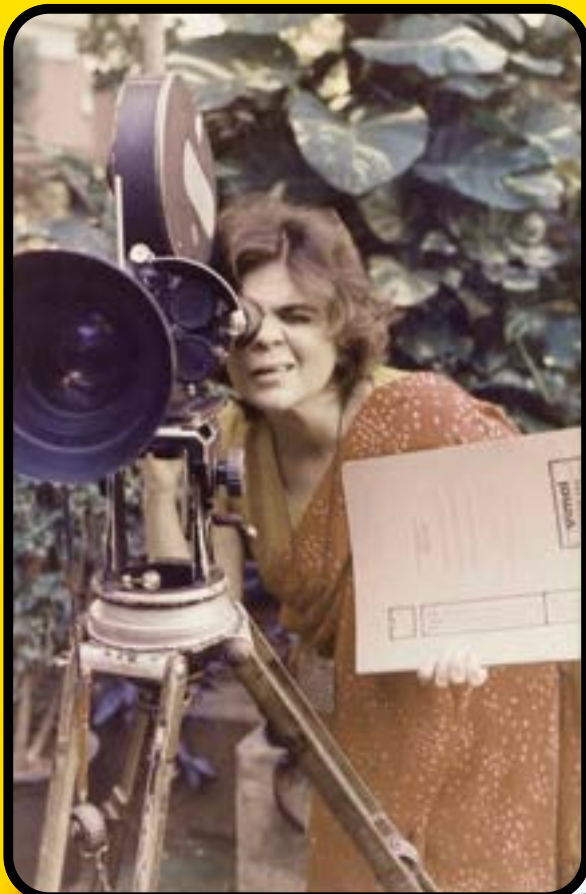
DOCUMENTARY TITLE : KATHA SAICHI (कथा सर्ईची) - BY DOORDARSHAN
ORIGINAL LANGUAGE : MARATHI

What if I tell you that a girl born in the late 1930s in a highly academic family in Pune went on to become a renowned film director? What if the same girl went to France in her 20s to study theatre? What if she went on to live a life that even in today's day and time feels like an impossibility to most women?

It was a sheer chance that I stumbled upon this documentary (Thanks to YouTube algorithm!) I was aware of the name 'Sai Paranjpye' through some articles in Loksatta. But beyond that, she was just another veteran artist to me. But now, having watched this documentary, she feels like a curious grandma I never had.

Episode I starts with her reminiscing about her childhood in Pune in the premises of her old Wada, once owned by her grandfather. Her grandfather Sir Raghunath P. Paranjpye was India's first Senior Wrangler (one of the highest honours in mathematics) from Cambridge.

Sai's mother Shakuntala Paranjpye also went to Cambridge to complete her Mathematical Tripos for graduation.



She also worked in Geneva, Switzerland with the International Labour Organization. It was here that she met and married Sai's father, Russian Artist Youra Sleptzoff.

Moreover, she actively participated in the Birth Control Movement in India, with progressive social reformers like Raghunath Karve, in an era when even the utterance of words like 'family planning' was a taboo (Have we come over it now, I wonder!)

So this was the kind of family that Sai came from! The documentary continues with Sai sharing memories of herself as a student at Ferguson College, her first job at Aakashwani Radio, her writing plays for children's theatre and so on. The thing about these first few episodes that is hard to ignore is the list of iconic personalities she met during that time. This includes renowned film directors, actors, authors, poets and many more...

One of my favorite episodes is the one in which she recollects her time as a theatre student in France. This episode is special because she tells us about the first time she met her father and the other side of the family she never knew. (Imagine a daughter meeting her father, who belongs to a different world, for the first time as an adult after 20+ years) The entire account feels surreal but delightful to hear. In the later episodes, her filmmaking journey unfolds. The making of her films like Sparsh, Chashme Buddoor, Katha, Papeeha is included in these episodes.



Here, one can understand the thinking process of a filmmaker. The cuts, background music, and certain frames that we as audience take for granted, actually add a lot of meaning and depth to a movie. While there are many more fascinating tales in the rest of the episodes, I leave it to your curiosity to watch them all... Doordarshan has done a great job with this documentary. Sai's expert narration with the blend of photos and videos is very captivating. By expert narration, I mean the way she used Marathi language with the elegance of a Master Storyteller.

Her use of Euphemisms is just a cherry on the top of the cake! The thing I strongly felt while watching this documentary was how time treated individuals of the same generation differently just because they were born in a different socio-economic background.

Sai Paranjpye is of the same generation as my grandmother. While she had a life of enriching experiences, my grandma never even went to school! (not an evaluation of lives; just an observation) If you have read this far, I urge you to watch this documentary with your family like I did ; least you can do is to show it to the women in your life – your mother, sister, friend, etc.

I strongly feel that an occasional dose of people like Sai Paranjpye , who are life enthusiasts, is important to regain our faith in life's beauty and the opportunity of learning and exploring it bestows on us!



TRON

L E G A C Y

By- Hrishikesh Ram Bhoknal
T.Y.B. Pharm

Title- Tron: Legacy

Director: Joseph Kosinski

Main actors: Jeff Bridges, Garrett Hedlund, Olivia Wilde, Bruce oxleitner, Michael Sheen.

Genre: Science Fiction

Action Release year: 2010

Duration: 2 hours

Music composers: Daft Punk

Tron: Legacy is the sequel to TRON (1982). The movie follows the story of Sam Flynn, son of Kevin Flynn, who was left by his father when he was young. Now, Sam is a grown adult, living freely and brightly.

One day, his father's best friend, Alan, asks him to visit his father's arcade. Sam, being himself, ignores it at first. But after all these years, he wanted to know the truth. He goes to the arcade and enters a mysterious gateway which leads him to a digital world called The Grid.

Within this visually stunning and immersive virtual reality, he embarks on a quest to find his long-lost father while navigating the dangers and challenges of the digital realm. The film explores themes of connection, legacy, and human relationships inside a digital universe.





The story shows and signifies the deep connection between a father and a son, their capability to overcome any situation and problem... as a team.

The movie is best known for its stunning visual effects and production design that bring the futuristic digital world of the Grid to life. An innovative 3D experience combined with an iconic electronic soundtrack by Daft Punk adds to the film's immersive atmosphere. Oscar-winning actor Jeff Bridges, along with Garrett Hedlund, Olivia Wilde, and Bruce Boxleitner, take the movie into a spectacular and electrifying atmosphere.

Tron: Legacy is a film that excels in style and atmosphere, delivering breathtaking visuals and a memorable soundtrack that significantly enhance the theater experience. The director, Joseph Kosinski, and his team took great effort in developing the movie through C.F.X, V.F.X, and CGI. They also made costumes and huge sets to give that mind-blowing, fantastic effect on the screen. The movie is fabulous, and I would definitely suggest this movie to everyone. The movie is unique in every detail, every plot, not only the music is unique, but also the cinematic progress is definitely the best part of this movie.

TRON: Legacy is a must-watch, which was ahead of its time...



शोध

By- Sharavni Amrutkar
T.Y B.Pharm

“शोध” ही कादंबरी छत्रपती शिवाजी महाराजांच्या काळातील १६७० साली झालेल्या सुरतेच्या दुसऱ्या लुटीवर आधारित आहे. या लुटीत मिळालेला प्रचंड खजिना नेमका कुठे गेला, हा प्रश्न कथेचा केंद्रबिंदू आहे. महाराजांच्या विश्वासू सैनिकांपैकी गोंदाजी नारो याच्याकडे खजिन्याचा मोठा भाग सोपवण्यात येतो. स्वराज्यात सुरक्षित पोहोचवण्यासाठी खजिन्याचे तीन भाग केले जातात, परंतु गोंदाजी मुघलांच्या ताब्यात सापडतो. तरीही तो खजिना लपवून ठेवतो आणि त्याचा शोध ही कथेची मुख्य दिशा ठरते.

शेकडो वर्षांनंतर हा हरवलेला खजिना पुन्हा शोधण्याचा प्रयत्न सुरू होतो. एका बाजूला इतिहासाचा अभ्यास करणारे लोक, तर दुसऱ्या बाजूला आबाजी नावाचा गूढ नेता आणि त्याची टीम खजिन्याच्या शोधात



असतात. आबाजीचे खरे उद्दिष्ट हळूहळू उलगडत जाते. कादंबरीत मराठ्यांचा सुवर्णकाळ आणि आधुनिक तरुणांचा शोध यांचा सुंदर संगम दिसतो.

कथानक भारत आणि इंग्लंडमध्ये फिरत राहते. प्रत्येक पात्रात गूढता असून त्यामुळे कथा अधिक रोचक बनते. डोंगर, गड, जंगल आणि प्राचीन अवशेषांच्या पार्श्वभूमीवर उलगडणारी ही कथा वाचकाला शेवटपर्यंत खिळवून ठेवते.

SCAN TO SCARCH THE BOOK



WHY NOT I ?

By-Shravani Amrutkar

जीवनात प्रत्येकाच्या मनात काही ना काही स्वप्न असतात. पण ती पूर्ण करताना येणाऱ्या अडथळ्यांमुळे आपण अनेकदा थांबतो, मागे वळतो. “हे माझ्याने होणार नाही” असं म्हणत आपण नकळत स्वतःवरच शंका घ्यायला लागतो. हाच विचार बदलायला आणि मनाला नवी उमेद देण्यासाठी वृंदा भार्गवे यांचं “Why Not I” हे पुस्तक अगदी प्रेरणादायी ठरतं. हे पुस्तक सकारात्मकता आणि स्वतःवरच्या विश्वासाचं सुंदर मिश्रण आहे – जे वाचकाला स्वतःकडे नव्या दृष्टीने पाहायला शिकवतं.

आपलं सगळं सुरळीत चाललंय असं वाटत असतानाच आयुष्य कधी कुठे वळण घेतं, हे कोणालाच सांगता येत नाही. अशाच एका अनपेक्षित वळणावर उभी राहते – या पुस्तकातील नायिका. मध्यमवर्गीय जगण्यातली ती एक साधी स्त्री. तिचं म्हणून असलेलं “आपलं माणूस” ती हरवते, आणि त्या सोबतच नात्यांच्या नाजूक धाग्यांवरचा विश्वासही कुठेतरी सैल होतो.

एकटेपणाचा स्वीकार, मुलींचा सांभाळ, आणि जगण्याचं ओझं... या सगळ्यांमधूनही ती पुन्हा उभी राहते. तिच्यासाठी जीवन म्हणजे आता केवळ श्वास घेणं नव्हे, तर संघर्षातून स्वतःचं अस्तित्व टिकवणं.

पण या कहाणीचा खरा टर्निंग पॉइंट तेव्हा येतो,जेव्हा टपोऱ्या डोळ्यांची, उत्साही, जिवंत अगदी सुंदर दिसणारी तिची लाडकी मुलगी देवू – अचानक दृष्टी गमावते.आईसमोर पुन्हा अंधार उभा राहतो. पण यावेळी ती अंधाराला घाबरत नाही.ती ठरवते –“अंधारावर उजेड कोरायचा.” देवूचं जग उजळवण्यासाठी ती स्वतः ‘Mind of Steel’ बनते. ती मुलीच्या आयुष्यात प्रकाश शोधते, तिच्या भावविश्वात नवे रंग भरते.

‘Why Not I’ ही फक्त एका आई-मुलीची कथा नाही; ती आहे स्त्रीच्या सामर्थ्याची, आशेची, आणि “मी का नाही?” या आत्मविश्वासपूर्ण विचाराची.

एका सत्य घटनेवर आधारित ही कहाणी प्रत्येक वाचकाला विचार करायला भाग पाडते –आपल्याकडेही संकटं आहेत, अंधार आहे, पण त्यावर प्रकाश कोरण्याचं धैर्य आहे का?

वृंदा भार्गवे यांचं लेखन साधं, ओघवतं आणि भावनांनी ओथंबलेलं आहे. त्या केवळ एक कथा सांगत नाहीत, तर वाचकाच्या मनात उमेद, प्रेरणा आणि जगण्याची नव्या अर्थाने ओळख निर्माण करतात.



SCAN TO SEARCH THE BOOK

THE ALCHEMY OF AMBITION

A Journey to Your Soul's Destiny

A Review of The Alchemist by Paulo Coelho Reviewed by Shravani Chetan Tilwankar

In an era of “instant results” and digital comfort, *The Alchemist* by Paulo Coelho serves as a timeless compass for the soul. More than an allegorical tale, it reflects our inner potential especially for youth at the crossroads of comfort and calling.

THE HERO'S EVOLUTION: SANTIAGO'S JOURNEY

Santiago, a simple shepherd, redefines heroism through resilience and courage. Driven by a dream of treasure, he faces loss, hardship, temptation, and danger, yet remains determined. He rebuilds himself after setbacks, choosing his path despite difficulties. His journey proves that true strength lies in perseverance and purpose.

THE CORE PHILOSOPHY: UNIVERSE AS AN ALLY

The novel conveys that when we truly desire something, the universe supports us. Life tests rather than opposes us. Like alchemy transforming lead into gold, our struggles refine us into stronger individuals.



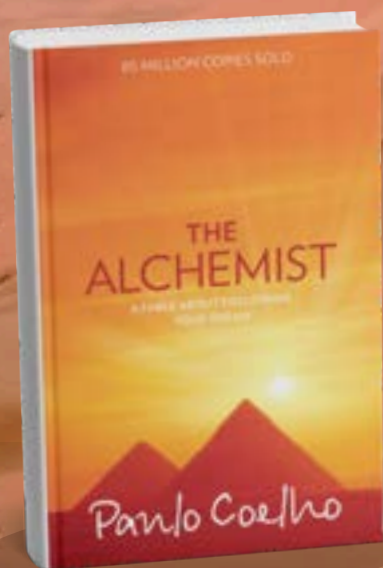
THE PLOT TWIST: CIRCLE OF WISDOM

The climax reveals that the treasure was always within reach, but the journey gave Santiago the wisdom to value it. His experiences shaped his courage, understanding, and identity.

FINAL TAKEAWAY

The Alchemist teaches us to embrace challenges, pursue dreams fearlessly, and find meaning in growth, as it is the pursuit of dreams that makes life truly enriching.

Thank you and have a great read.



SCAN TO SEARCH THE BOOK

स्वसंवाद स्वतःशी केलेली खरी मैत्री

लेखक – सरश्री

By- Bhakti Kulkarni (T.Y.B.Pharm)

“शांती बाहेर नाही ती आपल्या आत आहे.”

कधी तुम्हाला असं वाटतं का की सगळं असूनही काहीतरी अपुरं आहे? मोबाइल, मित्र-मैत्रीणी, सोशल मीडियाने भरलेल्या जगातही मनाला शांती का मिळत नाही? कधी तुम्ही स्वतःशी शांतपणे बोललात का? कधी तुम्ही स्वतःला विचारलात की “मी खरंच आनंदी आहे का?” या एका साध्या प्रश्नाचं उत्तर शोधण्यासाठीच सरश्रीच “स्वसंवाद” हे पुस्तक आपल्याला आत्म्याशी भेट घडवतं. हे पुस्तक म्हणजे वाचनाचा अनुभव नाही, तर अंतर्मनाचा प्रवास शब्दांच्या पलीकडे जाऊन ते आपल्याला “शांततेची अनुभूती” देतात.

सरश्रीच लेखन अत्यंत सहज आणि निर्मळ आहे जशी एखादी मंद झुळूक आपल्या चेहऱ्यावर येऊन स्पर्श करते. ते सांगतात की खरा संवाद हा जगाशी नाही तर स्वतःशी व्हायला हवा. आपल्या मनात रोज असंख्य विचारांची गर्दी असते. अपेक्षा, भीती, अभिमान, ताण... या गर्दीत आपण स्वतःलाच हरवून बसतो. “स्वसंवाद” आपल्याला थांबायला, श्वास घ्यायला आणि स्वतःकडे पुन्हा एकदा बघायला शिकवतात.

सरश्रींच्या प्रत्येक विचारात एक वेगळा ठाव आहे पण त्यांच्या लेखनात ना उपदेश ना बंधन फक्त एक साधी पण शक्तिशाली जाणीव आहे “सत्य बाहेर नाही, ते तुझ्या आत आहे” प्रत्येक प्रकरणानंतर वाचकाला

स्वतःशी नवा संवाद सापडतो. कधी विचारात नेतो तर कधी शांततेत. कॉलेज जीवनात आपण सर्वजण धावतो- करिअर, नाती, सोशल मीडिया आणि स्वतःच्या स्वप्नांसाठी. या धावपळीत मन अनेकदा थकून जातं. अशा वेळी ‘स्वसंवाद’ हे मनासाठी एक **SOFT REST BUTTON** आहे - ते तुम्हाला स्वतःशी पुन्हा जोडणार.

पुस्तकातील हे दोन तीन वाक्य लक्षात राहतात ते म्हणजे “तू जेव्हा स्वतःशी प्रामाणिक होशील, तेव्हाच आयुष्य खऱ्या अर्थाने सुरु होईल.” हे वाक्य केवळ वाचण्यापुरतं नाही तर जगण्यापुरतं आहे. आणि दुसरे वाक्य म्हणजे “तू स्वतःला समजून घेतलस, तर जग तुला समजू लागेल.” या एका वाक्यातच पुस्तकाचा संपूर्ण गाभा दडलेला आहे. वाचताना जाणवतं की खरी शांती कुठल्याही बाह्य यशात नाही, ती आपल्या विचारांच्या शांततेत आहे. “स्वसंवाद” हे पुस्तक तुम्हाला थांबायला शिकवतं. ते सांगतात की आयुष्य बदलायचं असेल तर आधी स्वतःला ओळखा. हा प्रवास आत्मजागराचा आहे, पण तो अतिशय सुंदर आणि मृदु आहे - जस पहाटेचा मंद गंध.

एकंदरीत, सरश्रीच ‘स्वसंवाद’ हे पुस्तक म्हणजे शब्दांमधला आरसा आहे - जो आपल्या आत्म्याचं खरं प्रतिबिंब दाखवतो.



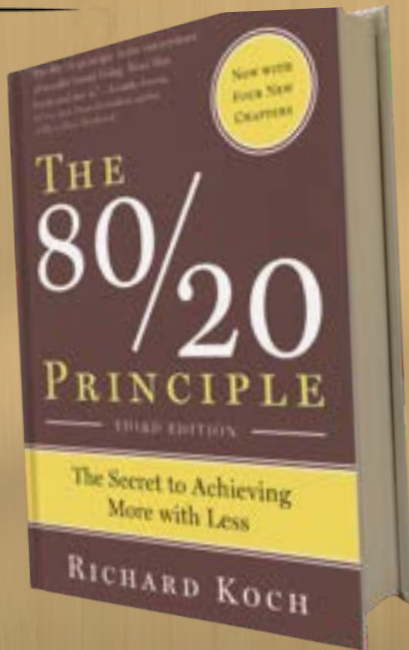


SCAN TO SEARCH
THE BOOK

The 80/20 Principle: The Secret to Achieving More with Less

-Richard Koch

A BOOK REVIEW BY GUNJAN SANJAY PATIL (T. Y. B.PHARM)



The 80/20 Principle – The Secret to Achieving More with Less by Richard Koch is a perceptive and practical book that explains to readers how focusing on the most important few actions or efforts can produce extraordinary outcomes. The book is based on the famous Pareto Principle, formulated by economist Vilfredo Pareto, who discovered this pattern while studying wealth and income distribution in 19th-century Italy. Building upon this economic observation, Richard Koch expands the idea beyond economics and applies it to business, career growth, time management, and personal life.

The book begins by introducing the fundamental idea of a disproportionate relationship between inputs and outputs. Koch explains that results are not evenly distributed and that a small number of efforts are responsible for most successes. Through various practical examples, he shows how applying the 80/20 Principle enables individuals and organizations to focus on what truly matters, leading to greater efficiency and effectiveness. For example, in

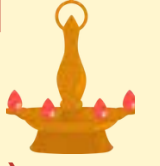
business, nearly 80% of sales and profits often come from just 20% of products or customers. In professional settings, a limited number of tasks or clients produce most outcomes, so focusing on them helps employees and managers work more effectively. Similarly, students benefit more by concentrating on high-yield topics and efficient study methods rather than giving equal time to every task.

At the core of the book, Koch emphasizes that the 80/20 Principle is more than a statistic—it is a practical framework for focusing on what truly matters. He challenges the traditional belief that success is directly proportional to effort, arguing instead that strategic focus often achieves more than relentless labor. The author encourages readers to identify the 'vital few' activities that create maximum value and to stop wasting efforts on low-value tasks; in the book, this concept is also referred to as the 'Rule of the Vital Few'. By adopting this strategic approach, individuals can simplify their lives, make better decisions, and achieve higher levels of success with less stress and wasted effort.

The book inspires a mindset of purpose and encourage the readers to act deliberately to achieve their goals. For students, adopting this mindset can fundamentally change the way they approach academics, time management, and personal development. I found the idea of focusing on the vital few especially helpful, as it made me realize that concentrating on key tasks can improve both my studies and daily productivity. Koch encourages all readers to recognize where their energy creates the greatest value, prioritize what truly matters, and let go of distractions and low-impact activities. Beyond students, the principle applies to professionals, entrepreneurs, and anyone seeking growth in life. Following this approach helps people achieve more. Even small, consistent efforts can make a big difference in life and can shape a truly remarkable future.



कथक आयुष्याला लय देणारी कला



-Alandi Pisolkar (T.Y.B.Pharm)

कला म्हणजे भावना आणि कल्पनांना व्यक्त करण्याचे एक माध्यम आहे. ज्यात विविध प्रकारच्या कलांचा समावेश होतो. आयुष्यात प्रत्येकाने एक छंद म्हणून आणि आत्मीय आनंदासाठी एक कला जोपासावी. तर छंद म्हणजे एखादी गोष्ट आवडणे व त्याविषयी रस घेऊन ती शिकणे म्हणजेच छंद. संत तुकाराम यांनी देखील म्हटले आहे की "आनंदाचे डोही आनंद तरंगा।" याचा अर्थ असा की ज्या ज्या गोष्टींमध्ये आपले मन पूर्णपणे रमते, आनंदित होते तेव्हा मनामध्ये आनंदाची लाट निर्माण होते.

हा सगळा संदर्भ देऊन मी माझ्या छंदाविषयी आपणास सांगू इच्छिते. मी गेल्या ९ वर्षांपासून कथक नृत्य शिकत आहे. नाशिक मधील कलानंद कथक नृत्य संस्था येथे गुरु संजीवनी कुलकर्णी बाई यांच्याकडे कथक नृत्याचे प्रशिक्षण घेत आहे. कथक नृत्य ही उत्तर भारताकडून आपणास लाभलेली नृत्यशैली आहे. कथक शब्दाची उत्पत्ती कथा ह्या शब्दावरून झाली.

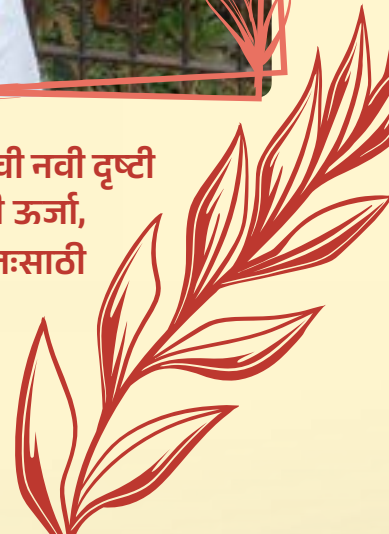
'कथा कहे सो कथक कहावे' असे म्हटले जाते.

श्रीकृष्णाची कथा सांगता सांगता कथक नृत्य जन्मास आले.

नृत्यामुळे स्वतःचा सर्वांगीण विकास होतो आणि आपल्या व्यक्तिमत्त्वात बदल होतो. यात हस्त मुद्रां द्वारे अर्थ संकेत दर्शविले जातात तर तत्कारमुळे लयवरील प्रभुत्व दिसते. यामधून सुसंगता आणि समन्वय यांची जाण होते. लय आणि तालाची समानता साधून एकाग्रता, संयम आणि आत्मविश्वास घडतो.

मला कथक मुळे मिळणारा आनंद शब्दात व्यक्त करणे कठीणच आहे परंतु जेव्हा मी एखाद्या नवीन तोडा शिकते किंवा एखादे कवित्त शिकते तर ते सराव करून स्वतः सादर करते, तेव्हा

मिळणारा आनंद आणि समाधान वेगळच असते. कथक मुळे मला स्वतःकडे बघण्याची नवी दृष्टी मिळाली, स्वतःसाठी वेळ मिळाला. मला कथक ने केवळ आनंद इतकच नव्हे तर नवी ऊर्जा, आत्मविश्वास आणि एक ध्येय दिले आहे. या धकाधकीच्या जीवनात प्रत्येकाने स्वतःसाठी वेळ काढून एक छंद जोपासला पाहिजे. आयुष्यातील ताण-तणाव दूर करण्यासाठी आणि मन शांत ठेवण्यासाठी छंद हा एकमेव सोबती असतो.



Rhythming My Name

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

Dance is the only art wherein we ourselves, are the stuff in which it is made.

~Ted Shawn

Hey! This is Runzun Patil a kathak dancer (qualified with a graduation in dance having VISHARAD DEGREE in kathak. Dance was always always been closest to my heart since my childhood. It has always been a comforting corner amid the life chaos. Talking about my dance journey and looking back at it already feels much overwhelmed.

I have been dancing since the age of 5. The brain wouldn't understand about the happening around but the heart could sense the rhythmic connections from the pre teens. With such connections the journey started too bloom. Decoding the basics of the kathak as a art form and building my foundation firm, My tai -Shreeya Gune Pande has played an inevitable part in my journey in all. Also the institution I have been dancing into from so many years- Kirti Kala Mandir , Nashik has shaped me right in every possible angle. To all the teachings which I have been learning I am grateful thoroughly.

As the Akhil Bharatiya Gandharva Mahavidyalaya Mandal organisation encompasses 8 levels to be qualified by a dancer for being an accomplished dancer. As the period passed by dance made me fall in love with it so deeply. From performing on smaller stages to huge platforms. The flashbacks of my first solo performance on the National stage at ABSS,Pune. Participating in various competitions and backing laurels, trophies was on a run in my teens. Moreover the stage had become my alternate home and the of my performances are still in counting.

Each time I enter the stage and the lights turned on I close my eyes and express my gratitude towards god for gifting me which great parents and family who rare the loudest cheerers in the audience out there.

From- my mother holding those little hands and introducing me to the world with dance in it. To- Her having those happy tears on my final performance of the Graduation Day of Kathak.

My journey was full of horizons, adventures , challenges, set backs, getting up again and never ever giving up on dance. It has helped me to tangle myself with my traditional routes and keep me grounded towards the Indian mythology and holy books like Bhagavad Gita and many Sanskrit books.

It has fundamentally taught me to express myself in the most beautiful way possible.

Today what I have achieved is just a shell full of pearls, but the ocean full of shells with pearls is yet on road. Hence the only aim lies with me is to worship this spiritual art form in each and every facet of my continuance.

FOREVER GRATEFUL TO BE CALLED A DANCER!





कर्तव्यपथ!

एक अविस्मरणीय अनुभव!



-Gauri Chandwadkar (T.Y.B.Pharm)

यावर्षी २६ जानेवारी २०२६ रोजी झालेल्या ७७ व्या गणतंत्र दिनानिमित्त दिल्ली येथील कर्तव्यपथावर सादर होणाऱ्या परेड व सांस्कृतिक कार्यक्रमात कथक नृत्य सादर करण्याची संधी नाशिकमधील 'कीर्ती कला मंदिर' संस्थेच्या १२ विद्यार्थिनींना मिळाली आणि त्या चमूमध्ये माझाही समावेश होता. ही माझ्या आयुष्यातील अत्यंत अविस्मरणीय आणि रोमांचकारी घटना ठरली. त्या क्षणी झालेला आनंद शब्दांत व्यक्त करणे अशक्य आहे. माझ्या गुरु रेखाताई नाडगौडा आणि अदिती ताई पानसे यांच्या मार्गदर्शनामुळेच मला देशपातळीवरील राष्ट्रीय मंचावर कला सादर करण्याचा मान मिळाला. तसेच माझ्या महाविद्यालयाचे प्राचार्य डेली सर यांच्या शुभेच्छा व आई बाबांचा आशीर्वाद यामुळे मला प्रोत्साहन मिळाले.

१३ जानेवारीपासून दिल्ली येथे सराव सुरू होणार असल्यामुळे आम्हाला १२ जानेवारीला तिथे पोहोचायचे होते. १२ जानेवारीला सकाळी ओझर विमानतळावरून उड्डाण करून आम्ही दिल्लीला पोहोचलो. केंद्र सरकारच्या सांस्कृतिक विभागाकडून आमची उत्तम व्यवस्था करण्यात आली होती. दुसऱ्याच दिवशी सरावाला सुरुवात झाली. देशाच्या विविध प्रांतांतील आणि विविध भाषांतील कलाकारांशी ओळख झाली. सुरुवातीला सरावामुळे थकवा जाणवत होता; परंतु हळूहळू सवय झाली आणि दररोज नव्या ऊर्जेने आम्ही सरावासाठी सज्ज होत होतो. १७ जानेवारीपासून कर्तव्यपथावर प्रत्यक्ष सराव सुरू झाला. सकाळपासून संध्याकाळपर्यंत चालणाऱ्या या सरावामुळे शिस्त, सहनशीलता आणि संघभावना अधिक दृढ झाली.

'वंदे मातरम्' या राष्ट्रीय गीताच्या १५० वर्षांच्या निमित्ताने आमचे नृत्य या गीतावर सादर करण्यात येणार होते. हे गीत ऐकताना अंगावर रोमांच उभे राहत होते. संतोष नायर यांनी नृत्यदिग्दर्शन केले होते, तर संध्या रमण यांनी वेशभूषा डिझाइन केली होती. संध्या पुरेचा, M.M. किरवाणी, सुभाष सहगल, अनुपम खेर या दिग्गज व्यक्तींचे सहकार्य व दोन हजारांहून अधिक कलाकार या

सादरीकरणात सहभागी होते. विविध भाषा, संस्कृती आणि परंपरा असलेले कलाकार एकत्र येऊन नृत्य सादर करणार होते, ज्यातून भारताची एकता आणि विविधतेतील सौंदर्य प्रकर्षाने जाणवत होते.

दरवर्षी दूरदर्शनवर पाहिलेला गणतंत्र दिनाचा सोहळा यावर्षी प्रत्यक्ष अनुभवण्याची संधी मला मिळाली. लष्कर, नौदल आणि वायुसेनेची प्रात्यक्षिके जवळून पाहताना अभिमानाने मन भरून आले. इंडिया गेट ते राष्ट्रपती भवन या मार्गावर सादरीकरण करताना देशसेवेची भावना अधिक दृढ झाली.

२५ जानेवारीच्या रात्री उशिरापासून तयारी सुरू झाली आणि पहाटे आम्ही कर्तव्यपथाकडे रवाना झालो. राष्ट्रपती, पंतप्रधान आणि हजारो प्रेक्षकांसमोर सादरीकरण करताना अत्यंत अभिमान वाटत होता.

वयाच्या सहाव्या वर्षापासून सुरू झालेला माझा कथक प्रवास गुरुंच्या आशीर्वाद आणि सातत्यपूर्ण मार्गदर्शनामुळे राजधानीपर्यंत पोहोचला. या अनुभवातून माझा आत्मविश्वास वाढला, देशातील विविधतेची जाणीव झाली आणि एकात्मतेचा संदेश मनात कायमचा कोरला गेला. हे क्षण माझ्या आयुष्यात सदैव स्मरणात राहतील



Woven in Mythology

CPNITES' SARTHI SAGA UNFOLDS AT MEDHA

The Medha Competition in Sangamner refers to the annual cultural and sports festival, which is organized by Amrutvahini College of Engineering and its associated institutions. Featuring 'Medha Cup' for dance, sports, and music.

As our college is located in the Northern Maharashtra, we, the students of MVP Samaj's College of Pharmacy, Nashik, represented our college on the platform of Medha in the category of Group Dance.

The theme for Medha 2K25 was 'Indian Mythology'. Our college selected an interesting theme of 'Mahabharata', which comprises the great Indian History and the War of Kurukshetra for the good over evil.



Glancing through the performance, the name of our team was unique in itself – "SARTHI." It depicts Lord Krishna himself seeing the charioteer of the chariot of Arjuna during the time of the war.

Starting from penning down the ideas to represent our college on such a huge platform like Medha, was a great and magnificent journey in all. It was really an extraordinary experience such huge setups and the only thing which kept the enthusiasm strong was the love for art and respect for the Indian mythology.

It was truly a really a proud moment for us as a students to represent our college's name and Medha really gave us memories which we would be keeping with us forever.

You were simply fun, Medha 2K25!

THANK YOU.

The most important happening from the Mahabharata was the 'Draupadi cheerharan' and the 'game of dice' played was even depicted in our dance performance. Accordingly, the costumes were separated for the Pandavas as orange and the Kauravas as black attire.



The entire performance was delivered after the great efforts and tireless rehearsals of the students.

WINNING BEYOND THE SCOREBOARD



- Samruddhi Ramesh Shelke (T.Y B. Pharm)

Hello! myself Samruddhi Ramesh Shelke, currently pursuing B. pharmacy[3rd year] at NDMVP's college of Pharmacy, Nashik. I have done my schooling till 12th grade from Kendriya Vidyalaya, Airforce station OZAR [Mig]. When I was in 8th grade I started playing volleyball, My inspiration for playing volleyball is G. E. Sridharan who is a former Indian men's national volleyball team player from Tamil Nadu. At first I didn't know about volleyball before, then I participated in Interhouse just for fun....but when I received silver medal in competition I started getting interested in volleyball.

My coach Mr.Ravindra Pakhare sir was very much impressed by my performance in interhouse competition. He selected me for school volleyball team to represent my school at regional level. After that my rigorous preparation started, endless practice sessions, every volleyball practice session was filled with energy, teamwork and determination. We used to begin with warm-up, running, followed by quick drills to improve passing, serving and spiking, our coach used to constantly motivate us to play smarter as a team and build coordination under a real game pressure. By the end of the sessions, we might be tired but the sense of improvement made every minute worth it.

We as a team played regionals with Mumbai, Pune, Aurangabad, Nagpur at Kendriya Vidyalaya, Pune. Those days were truly memorable because we had a great time on and off the court. We won some matches and in few matches we learned from our mistakes.

My volleyball journey doesn't end here, Later my coach selected me as a captain of our volleyball team and at that time we represented our school at the state level. We played matches with Punjab, Jharkhand, Delhi, Uttar Pradesh, Uttarakhand, Tamil Nadu and so on.. at India's top university LPU, Chandigarh. After playing lots of matches we came in 4th position.

Coming to the 4th position was not that easy, It was our hard work and our coach's believe made it happen true. After winning we had so much fun, we explored the Chandigarh city, ate our favorite food, played UNO whole night. Volleyball is not just a game for me it's an emotion. I will always continue playing volleyball as a hobby...

THANK YOU



MORE THAN A SPORT

WHAT SWIMMING TAUGHT ME

-Anjali .D. Govardhane (T.Y.B.Pharm)

Swimming is often seen as a sport or a survival skill, but for those who have learned it, swimming becomes a silent teacher of life. When I initially started learning swimming, fear was one of my biggest companion. I always stayed close to the pool edges, believing “what if I start sinking or lost my balance” and I’ll quickly grab the edge and save myself. The sides of the pool were my comfort zone. My coach noticed my fear and instead of forcing me he taught me a powerful lesson that- I have to get out of my comfort zone, we can never learn any new thing while being in our comfort zone. Staying where we feel safe may give us temporary comfort, but it prevents growth. He insisted me to swim in the center of the pool, away from the edges. So that I could no longer rely on holding the sides and had to complete my laps in the center lane itself. The first time I swam in the center, I was extremely afraid. Every stroke felt uncertain, and fear filled in my mind. But when I completed that lap for the first time, something changed. I realized, I can do this. That moment I understood the truth- Fear is not a sign of weakness, it is the barrier that holds us back until we choose to face it.

For me, with time swimming transformed from a challenge into a source of confidence and calm. In the world that constantly demands speed, swimming taught me the power of rhythm. I am not a pro swimmer but I love the feeling of being in the water and the calm it brings to me. The moment you enter the water, the outside noise fades away. Each lap becomes a conversation with yourself.

The strokes, rhythm and breath creates a meditative effect that helps us relax our mind while our body works.

Swimming is not only about reaching the other end of the pool. It’s about building resilience, learning patience and finding peace in chaos. For me, swimming is no longer just a skill it is a gentle reminder that with courage, consistency, and confidence, we can stay afloat in any situation that life throws at us.



THE DON

-Utso Mukherjee (T.Y.B.Pharm)

Cricket is one of the most popular sports in the world and undoubtedly the most popular in India and its subcontinent. Originated in England it was initially a sport of the royals but now even a common man can play. Cricket has produced a lot of legends throughout the generations notably Sir Jack Hobbs, Sir Vivian Richards, Sir Barry Richards, Sunil Gavaskar, Sir Richard Hadlee, Wasim Akram, Kapil Dev, Sachin Tendulkar, Brian Lara, Muttiah Muralitharan, Shane Warne, Glenn McGrath, Jacques Kallis, Kumar Sangakkara, Virat Kohli, Steve Smith, Joe Root and many others.

But there is a name without whom the cricket history will always remain incomplete. He is none other than Sir Donald Bradman

Sir Donald Bradman

He is widely known as the greatest Batsmen of all time with many calling him as 'THE GOD OF CRICKET'. He was the youngest son of George and Emily Bradman and was born on 27 August 1908. Initially he acted as a scorer for the local Bowral team. He made his first appearance for the team in 1920s and from thereon he became a regular selection for the team.

He made his first class debut for the New South Wales at the age of 19 in the Adelaide Oval. He scored a fabulous 118 on his debut and solidified his position. His amazing stroke play in that match was something to note but his test debut was something to forget as he could manage to score only 18 and 1, resulting in his exclusion from the next match. But when Bill Ponsford got injured he was included in the team and scored 79 and 112 in both the innings. This laid a foundation for his historical career. He scored a lot of runs and became the pillar of the team. He first became the captain of Australian Cricket team in 1936-37 Ashes and won his first series as a captain where the Australian team made a remarkable comeback from 0-2 down to win the series by 3-2. He is credited for leading an Australian team which was full of superstars like Lindsay Hassett, Ray Lindwall, Keith Miller, Arthur Morris, Bill Brown, Bill Johnston. This team was famously known as 'THE INVINCIBLES'. He is one of only 4 players to have scored 2 triple centuries in test cricket with a highest score of 334. His highest first class score is 452. He needed only 4 runs in his final test match to finish with an average of 100 but unfortunately he was out for a duck and finished with an average of 99.94. He also finished his first class cricket with an average of mammoth 95.14. He retired in 1948. After retirement he was involved in administrative functions bringing remarkable changes in the game. He died on 25 February, 2001, aged 92 in Kennington Park, Australia leaving behind a huge legacy. He was inducted to ICC Hall Of Fame in 2009 post his death.



RONALDO NAZÁRIO

THE PHENOMENON

-SAKIB SHAIKH (T.Y.B. PHARM)

This article is about Ronaldo Nazário who is widely known as R9. Ronaldo was known for his goal scoring record and he was a complete forward who consistently delivered on the biggest stages. He was a perfect mix of the modern-day strikers like dribbling players like Isak, the intelligence of Harry Kane, the finishing ability of Haaland, and the pace of Kylian Mbappé.

Ronaldo began playing football from childhood where he used to play on the streets of Rio de Janeiro, where he learned his free style play and dribbling skill. He also learned about how to balance out dribbling, strength, explosiveness and creativity. At the age of 16, he made his first professional debut for Cruzeiro and instantly made headlines. During the 1993 Copa Libertadores qualifiers, he became second youngest South American player to score a league hat-trick, after Pelé. Over his two seasons at Cruzeiro, he scored 44 goals in 47 games. Then another Brazilian Legend, Romário later advised him to take his next move to Europe by joining PSV Eindhoven in the Netherlands. There, Ronaldo won the Dutch cup in 1996 and claiming Eredivisie Golden Boot in 1995. In 1996, at the age of just 20, he became the youngest player ever to win the FIFA World Player of the Year.

In 1996, Spanish giants FC Barcelona signed Ronaldo Nazário at the age of 20 and then the rise of El Fenómeno truly began. He finished as La Liga's top scorer and helped Barcelona win the 1996-97 UEFA Cup Winner's Cup. His signature move was the one-on-one with goalkeeper, where he would dribble past the keeper with composure before tapping the ball into an empty net.

Despite his sensational performances, a contractual dispute between the club and his representatives forced Ronaldo to leave Barcelona after just one season. Then he completed another record-breaking transfer to Inter Milan in Italy for \$27 million, making him the most expensive footballer in the history again. In his first season, he scores 25 goals in 32 league games and won Seria A Player of the Year, FIFA World Player of the Year and Ballon d'Or at just 21 years old.



In 1994, he was part of the Brazil's World Cup winning squad in United States. However, he did not make a single appearance, spending entire tournament on bench. The 1998 World Cup, however, was different. He was the most feared striker in the world and expectation were sky high. In that tournament he scored 4 goals and led Brazil to the final against France on July 12, 1998. Just before the final, Ronaldo suffered a seizure in his hotel room. Although he played the final match, he was clearly not fully fit and could not influence the game. Brazil went on to lose the final 3-0 to France.

After two brilliant seasons at Inter Milan, Ronaldo's career came to devastating halt on April 12, 2000, in a match against Lazio. He ruptured his right Patellar tendon and injury was so severe that spectators could actually see his kneecap displaced from the tendon. Many believed that his career was over. After 5 months of the Rehabilitation, he returned to the pitch. The Football world held its breath for his comeback. But just six minutes into the Italian Cup Final, he suffered same injury again. Yet champions are not defined by how they fall, but by how many times they rise, fight back and remind the world of who they truly are.



In 2002, Ronaldo had not played a single World Cup qualifier for Brazil, yet he was still selected for the national squad for the FIFA World Cup. During that tournament, the world saw the most iconic attacking trio of Ronaldo, Rivaldo and Ronaldinho which is also famously known as the "Three Rs."

- During the 2002 World cup, Ronaldo scored:
- In the 1st match against Turkey, he scored one goal
- In the 2nd match against China, he scored one goal and provided one assist
- In the 3rd match against Costa Rica, he scored two more goals
- In Round of 16 against Belgium, he found the net again
- He did not score in the quarter final against England, but returned in the semi-final with the winning goal against Turkey

In the final against Germany, Ronaldo faced one of the greatest goalkeepers of all time, Oliver Kahn and scored two goals against him.

Brazil won the world cup against Germany with the scoreline of 2-0. With 8 goals in 7 matches, winning the Golden Boot and completed what many considered the greatest comeback in football history.

After the World Cup, Ronaldo joined Real Madrid for €47 million, becoming part of the legendary Galácticos era. He shared a pitch with icons like Zinedine Zidane, Luís Figo, Roberto Carlos, Raúl, and Guti. Over five seasons with Real Madrid, he scored 83 goals in 127 appearances. By 2007, he was diagnosed with hyperthyroidism which caused weight gain and affected his fitness. The treatment medication was banned in football, yet he continued to play. In that year, he later moved to AC Milan, but injuries and fitness issues limited him. In 2009, he returned to Brazil to play for Corinthians. Despite being near the end of his career, fans turned out in huge numbers, driven by their love and admiration for a player who had already become a footballing icon.



On February 14, 2011, Valentine's Day, Ronaldo hung up his boots in an emotional farewell. At the age of 34, with tears in his eyes, he explained the physical battles he had faced in silence. Despite injuries, setbacks and battles off the pitch, he always came back and reminded the world of his greatness.



“CHAMPIONS FOREVER: THE PRIDE OF INDIAN CRICKET”

BY:DIPTI NELGE
(T.Y B.PHARM)



The year 2025 marked a significant phase in the evolution of the Indian Women's Cricket Team, reflecting not only improved performances on the field but also the growing maturity of women's cricket in India. Through consistent results, strategic discipline, strong team cohesion and team

confidence in match, the Indian women's team demonstrated its ability to compete at the highest international level. A key factor behind the team's excellence in 2025 was its well-balanced squad. Senior players played a crucial role in guiding the team during pressure situations, holding their hope for winning the match, while younger players displayed confidence and adaptability.

This collection of experience and youth allowed the team to maintain stability across different formats of the game. The leadership shown on and off the field contributed greatly to the team's overall success. Batting performances throughout the year were marked by resilience and tactical awareness.

Indian batters like Smriti , Shafali ,Jemimah, Richa, etc players showed the ability to build innings patiently in longer formats while also adapting to the demands of limited-overs cricket.

In conclusion, the excellence of the Indian Women's Cricket Team in 2025 was the result of collective effort, disciplined execution, and growing confidence. The team not only achieved notable results but also strengthened the foundation for the future of women's cricket in India. Their journey in 2025 stands as an example of determination, progress, and sporting excellence..



ICC
WOMEN'S CRICKET
WORLD CUP
INDIA 2025

राजू परुळेकर

जेष्ठ पत्रकार, लेखक, विचारवंत

1. आजच्या काळात भारतातील शिक्षण पद्धती ही सांस्कृतिक आणि पारंपारिक आधारावर अधिक केंद्रित होत चालली आहे, तर दुसरीकडे परदेशातील शिक्षण हे प्रॅक्टिकल, ॲप्लिकेशन बेस्ड आणि तंत्रज्ञानावर आधारित आहे. अशा परिस्थितीत, या व्यवस्थेत आपण काय बदल करू शकतो आणि जागतिक स्तरावर अपडेटेड राहण्यासाठी आपण काय प्रयत्न केले पाहिजेत?

उत्तर:- "माझं मत स्पष्ट आहे—धोरणकर्ते झाल्याशिवाय शिक्षण पद्धती बदलता येत नाही; त्यामुळे टीका करण्याऐवजी स्वतःच्या स्व-विकासावर लक्ष केंद्रित करा." विज्ञान ही एक शुद्ध शाखा आहे, पण तंत्रज्ञान हे उपयोजित असतं. आजच्या काळात केवळ पुस्तकी कीडा होऊन चालणार नाही, तर तुम्हाला नवीन स्किल्स आत्मसात करावे लागतील. तुमची बुद्धी विश्लेषणात्मक ठेवा आणि तुमच्या 'अंतर्ज्ञानाचा' (Intuition) वापर करा. आज तुमच्याकडे एआय (AI) आणि इंटरनेटसारखी प्रचंड ताकद आहे, तिचा वापर करून स्वतःला जागतिक स्तरावर अद्ययावत ठेवा. शेवटी, तुमची विचार करण्याची पद्धत म्हणजेच 'तुम्ही' आहात.

2. आजच्या तीव्र स्पर्धेच्या युगात, जिथे पदवीधरांची संख्या वाढत आहे पण नोकरीच्या संधी मर्यादित होत चालल्या आहेत, अशा परिस्थितीत युवकांची करिअरकडे पाहण्याची दृष्टी कशी असावी आणि त्यांनी कोणता मार्ग निवडावा, असे आपल्याला वाटते?

उत्तर:- नोकरी म्हणजे करिअर नाही; करिअर ही अधिक व्यापक संकल्पना आहे. नोकरी केवळ उदरनिर्वाहासाठी असते, तर करिअर म्हणजे स्वतःची ओळख निर्माण करून समाजासाठी काहीतरी घडवणे. त्यामुळे नोकरी शोधण्यापेक्षा काहीतरी निर्माण करून रोजगार निर्माण करण्याचा विचार करावा. तुमचे खरे काम नोकरी शोधणे नाही, तर स्वतः काहीतरी उभे करणे आणि नोकऱ्या निर्माण करणे हे आहे.



3. आजच्या काळात प्रसारमाध्यमांद्वारे मिळणाऱ्या माहितीत सत्य आणि असत्य याचा फरक कसा ओळखावा?

उत्तर:- प्रसारमाध्यमांतील कोणतीही माहिती मी थेट स्वीकारत नाही; ती स्वतः तपासल्याशिवाय पटत नाही. मी बातम्या पाहणे टाळतो आणि स्वतः अनुभवलेल्या किंवा पडताळलेल्या गोष्टीच मानतो. आज सोशल मीडिया, AI आणि विविध स्रोतांमुळे माहितीची तुलना करून सत्य-असत्य ओळखणे शक्य आहे.

4. आजची स्त्री कोणत्याही वयोगटातली असो ती आता या समाजात सुरक्षित नाही तर आम्ही युवक म्हणून काय करू शकतो?

उत्तर:- स्त्रीच्या प्रगतीसाठी डॉ. बाबासाहेब आंबेडकर आणि पंडित जवाहरलाल नेहरू यांचे विचार आजही तितकेच गरजेचे आहेत. स्त्रीने स्वतःची कौशल्ये वाढवली पाहिजेत सर्वात महत्त्वाचे म्हणजे, स्त्रीने स्वतःचे अस्तित्व स्वतःच्या मनाने स्वीकारले पाहिजे. आपली ओळख कुणाच्या आधारावर नाही, तर आपल्या निर्णयांवर आणि क्षमतेवर उभी असली पाहिजे. तिची स्पर्धा इतरांशी नव्हे, तर स्वतःच्या प्रगतीशी असावी. भीतीवर मात करून वास्तवाला ठामपणे सामोरे जाणे हाच खरा बदल आहे.

5. सामाजिक प्रगतीसाठी सांस्कृतिक व सामाजिक वातावरण कसे असावे ?

उत्तर:- भारतामध्ये सामाजिक व सांस्कृतिक प्रगती हळूहळू होत गेली आहे.माझ्याशी जसे वागले जाऊ नये, तसेच वर्तन मी इतरांशी करणार नाही—ही भूमिका प्रत्येकाने घेतली, तर समाजाची प्रगती निश्चित होईल. धर्म, आहार, विवाह यांसारख्या वैयक्तिक बाबींमध्ये हस्तक्षेप नको आणि तेच माझ्यावरही लादले जाऊ नये. वैज्ञानिक दृष्टिकोनातून प्रत्येक व्यक्ती वेगळी आहे हे स्वीकारणे महत्त्वाचे आहे. आपली विचार करण्याची पद्धत आपल्याला, आपल्या समाजाला आणि आपल्या देशाला घडवते.

6. कोणताही व्यवसाय करताना भ्रष्ट वातावरणातही प्रामाणिकपणा, मूल्ये आणि कर्तव्यनिष्ठा कशी टिकवावी?

उत्तर:- विचारशक्ती माणसाचे अस्तित्व आणि जीवनाचा उद्देश ठरवते, त्यामुळे जीवनाचे ध्येय स्पष्ट असणे आवश्यक आहे. केवळ पैशासाठी किंवा केवळ सेवेसाठी जगणे योग्य नाही; दोन्हीमध्ये संतुलन गरजेचे आहे. समाजसेवा प्रभावीपणे करण्यासाठी आर्थिक स्थैर्य आवश्यक आहे, आणि खऱ्या प्रगतीसाठी समृद्धी व सेवा यांचा समतोल महत्त्वाचा आहे.

7. तरुणांनी निर्भीडपणे वागण्यासाठी काय करावे?

उत्तर:- इतरांशी तुलना न करता कालच्या स्वतःपेक्षा आज अधिक सक्षम होण्यावर लक्ष केंद्रित करावे. मनातील भीती ओळखून ती कल्पित आहे की वास्तव याचा विचार करून, भीतीला न घाबरता ठामपणे वास्तवाला सामोरे जाणे—हेच निर्भीडपणाचे खरे बळ आहे.



8. आजच्या काळात तुमच्या पिढीकडून आमच्या पिढीच्या काय अपेक्षा आहेत आणि तुम्ही आम्हाला काय संदेश द्याल?

उत्तर:- आमच्या पिढीच्या फार अपेक्षा नाहीत; चांगल्या लोकांकडून शिका आणि आयुष्याची जबाबदारी स्वतः घ्या. चुका करण्याची मुभा ठेवा, कारण त्यातूनच योग्य निर्णय घेता येतात. अपयशाची शक्यता स्वीकारा—फक्त 'पॉझिटिव्ह थिंकिंग'वर अवलंबून राहू नका.

मुलाखत दिनांक: १४ नोव्हेंबर २०२५ @ COLLEGE OF PHARMACY NASHIK.

मुलाखतकार:

वेदश्री नायगांवकर, श्रावणी तिळवणकर, आळंदी पिसोळकर, श्रावणी अमृतकर, उत्सो मुखर्जी, अनिकेत लसणकुटे, गौरी चांदवडकर, नओमी वानखेडे (QUASAR MAGAZINE EDITORIAL BOARD)

[FOR FULL YOUTUBE VIDEO, SCAN THIS QR]





Interview

Smitha Nagare Kajale

(Ironman Western Australia 140.6)

(Ironman Goa 70.3)

मुलाखत दिनांक: ३० डिसेंबर २०२५

मुलाखतकार:

वेदश्री नायगांवकर, नओमी वानखेडे, आळंदी पिसोळकर, श्रावणी अमृतकर, श्रावणी तिळवणकर, गौरी चांदवडकर, श्वेता शेळके.

1. Engineering background असतानाही तुम्हाला हा वेगळा मार्ग निवडावासा का वाटला? या प्रवासाची सुरुवात कशी झाली आणि त्यासाठी तुम्हाला कुठून प्रेरणा मिळाली?

उत्तर: मी मूळची सिव्हिल इंजिनिअर असून सध्या टाउन प्लॅनर आहे. फिटनेसचा प्रवास मी चाळीशीनंतर आरोग्यासाठी सुरू केला. हळूहळू व्यायामाची सवय लागली, शरीरात बदल झाले, आत्मविश्वास वाढला आणि त्यामुळे फिटनेसशी संबंधित संधी स्वीकारत माझा प्रवास पुढे गेला.

2. Ironman Western Australia 140.6 आणि Ironman Goa 70.3 — या दोन्ही स्पर्धामधील अनुभवात काय फरक जाणवला?

उत्तर: गोवा हाफ आयर्नमॅन होती (७-८ तास), ऑस्ट्रेलिया फुल आयर्नमॅन (४ किमी पोहणे, १८० किमी सायकलिंग, ४२ किमी धावणे) होती. गोवा ही पहिली स्पर्धा असल्यामुळे घाबरले होते, तर ऑस्ट्रेलियासाठी तयारी करून गेले होते. दोन्ही अनुभव वेगळे होते.

3. स्पर्धेदरम्यान शारीरिक आणि मानसिक दृष्ट्या सर्वात मोठे आव्हान कोणते होते?

उत्तर: रनिंग हा माझा कमकुवत भाग होता. प्रत्येक टप्प्यासाठी cut-off time आणि १०-११°C तापमान, लाटा, पाऊस आणि समुद्राची भरती या अडचणी होत्या. तरीही “स्पर्धा पूर्ण करायचीच” या निर्धाराने यशस्वी झाले.

4. Podium Mother म्हणून ओळख मिळाल्यानंतर तुमच्या जबाबदाऱ्या कशा वाढल्या असे तुम्हाला वाटते?

उत्तर: मी जबाबदारी दबाव म्हणून घेत नाही. रॅक येतोच असा माझा आत्मविश्वास आहे. सातत्यपूर्ण सराव आणि शिस्तबद्ध मेहनत असल्यास कोणतेही ध्येय साध्य करता येते.

5. बसेलटन (Busselton) मधील आंतरराष्ट्रीय मंचावर उभे राहताना भारतीय महिलांचे बदलणारे रूप जगासमोर मांडण्याची जबाबदारी जाणवली का?

उत्तर: फुल आयर्नमॅन पूर्ण करणाऱ्या महिलांची संख्या कमी आहे, मी ठाण्यातून पहिली होते. तयारीवर लक्ष केंद्रित करून आणि प्रशिक्षकांच्या ट्रेनिंग प्लॅनचे पालन करून मी दबावाशिवाय यश मिळवले.

6. फिनिश लाईन पार केल्यानंतर तुमच्या मनात पहिला विचार कोणता आला?

उत्तर: “Yes, I did it!” प्रचंड आनंद झाला, वेदना जाणवली नाही. शाळेत प्रमुख पाहुणी म्हणून आमंत्रण आले आणि सत्कार मिळाला—हा अनुभव आयुष्यभर लक्षात राहणारा आहे..

7. Ironman सारख्या आंतरराष्ट्रीय स्तरावरील स्पर्धांसाठी तयारी करताना कोणते घटक सर्वात महत्त्वाचे ठरले?

उत्तर: योग्य ट्रेनिंग, संतुलित डाएट, आणि ८ तासांची झोप महत्त्वाची आहे. हे शरीराची रिकव्हरी सुधारतात आणि पुढील वर्कआउटसाठी तयार ठेवतात.



8. तुमच्या मते, “Ironman” असण्याचा खरा अर्थ काय आहे?

उत्तर: माझ्या मते “Ironman” असण्याचा खरा अर्थ म्हणजे प्रशिक्षणाच्या काळात स्वतःला शारीरिक आणि मानसिकदृष्ट्या इतकं सक्षम बनवणं की शरीर अक्षरशः लोखंडासारखं मजबूत होतं. माझं ट्रेनिंग खूप कष्टाचं आणि सातत्यपूर्ण होतं—दररोज एक ते दीड तास वर्कआउट, लांब सायकलिंग राईड्स आणि रविवारी रनिंग.

या प्रवासात मला जाणवलं की माझं शरीर अधिक सक्षम, तंदुरुस्त आणि सुदृढ झालं आहे. स्वतःचं एक अधिक हॅल्दी रूप घडवणं—हाच माझ्यासाठी “Ironman” असण्याचा खरा अर्थ आहे.

9. महिलांसाठी endurance sports मध्ये कोणती आव्हाने असतात?

उत्तर: वयानुसार अडचणी बदलतात. तरुण वयात मासिक पाळीच्या वेदना, नंतर रजोनिवृत्तीची समस्या. सामान्यतः शारीरिक ताकद कमी असते, पण वेदना सहन करण्याची क्षमता जास्त असते

10. करिअर आणि आवड दोन्ही सांभाळताना विद्यार्थ्यांनी काय लक्षात घ्यावे?

उत्तर: वेळेचे योग्य नियोजन महत्त्वाचे आहे. माझी नोकरी १० ते ६ असूनही मी सकाळी ५:३० वाजता व्यायाम करते. शिस्त, नियोजन आणि सातत्य ठेवल्यास दोन्ही जपता येतात.

11. सध्या तुम्ही कोणत्या अंतिम ध्येयासाठी प्रयत्न करत आहात?

उत्तर: सध्या मी हायरॉक्स (Hyrox) स्पर्धेसाठी तयारी करत आहे, ज्यामध्ये १ किमी धावणे, स्ट्रेंथ ट्रेनिंग, स्टेच पुल, स्लेज पुश आणि एकूण १० किमी रन यांचा समावेश असतो.

पुढील वर्षी मी पुन्हा आयर्नमॅन स्पर्धेसाठी तयारी करण्याचा विचार करत आहे.

12. तुमच्या उल्लेखनीय सातत्यामागचं कारण काय आहे?

उत्तर: माझ्यासाठी सातत्य हा स्वभावाचाच भाग आहे.दैनंदिन उद्दिष्टे पूर्ण करणे हीच माझी खरी प्रेरणा आहे—थकवा किंवा वेदना असतानाही मी सराव सुरू ठेवते.थोडक्यात सांगायचं तर, माझा मंत्र एकच आहे: “Never snooze that alarm.”

13. तुम्हाला कधी अपयश आलं आहे का?

उत्तर: आजपर्यंत नाही. मी जे काम हाती घेतले ते नेहमी यशस्वीपणे पूर्ण केले. मी कधीही खचले नाही, ना मला कोणताही मोठा अपघात किंवा अडथळा आला. मी जेव्हा एखादे ध्येय ठरवते, तेव्हा ते पूर्ण होतेच—कारण माझा स्वतःवर विश्वास आहे आणि मी सातत्याने प्रयत्न करत राहते.

14. स्पर्धेत सहभागी होण्याचा निर्णय घेतल्यावर कुटुंबाची प्रतिक्रिया कशी होती?

उत्तर: माझ्या मुलाने जिम जॉर्डन करण्याचा सल्ला दिला, ज्यामुळे मी वयाच्या ४५व्या वर्षी नियमित व्यायाम सुरू केला. नंतर सायकलिंगही सुरू केले. कुटुंबाने पूर्णपणे प्रोत्साहन दिले; त्यांचा पाठिंबा माझ्यासाठी मोठी प्रेरणा ठरली.

15. कॉलेजमधील विद्यार्थ्यांसाठी मानसिक आणि शारीरिक आरोग्य महत्त्वाचे आहे का?

उत्तर:- तरुणांना मानसिक आणि शारीरिक आरोग्य खूप फायदेशीर असते, कारण उच्च सहनशक्तीचे खेळ सोपे जातात. लहान वयात शरीर जलद विकसित होते, त्यामुळे तरुणांनी खेळ आणि व्यायाम गांभीर्याने घेतले पाहिजे.





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SKILL AND WILL TO MAKE AND SERVE QUALITY PILL

“Skill and Will to make and serve Quality Pill” aligns with India’s Skill India mission. Quality means customer satisfaction and continuous improvement through better processes, standards, and innovation. Thus, both skill and will are essential for quality products and services.

• **Indian Pharmaceutical Industry’s Current Scenario and Challenges** •

India has over 10,000 pharmaceutical companies with a turnover of ₹3.5 lakh crore, expected to reach ₹4.7 lakh crore by 2027 (CAGR 15.92%). The industry markets 2 lakh brands and exports worth ₹2.7 lakh crore, projected to grow to ₹4 lakh crore. India supplies 30% of global generic medicines and has 1,314 WHO-approved and 650 USFDA-approved plants, exporting to 214 countries.

The “Make in India” model has strengthened pharma leadership and affordable healthcare. India ranks among the top four countries in pharma production by volume, with every third tablet or fourth capsule in developed nations made in India, reflecting “Skill India” and “Make in India.”

India’s biosimilar market is growing at 30%, driven by a shift toward non-communicable diseases. Life expectancy has increased from 37 years in 1947 to around 71 in 2025, though still below Japan’s 85. R&D investment has risen from 4% to 8%, supporting innovation. However, challenges include low doctor-patient ratio, limited healthcare access, dependence on APIs, funding gaps, and shortage of skilled talent, which must be addressed to achieve pharma leadership by 2030.

• **Importance of Skill in Pharmacy Profession** •

According to the World Economic Forum, India’s average age will be around 29 by 2025, making it a strong human resource base. Initiatives like the National Policy for Skill Development (2015) and PMKVY aim to skill 40 crore people. However, only 2–3% of the workforce is formally skilled. Many pharma graduates lack industry-ready skills, highlighting the need to align education with industry needs.



• Strategic Approaches to Develop Pharmacy Skill •

1. **Industry Attachment:** Link pharmacy colleges with industries for practical exposure.
2. **Updated Syllabus:** Revise curriculum every 4 years with industry experts and teacher training.
3. **Teacher Training:** Mandatory 2-month industrial training every 3 years.
4. **Skill-Based Syllabus:** 40% focus on practical skills with certification support.
5. **Problem-Based Learning:** Final-year students to complete industry-based projects.
6. **Entrepreneurship Development:** Include entrepreneurship with expert guidance.
7. **Training for New Teachers:** Focus on teaching methods, digital tools, and soft skills.
8. **Industry Skill Development:** Certification programs via PMKVY and LSSSDC.
9. **Pharmaceutical Care Skills:** Focus on healthcare and geriatric care skills.

• Important Skills Required in Pharmacy Profession •

1. **Pharma Manufacturing:** Documentation, validation, cGMP, audits, regulatory work, QMS, process optimization, tech transfer, SAP, eCTD, HVAC, monitoring, OOS/OOT, IT skills.
2. **R&D:** Method development, NDDS, ANDA filing, stability studies, BA/BE studies.
3. **Sales & Marketing:** Product detailing, management, positioning, research, training, product launch, communication skills.
4. **Pharmaceutical Care:** Patient counselling, drug interactions, storage, pharmacovigilance, pharmacoeconomics.
5. **Teaching Skills:** Digital teaching, communication, demonstration, instrument handling.

• Conclusion •

Knowledge is important, but skills come through practice. With advancing technology, operating modern systems has become essential. In pharmacy, skills are crucial across all areas, while AI and robotics enhance quality and precision. Like Eklavya, one must develop skills with dedication. Skill means applying knowledge, innovating, and loving the profession to create a legacy. With a positive attitude, success follows, as “Sarvada Vigyata Vijaya” means skill always wins.

In this rapidly changing world, it is said that:

Those who change after change..... survive.

Those who change during change..... succeed.

Those who contribute to change..... lead.

So, innovate, ensure quality, think of safety and economy, and lead. We are working towards Pharma Vision Swasth Bharat, Pharmacist for a healthy India, and the dream of Late Ex-President of India, A. P. J. Abdul Kalam, to make India a Pharma Super Power by 2030.

THE ALGORITHMIC APOTHECARY

AI IS LEADING THE PHARMA RENAISSANCE

-by Shravani Chetan Tilwankar (T.Y.B.Pharm)

DAWN OF ALGORITHMIC APOTHECARY:

For over a century, the pharmaceutical industry has relied on risky and manual biological trial and error. The journey of a drug was defined; linear and manual. Scientists screened millions of chemicals, factories manufactured identical batch sizes and clinical success was matter of expensive trials and high risk.

However, as we move through 2026 we are witnessing a fundamental “AI-Fication” of the sector, a transition of pharma industry into high speed, a data driven ecosystem. This is the era of algorithmic apothecary.



DIGITAL TWINS: PREDICTIVE SIMULATIONS

Digital twins are virtual, data driven replicas of patients that allows researchers to test the drug in risk-free environment before human trials.



Global innovations include Unlearn.AI they are currently utilizing digital twins in phase III Alzheimer’s trials, reducing the need of “real world” placebo participants by 33%. IIT Indore’s CHARAK DT platform is a human digital twin which also plays a crucial role in shaping the Healthcare system.

3D-PRINTED PILLS:

3D-Printer is used to build custom pill with exact dose customized to specific patient requirements. This replaces a “one-size-fit-all” medicine, 3D-Printing enables to obtain personalized pills tailored to patient DNA. Aprelia pharmaceuticals has achieved FDA approved first ever 3D-Printed pills SPRITAM for epilepsy, it is specifically designed to dissolve instantly in mouth specifically for helping patients who face difficulty in swallowing during or after seizures.



ROBOTIC AUTOMATION:

Pharma giants like AstraZeneca and Dr. Reddy’s have actively instilled AI driven robotics for ensuring safety, efficacy, and precision. AstraZeneca has instilled fully automated labs where robotic arms perform several micro-experiments on daily basis speeding discovery 10x. Whereas, Dr. Reddy’s Aurigene has installed AI powered robots which inspect the lines and detect microscopic vial defects with 99.9% accuracy which is nearly impossible for humans. Cobots(collaborative robots) and Autonomous mobile robots handle workflow and efficiency; also handle the crucial check points to ensure absolute safety and increase outputs.



SMART PACKAGING:

Morden packaging is updated with technological significance which is obtained by using microchips, QR codes, NFC, tiny sensors etc. which provides gold-standard data for the company as it has many crucial alerts like the color indications if the temperature gets hot or cold during shipping; as done by Jones Healthcare Group. Also telling about how to consume the pill and the directions of use when scanned the QR code on the pack. The data collected can also be used for personalized marketing helping brand to scale and increase the brand value effectively. IoT tracking mechanisms which can be instilled in the shipments allowing company to track parameters like temperature, humidity, shock vibration and light ensuring a complete check.



CONCLUSION: A STRATEGIC PIVOT

As we progress ahead through this era of automation, artificial intelligence and data driven ecosystem it is necessary for us to understand that it is a fundamental development and will continue to lead to drastic developments in pharmaceutical industry. It surely is “Renaissance” of pharmaceutical industry. We being the upcoming pharmacists and future of one of the crucial component of this Healthcare system, this is important for us to understand these fundamentals and lead this revolutionary movement smartly.

Thank you



EVOLUTION OF PHARMACY IN INDIA



-Utso Mukherjee (T.Y.B.Pharm)

The pharmaceutical industry is the one of the major contributors in the economic growth of India and is playing a pivotal role in establishing the country as one of the world's superpower . It is one of the most booming sector . It is a unique industry which not only serves the society to the core but also provides employment and saves millions of lives every year . But it was not the same as it is today , it has undergone series of changes.

In the ancient times Ayurveda was developed and was practiced by vaidyas . There were no separate doctors and pharmacists . Then in the Medieval India when the Arabs and the Persians ruled , they introduced a system known as Unani which involved preparation of syrups and powders in small scale dispensaries . Then during the British Rule the foundation of Modern Pharmacy was laid . The western medicines were introduced but there was no formal education . The establishment of industries like Bengal Chemicals and Pharmaceuticals Works had a remarkable change in the history of Indian Pharmaceutical Industry.

Even though there was growth in pharmacy the people were not aware about it , the people working at the pharmacy also lacked knowledge . So to get the exact situation a committee was set up by the then Indo-British Government under the leadership of Sir RN Chopra . Based on their report The Drugs And Cosmetics Act was introduced in 1940 and was implemented effectively post 1947. The Pharmacy Act 1948 regulated pharmacy education and profession . The Pharmacy Council of India (PCI) was set up . From hereon the development and growth started .



Professional courses like B Pharm , D pharm , Pharm D , M pharm were introduced and premier universities like UDCT (now ICT) and NIPERs were established . Many government undertaking PSUs like IDPL , HAL, BPCL were formed . CSIR Laboratories and research institutions were established for research and development . Central Drugs Standard Control Organization (CDSCO) was established for quality control and standards .

Today the Indian Pharmaceutical Industry is 13th largest in the world by value and 3rd by the volume . It has become a hub for generic medicines . It produces over 60000 generic drugs in 60 different therapeutic doses . It has also become self sufficient on bulk drugs and formulations . India is one of the major exporter of vaccines . India's revenue from pharmaceutical exports in FY 2024-25 reached whopping \$30-30.5 bn showing 9% increase growth as compared to the previous financial year . It exports pharmaceutical products to the countries like China ;USA ;African natons like South Africa , Kenya , Tanzania , Nigeria , Ghana , Uganda ; Uk and the countries of European Union . Indian cites like Mumbai , Kolkata , Ahmedabad , Hyderabad , Bengaluru , Chennai , Margao , Pune , Ahmedabad , Vadodara have become a major pharmaceutical hub . Global pharmaceutical leaders like Cipla , Lupin Glenmark , Biocon , Sun Pharma have originated in India . The industry directly employs 2.7 million while indirectly employs 5 million . These factors makes the industry one of the backbone of the Indian economy

FROM CLASSROOM LEARNING TO GLOBAL POSSIBILITIES

Understanding How Pedagogy in Pharmacy Education Aligns with Your Career Goals

Summary/final message for students:

Pharmacy education is more than completing a syllabus; it is the formation of a professional identity. Through purposeful pedagogy, you can develop not only knowledge and skills, but also ethical responsibility, analytical thinking, and professional discipline.

Whether your path leads to competitive exams, higher studies, research, industry, public service, or entrepreneurship, the foundation is built during these academic years. Consistent engagement, reflective learning, and clarity of purpose will shape your success.

“Education opens the doors — your commitment determines how far you go.”

- **Name:** Dr. Monika Shivaji Sonawane
- **Designation:** Training & Placement Coordinator, M.V.P.'s College of Pharmacy, Nashik
- **Email:** mssonawane@mvpcpn.edu.in

Article:

Every pharmacy student begins their journey with ambition—whether preparing for competitive examinations such as GPAT, GATE, NIPER, CSIR-NET, Drug Inspector or Public Service Commission exams, pursuing higher studies abroad, or planning careers in industry, public health, management, or entrepreneurship

Amid lectures, laboratory sessions, and assessments, an important question arises: *Is current learning truly preparing me for my future?* The answer lies in understanding **pedagogy**—the structured approach through which learning is intentionally designed.

Pharmacy education is built on strong foundations of conceptual clarity, scientific rigor, ethical responsibility, and disciplined learning.

Modern pedagogy extends this by

incorporating competency-based learning, research orientation, digital literacy, communication skills, and regulatory awareness.

Globally, pharmacy education is guided by frameworks that emphasize patient-centered care, quality assurance, ethical practice, and lifelong learning. In India, regulatory bodies such as the Pharmacy Council of India align education with these expectations, aiming to develop scientifically competent, socially responsible, and adaptable professionals.

Pedagogy in pharmacy education goes beyond teaching. It integrates **cognitive (knowledge), psychomotor (skills), and affective (attitude)** development. Modern approaches such as **outcome-based education (OBE)** and reflective learning ensure that students progress from understanding to application and professional responsibility.

This progression can be visualized as:

Knowledge → Skills → Professional Attitude → Career Readiness



Linking Learning with Professional Readiness

Academic Activity	Professional Outcome
Classroom Lectures	Develop conceptual clarity for competitive exams and higher studies
Laboratory Training	Build technical competence for industry, research, and entrepreneurship
Seminars & Presentations	Strengthen communication, structured thinking, and confidence
Regulatory & Ethics Discussions	Develop professional responsibility and public service readiness
Projects & Research Work	Promote innovation, analytical depth, and global academic preparedness

This structured pedagogy ensures that students are prepared not only for examinations but also for real-world responsibilities.

Aligning Pedagogy with Career Pathways

Career pathways after pharmacy are diverse, yet share common competency foundations such as conceptual depth, analytical reasoning, discipline, and ethical accountability.



Career Pathway	How Pedagogy Prepares You
Competitive Examinations	Strengthens conceptual understanding, problem-solving, and application skills
Higher Studies Abroad	Builds research ability, academic writing, and independent thinking
Industry Roles	Develops technical skills, documentation practices, and regulatory awareness (GMP, QA)
Management & MBA	Enhances leadership, communication, and decision-making abilities
Public Sector & Regulatory Careers	Provides understanding of policy, ethics, and governance systems
Entrepreneurship	Encourages innovation, problem-solving, and interdisciplinary thinking
Emerging Fields (AI, Pharmacoeconomics, IPR)	Builds adaptability, digital awareness, and future-readiness



This alignment highlights that the same academic activities support multiple career goals when approached with intention.

Ultimately, pharmacy education is not limited to acquiring a degree. When students align daily learning with long-term goals, education transforms into purposeful preparation for meaningful contribution.



FROM PHARMACY TO PURPOSE

MY ACADEMIC & PROFESSIONAL JOURNEY



Clinic Addresses

**Chaitanya Homoeo Heart Care
Clinic & Research Center,
1, Shantakaram Apartment,
Lakshmi Road, Pune-411030**

**Health Spectrum Medical
Co-working Space,
101, First floor, Westville, Opp.
Baner Police Station, Balewadi
Highstreet, Baner, Pune-411045**

My academic journey began with Pharmacy, where I completed my Bachelor of Pharmacy (B. Pharmacy). This phase laid the strongest foundation of my professional life. My Pharmacy professors played a vital role in shaping my scientific thinking, discipline, ethics and confidence. Their guidance extended beyond textbooks and laboratories—they nurtured clarity of thought, resilience and the courage to grow. I remain deeply grateful to all my teachers whose thoughtful upbringing empowered me to take my academic learning forward into diverse professional domains.

Beginning of My Professional Career After completing my graduation, I started my career in the pharmaceutical industry, which provided me with hands-on exposure to applied science, quality standards and professional work culture. This experience instilled discipline, accountability and respect for evidence-based practice.

Transition into Teaching With a growing inclination toward education, I later transitioned into academics as a Lecturer. Teaching strengthened my conceptual understanding and helped me develop effective communication and mentoring skills.

Guiding students reinforced my belief that education plays a transformative role in shaping individuals and society.

Professional Expansion – Patent Assistance My journey then took me into the specialized field of Patent Assistance, where I worked closely with innovation, scientific documentation and intellectual property. This phase sharpened my analytical and research-oriented thinking and broadened my interdisciplinary perspective.

Discovering My True Calling – Nutrition & Holistic Health Over time, I felt a strong pull toward health, wellness and preventive care.

Building upon my pharmaceutical background, I pursued upgradation and specialization in Nutrition, Sports Nutrition & Dietetics, and Yoga & Naturopathy.

This integration of medical science with holistic health helped me understand that sustainable well-being depends on lifestyle, nutrition, mental health and discipline working together.

Freelance Nutrition Consultant – 2014 to Present In 2014, I made a conscious and purposeful decision to follow my passion and began working as a Freelance Nutrition Consultant.

Today, I am working PAN India, with my professional footprints extending beyond India to countries such as the USA and Europe.

I consult individuals across diverse geographies, cultures and health profiles.

My clinical and wellness practice includes lifestyle disorders, PCOD / PCOS, thyroid management, immunity-related disorders, IBS and digestive health issues, cancer patients undergoing chemotherapy, and dialysis and renal-care patients.

Through years of practice, I have realized that nutrition alone cannot bring complete recovery. Addressing the psychological and emotional well-being of patients is equally critical and forms a distinct and special aspect of my work.

Social Responsibility & Community Outreach As a social responsibility, I have actively conducted nutrition awareness lectures for school students, college students, and the general public.

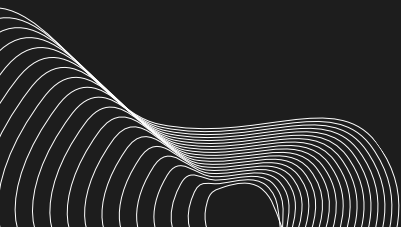
In addition to individual consultations, I have also entered the corporate sector, conducting employee wellness and nutrition awareness programs to improve workplace health and productivity.

My Message to Students My journey has taught me that your core degree gives you strength and direction, your teachers shape your thinking and confidence, career paths can evolve with continuous learning, and true success lies in serving society with empathy and integrity.

Ashwini Deshmukh (Ashlesha Chaporkar) College of Pharmacy,
1994 Batch, Nashik.

Our Expertise :

- Lifestyle disorders
- PCOD
- Thyroid management
- Diabetes mellitus
- Uric acid management
- Weight management
- Immunity disorders
- Balanced diet
- IBS



Circle of life

Mrs. Nikita Derle-Mahale 

Senior QA Customer Project Lead,
Lonza Biologics, UK.



Life didn't begin with lecture halls, campus cafés, or a circle of university friends. It began with a suitcase, a marriage certificate, and a one-way ticket to a country where even the sky felt unfamiliar. While others my age were figuring out timetables and internships, I was figuring out how to be a wife, and a newcomer in a land of strangers. My only friend was also my companion my husband—and together we were learning how to build a life from scratch.

I was suddenly a wife, a daughter-in-law, and a brand-new immigrant in a country where even the sky felt different. I left behind my parents, my pet, the comfort of evening tea, and the chaos of teasing my younger brother. Suddenly, I wasn't the girl who opened the door for my parents after work. I wasn't the one who took the dog for his walk. I wasn't even the girl who fought over the TV remote or annoy your younger brother just to remind him who Dad's favourite is.

Landing in the UK felt like stepping into a Bollywood scene—Shah Rukh Khan music playing in my head, me looking around dramatically. Reality hit quickly: I had to pick up my own luggage, figure out Google Maps with street names I couldn't pronounce, and ask people to speak slowly... despite studying in a convent school. My father's voice echoed in my head: "I wasted money on you lot!" Honestly, he had a point.

My new home greeted me with grey skies, cold air, and a silence so deep it felt like a character in the story.

Then came the first cultural shock: drinking water. Back home in India, we have Aqua guard, filters, boiled water, the whole system. Here, my husband casually said, "Any tap is fine." My brain screamed, "Huh?!". But thirst won, and I drank two glasses of ice-cold tap water while praying I wouldn't fall sick.

The first week was all grey skies and rain. I sat by the window thinking, Does anyone even live here? Then the weekend arrived with a bit of sunlight, and suddenly the streets were full of people. I thought, Ah, so they do exist!

My first solo mission was buying milk. Back home, milk magically appears at your doorstep. Here, I had to walk to a store, choose between skimmed, semi-skimmed, full-fat, lactose-free, plant-based... I mean, why is milk a personality test? I called my husband in panic. Then I stood in a queue—yes, a queue—for one carton of milk. The cashier taught me how to pay contactless, just tap and go! I felt like I discovered a superpower.

Cooking was another adventure. My first khichadi turned into an Indian risotto because my mum's instructions were "Andazaa ghe." My andazaa clearly had no sense of direction. Mum didn't appreciate the photo I sent her, but I ate it proudly. Survival, after all. Lesson learnt you cook or you starve.

Within a week, I had my first job interview. The manager asked why I wanted to work so soon. I said, "I can't explore the world sitting inside a house." That honesty got me the job. We celebrated with Maggi (thinking about my brother here, he would make Maggi in exactly 2 mins).

Work taught me everything school didn't. I learned currency, confidence and courage. I applied to 50 jobs for an industrial role and got rejected so many times I stopped counting. One day, I broke down and told my dad I couldn't follow my dream.

He said something I'll never forget: "When you fight a war, you don't carry a butter knife. You carry a shield, sword, spears and arrows. Fight till you're satisfied. Throne is not that far"

Eventually, I got the role. First a contract, then a permanent job. This is where I remembered what my dad meant! Visa renewals became yearly stress exams. Every time we applied, we wondered if we should unpack or start packing again.

Driving was another chapter. Despite seven years of experience, my instructor told me I was a horrible driver. Challenge accepted. I passed on my first attempt, and he proudly put my photo on his website. Lesson learnt: Paying from my own pocket teaches you a different kind of determination.



Life abroad also changes your perspective. During a visit home in India, our Maushi (house help) said "Didi lausan ghen ya nahitar dal la taste nahi yenar" which is she insisted garlic was essential for dal. I laughed internally—my husband and I had eaten garlic-less meals for weeks without noticing. That's the difference between living with convenience and living with responsibility.

People think living abroad is glamorous. But no one talks about the everyday struggles—the loneliness, the learning curve, the constant balancing act. You learn to be your own support system. You learn to solve problems quietly. You learn to grow without applause.

And yet, there are moments that make it all worth it. Like meeting respected mentors abroad and feeling proud of where you come from. I had an immense pleasure of meeting Hon. Adv. Nitin Thakare Sir (Sarchitnis MVP Samaj, Nashik) in London. Realising your education, your roots, your journey- they all matter, no matter where you stand in the world.

My life didn't start the usual way. But it started bravely. It started with challenges that shaped me. And today, when I look back, I don't see struggle—I see strength. I see growth. I see a story worth sharing.

UNLOCK THE WORLD OF CREATIVITY &
PURPOSEFUL JOURNEYS



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Dr. Vijayakumar Chakote 997074743

SWEETS MAKE
WITH PURE **GHEE...**

Trambakraj

Traders | Animal food | Milk Collection

Khadak Malegoan/ khangoan talniphad (nashik)

9307557321 | 9423076978



The Real
Taste of
Festivities.

FACULTY INSIGHTS

Things do change

- Dr. Wagh M.P.

Pharmacy is no longer just a profession—it is a responsibility, and Gen Alpha Yuva are ready to lead this responsibility with knowledge and innovation.

-- Dr. Ghanshyam B Jadhav

Walk fearlessly, Think wisely, Act logically, Live compassionately, Question scientifically and shine as my own light.

--- Dr. L.A. Kawale, Head, Dept. Of Pharmaceutical Chemistry

To live a life guided by wisdom and truth, enriched with compassion and fueled by a passion for teaching and learning, all while journeying toward self-awareness.

--- Dr. Nade. V.S.

ज्ञान हे केवळ पुस्तकांपुरते मर्यादित नसून, ते अनुभवातून उमलणारे एक चैतन्य आहे; स्वतःला सतत शिकत राहणे, हीच प्रगतीची खरी गुरुकिल्ली आहे

. --- Dr. Mundlod K.N.

“The true purpose of education is not merely to impart knowledge, but to inspire curiosity, integrity, and the courage to question, thereby shaping responsible researchers and compassionate professionals.”

--- Dr. Jagdale A.S.

हेट्टानं करुणा होतु

(Those below — let there be compassion)

समानं सह सन्ती होतु

(With equals — let there be peace)

उपरिमं अनिस्साय न इस्सा होतु

(Toward those above — let there be no jealousy)

--- Shri. Savkare A.D

“True learning is not for survival alone, but for progress, enlightenment, and responsible contribution to society.”

--- Dr. A.N. Aher

From my point of view, every student carries unique potential. May you believe in yourself, remain curious, and continue learning. Use your education to create positive change and meaningful success. With my best wishes for your bright future.

--- Dr. Bacchav A.A.

We are trying to build meaningful lives in a world that keeps changing the rules.”

--- Mrs. Kishori Nilesh Ahire

When more dedicated you are , then more favorable outcomes you experience. --

- Smt.Navale N.M.

“Life: slow-release patience, resilience doses, gratitude bioenhancer, curiosity agonist, peace via toxin clearance.”

--- Shri. Amol.B. Deore

I personally believe that “NO ANSWER IS A WRONG ANSWER”.It is Expression and thinking of students.

--- Shri. Khatale. S.B.

Follow trends wisely, but never forget your foundation. Build your personality with self-awareness, Stay natural, be patient, and happiness will find you.

--- Ms.Wakchaure A.A.

Health is wealth — regular morning exercise and meditation form the foundation for achieving goals.”

--- Dr. Sandhan S.B.

There is only one thing that makes a dream impossible to achieve: the fear of failure.

--- Smt. Chaudhari K.S.

“Dream big, but start small. The smallest step in the right direction can end up being the biggest step of your life.”

--- Dr.Kiran R.Nathe

“Great teachers don’t just teach subjects; they shape character”. “Teaching is not a profession; it is a responsibility to empower the next generation.”

--- Lecturer Mrs.M.S.Jadhav

Teach with dedication, inspire with purpose, explore the world with curiosity, capture moments with my lens, and speak with the confidence to make every voice matter.

--- Mrs.Nishigandha A Tapkire Lecturer, D.pharm

When medicine works with the body’s natural microbiome, treatment becomes transformation.

#ResearchWithPurpose ---

Mrs. Pratiksha Ajinkya Thete

INDEPENDENCE DAY



The Maratha Vidya Prasarak Samaj's College of Pharmacy, Nashik, celebrated Independence Day on August 15, 2025, with a flag hoisting ceremony led by Principal Dr. D.V. Derle. Organized by the Cultural Team, the event included patriotic decorations, the national anthem, and active participation from students and staff, fostering unity, pride, and national spirit.

TREE PLANTATION

The Maratha Vidya Prasarak Samaj's College of Pharmacy organized a tree plantation drive on August 25, 2025, at Horizon Academy, Ozar. Around 150 saplings were planted by students and faculty in the esteemed presence of Principal Dr. D.V. Derle, Director Hon. Shivaji Gadakh, Deputy Chairman Hon. D.B. Mogal, and Education Officer Dr. Kailas Shinde, promoting sustainability and community responsibility despite intermittent rainfall.



SAMAJ DIN CELEBRATION

The MVP Samaj Day Ceremony was held on 19th August 2025 at MVP Samaj's College of Pharmacy, Nashik, to commemorate the visionary founders of the Maratha Vidya Prasarak (MVP) Samaj. The event began with a flag hoisting ceremony led by Principal Dr. Deelip Derle, symbolizing unity and institutional pride.

The program celebrated the contributions of social reformers such as Mahatma Jyotiba Phule, Savitribai Phule, and Rajashri Shahu Maharaj, whose ideals inspired founders like Karmaveer Raosaheb Thorat, Bhausahab Hire, and Kakasaheb Wagh. A special poojan was organized to honor these Karmaveer personalities for their selfless service in education, healthcare, and community welfare.



The event also featured the inauguration of the college magazine poster by Dr. Ajit More and Prof. Ashok Sonawane, providing a creative platform for students.

The venue was beautifully decorated with rangoli and garlands to honor the institution's heritage of over 109 years.

The guest of honor delivered an inspiring speech highlighting the enduring legacy of the founders, while Principal Dr. Derle emphasized the institution's role in shaping generations of learners and reaffirmed the importance of Samaj Din in preserving the founders' vision.



A prize distribution ceremony recognized top-performing students, scholarship recipients, and academic achievers, including awards like the Mahindra, BlueCross, and Late Arvind Kavishwar awards.

The celebration concluded with a vote of thanks, reflecting the institution's ongoing commitment to education, social responsibility, and cultural growth.

INDUSTRIAL VISIT



The industrial visit by MVP Samaj's College of Pharmacy, Nashik, to **Reve Pharmaceuticals Pvt. Ltd.**, Sinnar, provided practical exposure to pharmaceutical manufacturing. Students observed production, QC, QA, packaging, GMP compliance, and safety protocols. The visit enhanced understanding of real-world industrial practices and bridged the gap between academics and industry.

Blood Donation Camp

Maratha Vidya Prasarak Samaj's College of Pharmacy, Nashik, organized a Blood Donation Camp on September 25, 2025. The camp received an overwhelming response from students, teachers, and staff, promoting social responsibility and compassion. The initiative emphasized the life-saving importance of blood donation and was successfully conducted under the guidance of Principal Dr. D.V. Derle, Cultural Incharge Dr. K.N. Mundlod, and NSS Head Prof. A.D. Savkare.



#50





NIRBHAY KANYA ABHIYAN



The MVP College of Pharmacy, Nashik, hosted the 2025 "Nirbhay Kanya Abhiyan" workshop, empowering over 50 female students. Sponsored by SPPU, the event featured expert-led sessions on self-defense techniques, legal rights under the Bharatiya Nyaya Sanhita, and women's nutrition for holistic health. Under the guidance of Principal Dr. D.V. Derle and Student Development officer Dr. A N Aher sir, coordinated by Shravani Chetan Tilwankar, the program successfully fostered resilience and fearless futures.



PHARMACOVIGILANCE DAY



THE MARATHA VIDYA PRASARAK SAMAJ'S COLLEGE OF PHARMACY, NASHIK, ORGANIZED A PHARMACOVIGILANCE SEMINAR ON SEPTEMBER 23, 2025, DURING PV WEEK. EXPERT LECTURES BY DR. SURESH DESHMUKH AND MR. SACHIN TADGE, ALONG WITH A QUIZ AND A STREET PLAY ON ADR REPORTING, PROMOTED DRUG SAFETY AWARENESS AND STRENGTHENED STUDENTS' PROFESSIONAL RESPONSIBILITY TOWARDS PATIENT CARE.



NSS CAMP

On the first day the camp was inaugurated formally by the NSS in charge team and the gram panchayat of the village. A total of 40-45 participants took part with full enthusiasm and commitment.

The main objective of the camp was to enable volunteers to serve others, instil social responsibility and leadership skills. Throughout the camp, various activities were held like cleanliness drives, rain water harvesting system setup, street play depicting prevalent social issues in the village and how we can improve them and guest lectures on upcoming career options, digital literacy, and global news.

Volunteers also conducted Math and English lessons for students of 8th and 9th class and awareness sessions about personal hygiene were conducted for classes 1st – 7th.

The camp was concluded with a valedictory function where we thanked the village officials for welcoming us with open arms and discussed how to decrease the gap between rural and urban India.

Overall, the camp proved to be a valuable and enriching experience for all the participating volunteers.





SPORTS WEEK YASHOMANCH

Yashomanch 2K25, the sports week of MVP's College of Pharmacy, Nashik, was held from 18 to 24 December. Events included cricket, volleyball, throwball, badminton, athletics, chess, table tennis, treasure hunt, cube quest, and tug of war, promoting teamwork, sportsmanship, and enthusiasm among students.



SPORT'S DAY WINNERS



Boys Cricket-
Final Year.B.Pharm



Girls Cricket-
Third Year.B.Pharm



Treasure hunt
Second Year B. Pharm



Volleyball
S.Y.M.Pharm



Teachers treasure hunt



Chess
Vedant Ahirrao (S.Y.B.Pharm)




Table Tennis (Girls doubles)
Megha Patil & Khushi Deshmukh
(Final Year B. Pharm)


SPORTS DAY

Champions 2025

Table Tennis Stars

 Boys Singles	Sumit Paikrao (S.Y.B.Pharm)
 Girls Singles	Karina Dhale (Final Year B.Pharm)
 Boys Doubles	Sumit Paikrao & Mayur Garud (S.Y.B.Pharm)
 Mixed Doubles	Rohak Mahajan & Kalyani Khandve (Final Year B.Pharm)

Strength & Strategy

 Tug of War (Boys)	S.Y.B Pharm
 Tug of War (Girls)	S.Y.B Pharm
 Throwball (Girls)	T.Y.B Pharm

Badminton

 Boys Singles	Arpit Patil (T.Y.B. Pharm)
 Girls Singles	Sanyukta Ahire (T.Y.B. Pharm)
 Boys Doubles	Arpit Patil & Kartik Gilankar (T.Y.B.Pharm)
 Girls Doubles	Gargi Patil & Ridhima Magdum (S.Y.B.Pharm)
 Mixed Doubles	Arpit Patil & Ishani Palve (T.Y.B.Pharm)

Athletics (Boys)

100m & 200m	Uday Bhonekar (S.Y.B.Pharm)
400m	Arpit Patil (T.Y.B.Pharm)
4x100 Relay	T.Y.B Pharm


Athletics (Girls)

100m, 200m & 400m	Priya Chothe
4x100 Relay	S.Y.B Pharm

Cube Events


Cube (3x3)

Saneeka Lade (T.Y.B.Pharm)


Cube (2x2) & Combined (3x3 & 2x2)

Shankar Khandare (T.Y.B.Pharm)

ATARANGI

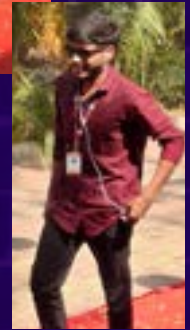
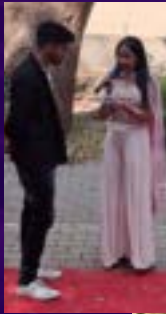
13 February – Traditional Day

Traditional Day was celebrated with students dressed in vibrant ethnic attire. A graceful ramp walk was conducted, where participants showcased elegance, confidence, and cultural styles, creating a lively and memorable atmosphere

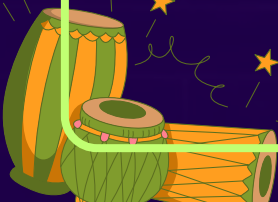


BOLLYWOOD DAY

BOLLYWOOD DAY BROUGHT GLAMOUR AND CREATIVITY AS STUDENTS DRESSED AS ICONIC CHARACTERS. THE LIVELY CARNIVAL FEATURED SNACKS, CROCHET ITEMS, AND HAND-PAINTED TOTE BAGS, CREATING A JOYFUL, COLORFUL, AND ENGAGING ATMOSPHERE.



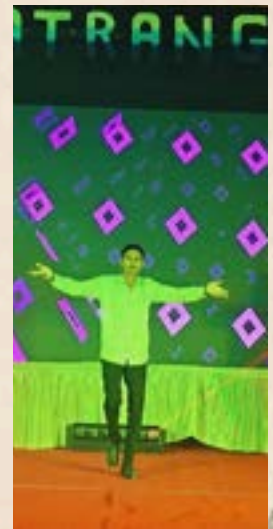
THE CARNIVAL





ATRANGI

◆ CULTURAL EVENT ◆





F.Y.B.PHARM (AIDED)



F.Y.B.PHARM (UNAIDED)



S.Y.B.PHARM (AIDED)



S.Y.B.PHARM (UNAIDED)



T.Y.B.PHARM (AIDED)



T.Y.B.PHARM (UNAIDED)



FINAL.Y.B.PHARM



F.Y.D.PHARM



S.Y.D.PHARM



F.Y.M.PHARM



S.Y.M.PHARM



COUNCIL MEMBERS 2025-26



CULTURAL COMMITTEE (2025-26)



SPORTS COMMITTEE (2025-26)



SOCIAL MEDIA TEAM (2025-26)



NSS TEAM (2025-26)



TEACHING STAFF



NON-TEACHING STAFF



OFFICE STAFF



MAGAZINE TEAM (2025-26)

2026 Magazine Journey

A year of Ideas,
Efforts and Impact



01



FIRST STEPS



02



BRAINSTORMING
TIME



03



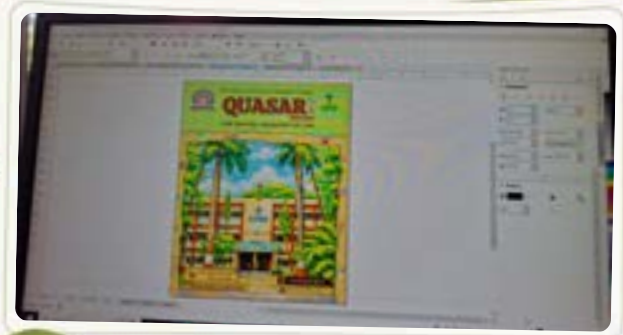
MONTHS OF
DESIGNING



04



SCOUTING FOR
ADVERTISING



05



FINAL RESULT



Maratha Vidya Prasarak Samaj's College of Pharmacy Nashik

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