

College Magazine: 2015-16

INCESSANT

...Continuing Without A Pause



Manipal College of Pharmaceutical Sciences
Manipal University

प्रज्ञानं ब्रह्म



INSPIRED BY LIFE

Padmashree Awardee
Dr T M A Pai
1898 - 1979



MANIPAL UNIVERSITY ASSOCIATION OF PHARMACY STUDENTS [MAPS]: 2015-16





Memory of student days is a noteworthy trait in human life which everybody would like to think or talk about as one grows old. The various functions and events that have taken place during these enjoyable days are worth preserving as an evidence of the youthful period spent. Institutional magazines play a dominant role in meeting this need with beautiful photographs and stimulating articles. I am glad the annual magazine of Manipal College Of Pharmaceutical Sciences is coming out with rich contents as in the past. I wish the students a bright future.

Dr Ramdas M Pai
President & Chancellor
Manipal University

Magazine is the medium to showcase the activities of the students both in the curricular and extra-curricular fields with demonstration of their skills and talents. It is also a rich possession of their parents who will be happy to see the progress of their wards and their growth in the right direction. The magazine of Manipal College of Pharmaceutical Sciences will, I am sure, come out with interesting articles and colorful photographs. My best wishes to the students.

Dr H S Ballal
Pro Chancellor
Manipal University



College magazine reflects the sentiments of an institute which is expressed in the form of stories, pictures, poems etc. This is an occasion for students and staffs to showcase their talents in creative arts and writing skills. I am very happy to know that Manipal College of Pharmaceutical Sciences (MCOPS) is releasing its 2016 college magazine "Incessant". MCOPS being numero uno in the field of Pharmacy education in the country, I am sure there will be a good number of ingenious articles in the magazine. I appreciate the editorial team of "Incessant" for putting their whole hearted effort to come out with a colourful college magazine. I wish Dr Mallikarjuna Rao, Principal MCOPS and his team a great success in their future endeavour.

Dr. Narayana Sabhahit
Registrar
Manipal University



A college magazine gives the right platform for students to showcase their latent talents. INCESSANT, the MCOPS magazine is no different. It carries the year's achievements, jokes, stories and articles from our young students and a few members of the faculty.

Today we are in an enviable situation. We are the No.1 pharmacy college in the country as per the rankings of the National Institutional Ranking Framework (NIRF) of the Union Human Resource Development Ministry. We are overjoyed at this honour. However, we should not be complacent and let grass grow under our feet. We need to strive harder to find a place among the top colleges in the global context. We, in the administration, would assure you of our best efforts to provide all the facilities for learning. It is for you, the aspiring pharmacists, to acquire knowledge and skills to stand up to the challenges of the wide world and emerge on top.

INCESSANT has improved in its look and feel with the passage of years. Let me congratulate the editor Miss Khusboo Mistry and her team for their commendable job in bringing out this edition of INCESSANT for the benefit of all of us. I feel it is worth reading and preserving a copy for the future so that you can recall with nostalgia the days you spent in your alma mater.

I wish all the best .

Dr C Mallikarjuna Rao
Principal, MCOPS

I am delighted to write this message for the students of MCOPS, Manipal University. We at MCOPS are a privileged lot. Our institution continues to be at the top among all the pharmacy colleges of India. We not only encourage our students in their academics, but promote their other creative activities as well. This magazine is the culmination of the efforts of a number of highly talented and creative individuals. The magazine captures many of your activities and, years down the line, bring to you memories of a happy carefree life spent within the portals of MCOPS.

I congratulate all the persons involved in bringing out the magazine, especially Ms. Khushboo Mistry, the editor and, Dr. Jayesh Mudgal, the staff advisor to the editorial committee.

Dr M Sreenivasa Reddy
Vice Principal, MCOPS



It is indeed a matter of pleasure to note that the editorial board of MAPS is bringing out Incessant-2016 of the academic year 2015-16

Being the secretary of MAPS, I am happy to note that various events of the college during this academic year 2015-16 is being covered, showcasing the talents of our vibrant, enthusiastic and energetic student fraternity. A large number of students have come together to make Incessant-2016 worth possessing and reading.

Various articles included in this college magazine will definitely provide knowledge and food for thought.

I profusely congratulate and thank the entire editorial board of MAPS, under the leadership of Dr. Jayesh Mudgal, Assistant Professor, Department of Pharmacology, MCOPS for their uncompromising effort in this journey.

I convey my best wishes to all those who made Incessant-2016 possible.

Dr C S Shreedhara
Secretary, MAPS, MCOPS

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The Chief Editor Speaks



Being in the Editorial Board from last 3 years and finally being the Editor-in-Chief is how my journey pays off! I never know I would so consistently be the part of this committee and I loved being a part of it.

I always wanted my council to be “of the people” and “by the people”. Making decisions with the whole team, getting new ideas from all the team members and implementing them with whole passion and dignity is what made every tasks easier. The best part of all is the most enthusiastic, zealous, and overflowing with ideas and ever ready members. The fun during all the board changes was taking decisions which at times would eventually turn into a debate. The fun will be missed.

The year had been the most enjoyable and eventful. Editorial Committee celebrated International Students’ Day and organized potpourri and treasure hunt “inside the college”. The fun participants had was worth watching!!

The path of creation of INCESSANT 2015 was not an easy one. It started right from formation of the Editorial Committee 2015-16. Stepping onto the post of Chief Editor comes with a chain of legacy that each of my predecessors have created and nurtured. On the first moment I talked to myself, “How do I carry this legacy with innovations into it?” But the work was eased by the most amazing team. The team I always wished for. Thanks to Anushna, Ashutosh, Soumya, Divya, Abishek, Remya, Priyanka, Sushant and Tanvi and Sravani for making every step to achievement successful.

There was always a time limit or deadlines to be followed. Hence we learnt time management really well. With the magazine to be released by the end of the academic year, would have not been possible without our faculty advisor, Dr. Jayesh Mudgal sir who was constantly in touch and advising me at each step. The magazine have yet again added a new page in the records of Editorial Committee.... it was an attempt to bring new and fresh ideas and make it more enjoyable while reading.

To end with, I would like to thank my teacher guardian, Dr. Usha Nayak maam to be there with me always as my support and who encouraged me to stand for this post, Dr. Jayesh Mudgal sir for being the most astonishing advisor, my team members, and both the Joint Editors – Sushant Suresh and Tanvi Bhalla who have always been with me at each stride and lastly our principal Dr. Mallikarjuna Rao for believing in me that I could lead the committee with my whole perseverance and zeal.

My journey in Editorial Committee from being a Class Representative to Editor-in-Chief was tremendous and will always be etched in my memories. It made me a better person and a better leader.

Wishing the future council All the best and MCOPS for the upcoming years.

Leaf through the pages and enjoy reading! Cheers!

Khushboo Mistry
Editor-in-Chief, MAPS

The President Speaks



“Believe in yourself and you are halfway there” ~ Theodore Roosevelt

This line perfectly defines my life changing experience in Manipal. MCOPS was a dream come true. The vibrant atmosphere of this diverse university was indeed welcoming for four long years.

From being an intimidated fresher to contesting for the presidential elections Manipal College of Pharmaceutical Sciences saw it all. And finally the morning came when I get up and see ahead, an amazing new year filled with responsibilities and excitement to experience new heights as the President of MCOPS. It was an incredible experience to be a part of such an excellent and energetic council.

The beginning of this new year was marked with Genesis- the event which formally inaugurates the office bearers and showcases the release of the college magazine ‘Incessant’. The success of this event could happen only by the continuous effort of Anila(Vice President)

and Melissa(General Secretary) and the entire council working round the clock. The academic New Year began with the introduction of a new committee – the Professional Development Committee. This year also saw glimpses of a number of events celebrated by MAPS – World Pharmacists Day, National Education Day, Rashtriya Ekta Diwas, Matribhasha Diwas, World Food Day and fun events like MCL. I am grateful to all the faculty coordinators for their immense contribution.

The much awaited events- Sanskriti by the Cultural Committee, Athlos by the Sports Committee, Pharmaquora by the Academic Committee were grand successes. They gave a platform to the hidden talents of our budding pharmacist’s. I extend my heartfelt gratitude to Sana(for revamping Sanskriti), Ramakrishnan(beating the heat out on the tracks)and Anila – the secretaries of the respective councils for making 2015-16 such an eventful year. I congratulate the whole Pharmaquora team to take the annual pharmacy fest to a new level (interuniversity).

The Community Development Committee was at its best organizing events, conducting health and hygiene awareness programmes and blood donation drives for the benefit of the society. I thank Aastha and her council members for all their efforts.

The Student Exchange Committee came up with exciting new winternship offers and students had an opportunity to get trained in Pharmaceutical companies and laboratories across the country. To add up, this committee comes up with great student exchange ventures every year. I thank Pooja and her team for their constant effort and brain storming sessions to do something out of the box every year.

I would also like to thank Tanya and Nishma for conducting workshops to give the students an insight into the various internship and scholarship programmes being conducted across the globe.

The success of the year is incomplete without printing the college magazine. I thank Khushboo and her team for their unconditional support to the entire council to make every event a great one. I wish her all the best for another commendable magazine.

The Annual Day at greens was a great surprise. This entire year has been a real hectic and challenging one. I extend my heartfelt gratitude to my friends and family who stood by me throughout my presidential year.

Finally I thank Dr C. Mallikarjuna Rao, Principal of MCOPS, Dr Sreenivasa Reddy, Vice Principal of MCOPS, Dr C.S. Sreedhara, Secretary of MAPS for giving me this enormous opportunity to give MCOPS my best as the President, and the entire MCOPS family for their support and belief in me.

Being the President of MCOPS, I would congratulate everyone who have done their utmost to bring laurels to this college. MCOPS is definitely a home to brilliant minds and passionate achiever’s.

It’s hard to say goodbye. I leave with cherished memories of this college and Manipal wishing the future council and MCOPS many more years of success and grandeur.

Reshma Chatterjee
President, MAPS

The Vice President Speaks



'Ambition is the first step to success. The second step is action.'

First and foremost, I would like to thank Ms. Natasha D'Silva. I'm quite certain she, herself, must be wondering why. This young lady in our first year in Manipal told me that I can accomplish anything I set out to do. Thank you for encouraging all my crazy dreams when everybody else was busy laughing at them.

This year has been the most exhilarating and exhausting period in my Manipal Life. From the moment I stepped into the Vice President's shoes, every month has been an adventure. This year, the executive committee comprised of some of the most brilliant minds in MCOPS who worked together as one unit and supported one another

in every step of the way. It was a privilege and honour to work with such exceptional leaders and I would like to thank them all. From the first event of the new academic year 'GENESIS' to 'Sanskriti' to 'Athlos' to 'Winternship' etc, the year saw nothing but success.

Our motto and vision for this year was clear. We aimed at not just providing our students with an array of events to participate in but also to give back to the society. This was accomplished by our various successful drives like 'Feeding India' and 'Blood Donation Drive.' Our work has been applauded by people from outside the Manipal institution as well.

Being the Academic Secretary, I would like to thank my entire Academic Committee. You students have been the most hard working and enthusiastic bunch from the entire local body. An Academic CR's work never stops and is spread throughout the year and you lot proved that you were worthy of this big responsibility. Your continued support throughout all the planning and events are highly appreciated. This year's 'PHARMAQUORA' would not be possible without you all.

Last but not the least, I would like to thank all the administrators of Manipal College of Pharmaceutical Sciences for giving me a platform to serve the students as well as grow into a better individual.

This note cannot be complete without a special mention to Ms. Reshma Chatterjee, The President. I don't think I could have done anything without your guidance and support.

Anila Alexander
Vice President, MAPS

The General Secretary Speaks



It was an immense pleasure working in the student council 2015-2016 as the general secretary and joint secretary of Student Exchange Committee. It has been a vivacious 2015-2016 with so many events and activities happening all throughout the year. Credit goes to the entire Student council for making all these events a humongous success and making the year very productive.

The year started off with the successful magazine launch "INCESSANT" and the inaugural ceremony of MAPS "GENESIS" where the first year students took part in many cultural programs with lot of excitement and there was the 'genesis' of a new committee called Professional Development Committee(PDC). GENESIS was followed by the much awaited event of the year "Sanskriti" where all the batches from 1st years to the PG's actively participated and competed with each other for the top spot. This year's Sanskriti saw the emergence of a brand new event 'The

Treasure Hunt' in which students participated in large numbers. This year the annual day was a unique one as it was conducted in KMC Greens and was a great success. "ATHLOS", the most anticipated sports event of the year was conducted very successfully. "Pharmaquora 2015 -2016" was conducted with a lot of fanfare where the budding pharmacists from MCOPS as well as the other colleges from around were given an opportunity to showcase their presentations and their research work and also get an idea about their future aspects from the already established people in the field.

MCOPS also saw the celebration of many other events, a few of which were, Onam celebrations, Matrihasha Divas, World Pharmacist Day, Rashtriya Ekta Divas, World Education Day, MCOPS Cricket League(MCL), World Food Day etc with a lot of grandeur. A blood donation camp was held in the college where many people enthusiastically came forward for the good deed. "Winternship 2015" was conducted as a part of the Student Exchange Committee activities where students were given the opportunity to do their internships in different industries within the country.

Such major success of all the events throughout the year would not have been possible without the effort of all the students who were a part of the Student Council 2015- 2016. I would like to thank our President Reshma Chatterjee and Vice President Anila Alexander for being my guiding force in my journey as the general secretary. I would also like to thank Sana, Anusha and their team for putting up such amazing cultural events throughout the year and wishing their team all the success for the up coming UTSAV. Ramakrishna, Alekhya and their team for bringing out the sportbuff in all of us through Athlos. Tanya and Nishma of PDC for the informative sessions. Aashta, Soumya and their team for the various counseling and healthcare sessions. Pooja and her team for providing students with an opportunity to work in the well established industries. I would like thank the entire Academic council for working throughout the year and putting up such an amazing Pharmaquora. I would like thank the Khushboo and the Editorial Board for all the amazing and innovative board changes and wishing you luck for the launch of the magazine.

Last but not the least I would like to thank our Principal, Vice Principal and all the faculty for their support and guidance all throughout the year and for giving me an opportunity to serve as the General Secretary of the college.

Melissa Pais
General Secretary, MAPS

The Sports Secretary Speaks



'Every champion was a contender that refused to give up'. With this motto, I was entrusted with job of carrying out the sports activities of my esteemed institution as the Sports Secretary.

The very first event of the council was organizing the 'MCOPS Cricket League', popularly known as MCL- a 5-a- side cricket tournament, which knits all the seniors, juniors and faculty members under one roof, the love for cricket. Though the tournament was dampened by the weather Gods, but the spirits and love for the game kept us going. The defending champions, "Sons of Pitches" successfully defended their title with "Hakunamatata" taking up the runners up badge.

We had a dominant presence in the various intercollegiate events. It is my privilege to be a coordinator of the teams of various sports which include cricket, basketball, volleyball, chess, squash, table tennis, badminton and tennis. Though we did not win the tournament, but our teams surely gave the other colleges a run for their money.

It is a great honor for having players like Ms. Alekhya Lavu, Ms. Shilpa Sundar and Ms. Sravani, who represented Manipal University in All India Inter-University Squash tournament and bag the runner up trophy.

The annual sports meet of MCOPS, 'ATHLOS 2K16' began with cricket, a sport as good as a religion in a country like India. The ride was not easy and hence I would like to acknowledge my council members for their tireless efforts and dedication for conducting the events smoothly. The games were played with great zeal and the spirit of sportsmanship. It was a hard fought championship, but the 3rd years ran as victors, and successfully defended their title for the second consecutive year. The PGs and Staff were crowned as the runner up.

Lastly, I would like to thank Dr. Satish Mallya, Director Physical Education and Mr. Venkatesh Kamath for their round the clock support to the council and teams. With these words, I, Ramakrishnan, Sports Secretary, MAPS, sign off from this post and wish my successor good luck and to keep the torch lit and burning.

Ramakrishnan
Sports Secretary, MAPS

The Cultural Secretary Speaks



Journey without destination and life without goals are incomplete . So my motive from day one of being appointed as The Cultural Secretary Of Manipal Association of Pharmacy students (MAPS) was to lay down a well planned year ahead with new and exciting events , and also to improve and perfect the events which the cultural council had the responsibility to organize 'Genesis' which is the inauguration of the Student council in September, followed by 'Sanskriti' the Annual cultural feast of MCOPs, Annual day in February and to end with student participation in UTSAV 2016 which is held towards the end of the academic year.

With a position comes responsibilities and with responsibility comes expectation. This being my 3rd year in the cultural committee a lot was expected of my leadership. And I hope I

have stood up to them.

The credit to a marvellous cake is given to the baker, but if I am the baker and the events of this year be the cakes, I would give the credits equally to the ingredients of the cake. Which in this case were my committee members, all the class cultural representatives and my joint cultural Secretary Anusha Ganesh. Every person in the team has played their role and added their uniqueness in one way or the other.

Genesis 2016 started the year with the perfect Bling for the students. With a variety of entertainment programs and introduction of a new committee- MAPS promised to offer a lot more this academic year.

Sanskriti 2016 was an entire week of fun, adventure, creativity and enjoyment. With an addition of New events like face painting, Treasure hunt an absolute new look was brought to the picture. I am sure the trend will continue and every Secretary to come shall rise above this level and do only better and add new events to bring a more wonderful experience for the students of the MCOPS.

All over its been a great year and an experience beyond comparison, to work with a wonderful bunch of people including the core council members and the rest of the general body.

I would like to conclude my report saying that I never wanted to achieve greatness or Mark myself on the MAP, all I wanted was to raise a wave of oneness among the students of MCOPS and I believe I have achieved that.

Sana Shaikh
Cultural Secretary, MAPS

The SEC Secretary Speaks



It all started two years ago with the hope of betterment, a vision of excellence and most importantly a huge step for an overwhelming success. Two years of its existence made a lot of difference in the life of MCOPS. Representing “student exchange committee” as the secretary was one of the best thing that has ever happened to me in my student life .

Having worked for the student council for an year as the general secretary, it’s definitely an honorary privilege to serve more to the institution . SEC had been that amazing opportunity for me. I believe experience along with absolute love towards MCOPS made me give my best work as the SEC Secretary. Along with extremely dedicated executive members of MAPS, it has been a worthy year to the entire student council working round the clock to make it an ebullient and vibrant Mcops atmosphere which turned out to be extremely productive.

As a part of SEC’s annual event , “Winternship 2015-2016” was organised. My team and I believe in growth. Having had an amazing response and demand for the annual winter internship program, we decided to take it out of the box. Sec was glad to organise internships in various parts of INDIA in different pharmaceutical setups. Dreaming of a professional experience , industrial exposure and flexibility of survival, I’m proud to say we did it all. Starting from organising work at different areas to professional backgrounds, we could achieve the students hope of becoming aware of a pharmaceutical industry , clinical research work, genetic and cellular modelling and many more.

Winternship comprised of internships at companies like : Aptus therapeutics limited, Hyderabad, Sense CR, Mumbai, Radiant research , Bengaluru, MCCR, Manipal, School of life sciences, Manipal.

My extreme gratitude to all the above hosts for making an SEC event much more worthy with their support. With a total of 9 interns, Winternship 2015-2016 turned out to be one of prestigious events of the year.

SEC believes “ When we work for it , we work it all in an exceptional way” . We made the international hopes of students much more evident.

We set up internships in 7 universities of various parts of US, Australia, UK, Malaysia to name a few. We witnessed heavy participation from our students which made our work much more enthusiastic.

*The dream of student exchange is glimpsing in MCOPS arena . As a secretary , I’m grateful for the divine to let it happen. Summing up, all the above mentioned could not or would not have been possible without the 24*7 support of Sec faculty advisor Dr anup naha, Principal- Dr C Mallikarjuna Rao, Vice principal - Dr M Sreenivasa reddy , administrative staff and my very dear committee for making this possible.*

Every success of sec is equally shared by my team namely Rajitha, Spandana, Aman, Melissa, Anila, Avni, Nilesh, Samriddhi. Without them, I’m a bird without wings. I proudly state that I have had the best team in my tenure of two years.

Inspite of our meticulous schedules and extremely rigorous course curriculums , organising events like this is only possible with the never ending support of the core council members. Reshma, Anila, Melissa, Khushboo, Sushant, Sana to name a few, made this year an amazing ride as SEC Secretary. My extreme love to the whole of MAPS for believing in me and supporting me throughout and make this a memorable year in my life.

Taking a retirement from this is definitely a painful task. However, I strongly believe there is lot more to go. As we proceed , it’s always towards better things in life. Congratulations MAPS and All the very best for future endeavours .

Pooja Yasaswi Vemuri

Secretary - Students Exchange Committee, MAPS

The CDC Secretary Speaks



When dreams start becoming reality, our desires amplify. Yes, the first year in the council was overwhelming and then the second, the third, the fourth and now the last one. The years passed by and I kept rendering my efforts because it was an opportunity longed by many. Sometimes we may not always end up where we thought but we will always end up where we are meant to be.

As time flow so does our aspirations. Then one morning you wake up and it strikes to you this is the last year in the council, last year to have a chance to bring a change and the last year to be a voice of hundreds like you. I have lived my 5 years in love, dignity and under the guidance of many, the list is unending. I'm really a better person, a better leader than I was and above all I got to know people, made friends and collected a bundle of moments of laughter.

MCOPS, my heartfelt gratitude for providing a ground to set my foot on and for the abundance of opportunities. Kanav sir, thank you for lifting my spirits when I was on the verge of losing hopes, for all the advice and support. CDC, the only girls council. I can't thank you girls enough for all the late night works and the trust you all bestowed in me. No words could be enough to acknowledge your efforts. We have been such an amazing team and our bonds will remain strong. Moreover, I wish to thank the non council members too, wouldn't have been possible without Yogeshwar, Padmanav, Vivek, Tanmay and Raghu.

Anila and Reshma, I remember dragging the desks with you girls for blood donation camp and how we couldn't stop laughing. Reshma, being with you didn't feel like the first time. It was as if I have known you for years. The way you handle everything, the concern for everyone and being available at just a phone call, you are an amazing person. Anila, the vibe you bring to the council, the positivity, it's immense. No stress and the love for work is what you exhibit. Keep adding the essence of your enthusiasm everywhere and nothing would be difficult.

Khusboo, I have known you since your first year and I have witnessed the transformation from a quiet smiling girl to a leader you are now.

Sana, I always knew you are a strong lady, you have the power to convince people through your words and then there is this soft heart hidden.

Ram..yes you made all the council meetings a little more fun and how can I forget your pose for the photo shoot.

Melissa, we can talk on any random topic without losing interest and you are so sweet from our very first day in the council. You are amiable and not at all hesitant in making new friends.

Pooja, I have seen you working so hard since forever. You give your hundred percent into any task you undertake.

Nishma, you are so active and adaptive to changes. You are a person who never gives up.

Tanya, the versatile one. You are thoughtful and a smart lady.

P.S. sorry for the long report...it's probably my last report in our magazine and would have been incomplete without acknowledging all of you.

Thank you for all the love. Best wishes, and grab as many opportunities as you can because in the end, we only regret the chances we didn't take!

Bye Bye MCOPS.

Aastha Dubey

Secretary - Community Development Committee, MAPS

The PDC Secretary Speaks



PDC (Professional Development Committee), a brand new committee of MAPS (Manipal Association of Pharmacy Students) was established with the sole purpose of developing the students of MCOPS on the professional front.

PDC was established with the aim of helping students of MCOPS develop professionally and making them aware of the plethora of opportunities available within and beyond the college. PDC provides a platform to disseminate knowledge and share professional experiences.

A team of two girls, me (Secretary, PDC) and Nishma Khetia (Joint secretary, PDC) brimming with enthusiasm and conviction under the guidance of Dr. Anup Naha kick started the committee with its first event 'One Step Ahead, Professionally'. The aim of this event was to tap knowledge and experience from within the college for the benefit of the students. The speakers comprised of carefully selected students and research scholars who have had valuable professional experience with regard to internships and projects. This event was organised in order to widen the horizons of potential students to enhance their knowledge about Pharmacy as a profession beyond academic bounds. Useful information regarding numerous scholarships was also shared with the audience. An overwhelming response from the students motivated the PDC team to plan another unique event, 'Talk on Higher Education in Germany'. The speaker for the event, Dr.Partha Prasad Dabke, Young Ambassador of DAAD, India (German Academic Exchange Services, India) spoke about further studies in Germany for Masters and PhD Courses. The talk compelled many students to think out of the box and explore new arenas professionally and geographically.

The concretisation of planning and execution of all the events wouldn't have been possible without Dr. Anup Naha's guidance and the constant support by Academic Council.

By the end of this academic year, PDC has reached a milestone and has many more to achieve in order to actualise the vision of holistic professional development of all the students of MCOPS. I'm sure the upcoming team will take PDC to new heights and I wish them all the very best.

Tanya Sinha

Secretary - Professional Development Committee, MAPS

The Joint Editors Speak



Reminiscent, I am flooded with memories of my second year being a part of the editorial board. From the girl with the b'ful handwriting to the Joint Secretary, it has been a great learning experience ever since & thereon. I have always been passionate about languages. An alleged grammar Nazi & unabashed about it, I could take on anyone trying to blotch the sanctity of the language. Ok, maybe went over the top.

Sept '15, The council elections had instilled a sense of hope in me when it was decided that all the committees shall work together; and boy! How it came into being. From providing food to the needy to organizing the blood donation camp, the core council worked hand-in-hand.

Coming to the team, this year every member of the editorial board proved their mettle; each as capable as the other, we had a bunch of very talented minds working harmoniously. The editorial board tried their hands on various aspects, besides the clichéd board changes. (Yes, the board changes take time; yes, it does not have a wide viewership; but the amount of satisfaction you get when you see your work put up there & that occasional pat on the back is irreplaceable.) Organising a treasure hunt inside the college was one such event. A great journey ends here.

I'd like to thank the whole of editorial board, the editor- Khushboo Mistry, & our faculty advisor, Dr. Jayesh Mudgal Sir for being the best supports.

We hope you like the magazine!

Flip through!

Tanvi Bhalla Joint Editor, MAPS



It seems like yesterday that I set foot in this wonderful place called Manipal. I had no clue of what this place had in store for me.

From being one of the quietest people to the Joint Secretary, it has been great working with the editorial board for the last 2 years. I have always been a sports and movie buff and have loved reading and writing about them.

It was a delight to see all the committees work hand in hand for all the events of the year. I'd like to thank each and every member of the Executive Committee for their constant support.

The editorial board, this year, had a very talented bunch of students, each member ready to take one for the team. Though most board changes go unrecognized and unappreciated, we made some great memories making them. The editorial board with the support of the ExCo also celebrated the International Students' day which saw a number of people participate in the events that were organized. A treasure hunt inside our very own college was one such event.

The editorial board will definitely be very close to my heart. I hope to be a part of it again.

I'd like to thank the entire team for their incessant effort, the Chief Editor, Khushboo Mistry, for believing in me and the entire team, and the faculty advisor, Dr. Jayesh Mudgal, for supporting us through everything.

We hope you enjoy going through the pages of this magazine. I'll leave you to it!

Sushant Suresh Joint Editor, MAPS

The Joint Secretaries Speak



Being the joint secretary of the cultural council was an eye-opening experience. This year the cultural council was filled with talented people from singers to artists and actors. And apart from the crazy, fun times we had organizing Genesis and Sanskriti, what I'll value the most is the new friends I have made and memories created that I'll cherish forever.

Anusha Ganesh
Joint Secretary
Cultural Committee, MAPS

I have been working in the sports council from the past 2 years, every time there was something new to learn. This time it was responsibility. The sports secretary, Ramakrishnan and the council members and people who believed in the council (volunteers) helped me to fulfill my responsibilities with ease and made it an enjoyable journey. All the events such as MCL, ATHLOS etc. were successful and I hope for an eventful year ahead.

Alekhya Lavu
Joint Secretary
Sports Committee, MAPS



Professional Development Committee (PDC) gave Tanya (Secretary of PDC) and I, under the guidance of Dr. Anup Naha the chance to start PDC aimed directly towards helping the students of MCOPS preparing them for the corporate world. I got the opportunity to learn a lot from Tanya as I worked directly under her and as it was only the two of us running the show we were directly involved and aware about everything related to PDC. Getting positive feedback from our student audience after our events focusing on scholarship and internship opportunities motivated us. For the first time I felt like the information we provided made a difference and encouraged students. I hope that in the coming years PDC continues to grow and have more seminars that can help students with soft skills, interview, internships, scholarships and make them one step ahead, professionally!

Nishma Khetia
Joint Secretary
Professional Development Committee, MAPS

The Editorial Squad



Abishek Wadhwa



Anushna Sen



Ashutosh Sinha



Priyanka Pai



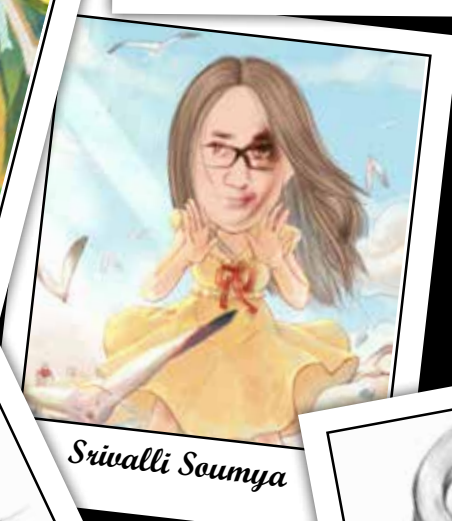
Khushboo Mistry



Divya Krishnan



Sravani



Srivalli Soumya



Sushant Suresh



Remya James



Janvi Bhalla

Independence Day



Rashtriya Sadbhavana Diwas 2015

The 20th day of the Month of August has been declared as the 'Rashtriya Sadbhavana Diwas' or 'Harmony Day' by the Government of India. The theme of the day was to promote National Integration and Communal Harmony among the people of India. The students under the Manipal University Association of Pharmacy Students (MAPS) decided to observe the day and create awareness about unity among the people of India.

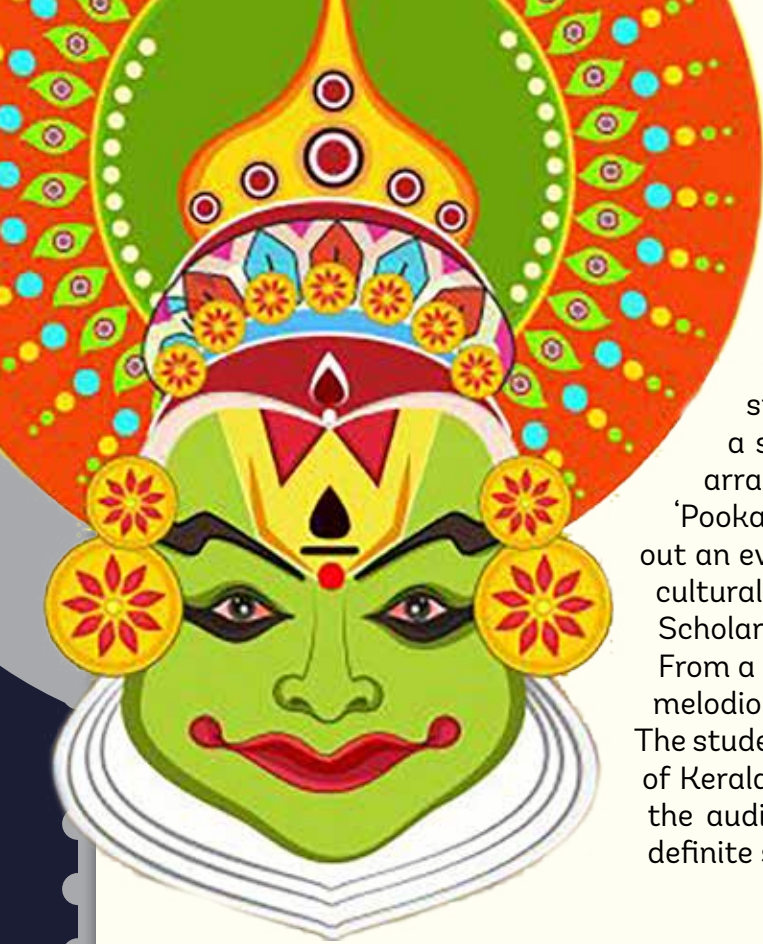


The Executive Committee of the MAPS decided to make a poster depicting the various religions in India. The theme behind this was to show the students that every religion had the same basic principles and peace among neighbours was encouraged. The poster was placed next to the main gate of Manipal College of Pharmaceutical Sciences so that it would be visible to all the students of the establishment.

The Executive Committee also decided to take the 'Rashtriya Sadbhavana Diwas Pledge' and give a talk on how our differences based on religion, region and Language should not divide us but help us learn from each other. The respective Local Committee Body which has representatives of each class took the pledge on behalf of their respective classmates.

Onam

On 29th August 2015, MCOPS celebrated the regional festival of Kerala, Onam. The Keralite students of MCOPS whole heartedly planned out a spectacular event starting with a beautiful floral arrangement or how it is traditionally called in Kerala 'Pookalam' at the entrance of the college. They planned out an event for the day which depicted all the traditional cultural programs of their state. Faculty, Research Scholars and Students poured in with a lot of excitement. From a beautiful classical dance called 'Mohiniyattam' to melodious vocals to a cultural parade, they portrayed it all. The students were also treated to the most favourite sweet of Kerala, 'Payasam' towards the end. The enthusiasm of the audience and the massive crowd made the event a definite success.



Genesis 2015-16

“Well begun is half done”. The proverb is as simple as one could understand but holds absolutely apt for this report and entire context.

Day of the event: 9 September 2015, Venue: TMA Pai hall, first floor, Time : 5:30pm -7:30pm

Genesis is the inauguration of students' council- MAPS. Manipal Association of Pharmacy Students has completed a year and has seen a lot of successful and new events. Genesis means a lot to the entire student body and marks the start of the year and of various independent council events.

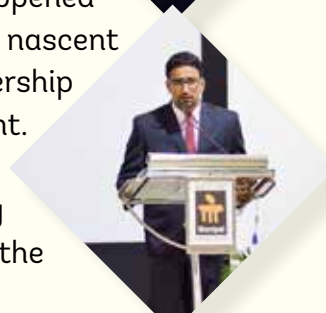
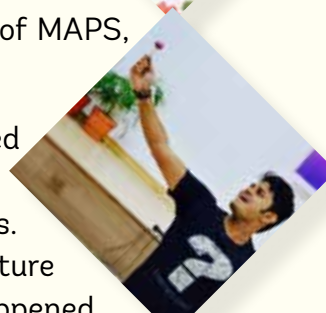
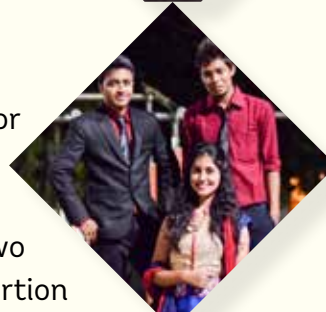
Pre-genesis:


Auditions/Screening: Screening was conducted on two different days for the first year students to showcase the best possible talent to everyone. This screening covered various categories like vocals, drama, dance, anchoring, and instruments. The response was wonderful and after the two day screening, the candidates were selected and grouped. The cultural portion of genesis is the heart of the event. All of the core council kept their best food forward with clear and pure intention of making the show a success.. Thanks to all the council members, council CRs, without them nothing would have turned out to be as smooth as it did.

Formal Events:

The event was graced by the very eminent personality Dr. Pradeep Kumar, (Professor, Department of Forensic Medicine) along with Dr. C. Mallikarjuna Rao (Principal), Dr. Sreenivasa Reddy (Vice Principal) and Students Advisor of MAPS, Dr. C S Sreedhara.


Genesis had two different portions. The two hours event was distributed between formal event and cultural event of one hour each. This year, the formal event included a few new elements compared to the previous years. Inauguration of the student council, introducing it's members & their future endeavors alongwith the release of the 2014-15 magazine-“Incessant” happened with a few speeches interspersed in between. The official introduction to a nascent committee-PDC (Professional Development Committee) under the leadership of Ms. Tanya Sinha , student of 4th year B.Pharm was a major highlight. Annual reports by - Student Exchange Committee (SEC) headed by Ms. Pooja Y Vemuri (4th B.Pharm), and Community Development Community (CDC) headed by Ms. Aastha Dubey of (5th Pharm.D) were essential to the formal portion of Genesis.






The event began and crowd was gracefully welcomed by the President – Ms. Reshma Chatterjee (4th year B.Pharm). Ms. Anila Alexander , the Vice-President of MAPS, (4th Pharm.D) was the person who took the responsibility of familiarizing everyone with all the committees , their work and the various events they were organizing – to the first year students and all others new to the MCOPS family. After a series of various events, the formal delivery of vote of thanks was done by the Sports Secretary, Mr. Ramakrishnan (4th B.Pharm).

Cultural events:




The heart of the event was very well organized and efficiently carried out by the students of MCOPS whose talent and elegance brought the crowd to cheer at the top of their lungs. About four various dance groups were part of the event- 'DMX' (2nd ,3rd ,4th ,5th year students) , 'Neon dust' (1st year), 4th year girls group, 'Afrotainment' (2nd year bpharm south African students).



A wonderful skit scripted by Mr. Sarvajeet Khare and Mr. Ateendra Kumar brought the crowd to laugh their heads out. Three wonderful vocal group performances were given by 'Afrotainment' (1, 2nd Bpharm), 'V5' (1st, 3rd year students), 'western group' (1st, 2nd year students).

Conclusion :



Concluding the report, thanks to each and every person who immensely contributed in making this event a grand success. MAPS teacher advisor Dr. CS Shreedhara, cultural committee advisor, Dr. Alex Joseph, Principal, Dr. Mallikarjuna Rao and Vice-Principal Dr. Sreenivasa Reddy of MCOPS for their undying support and encouragement. I, Sana Sheikh, cultural secretary of MAPS, take immense pleasure in conveying that Genesis 2015 was a huge success and shall be remembered by everyone.



World Pharmacists Day

“The Pharmacy Sector is recession free” true words by the chief guest of the programme, Dr. (Col) M. Dayananda, Medical Superintendent and COO of Kasturba Hospitals, Manipal.

He addressed this to the gathering after inaugurating the World Pharmacists Day Celebrations being held in Manipal College of Pharmaceutical Sciences (MCOPS), Manipal University.

The 25th of September is celebrated internationally as ‘World Pharmacists Day’. The students of Manipal University Association of Pharmacy Students (MAPS), MCOPS enthusiastically sketched out a plan to celebrate this occasion in the course of three days. Competitions were held on the 22-23 September for the students.

Mr. Prashant Verma and Mr. Sushant Suresh organised and held the ‘Impromptu’ Competition on 22 September 2015. The competition required teams of two where one spoke on a Pharmacy related topic and another on general topics. Students fought it out and Ms. Kavitha Varghese and Ms. Natasha D’Silva were declared the winners. Second and third runners up were bagged by Rakshita, Odile Singh and Nishma Khetia and P. Bhargavi respectively.

The 23rd September 2015 saw an array of activities. First, the students of MAPS took to the streets to create awareness about the Pharmacy Profession in India and displayed a skit which was welcomed by all with applause and admiration. The skit was held in front of the food court opposite the Manipal Edu Building at around 12:30 p.m. Even through the sunny weather, the spirit and enthusiasm of the students was clearly evident to all. They were successful in getting the message across. The team consisted of Mr Attendra Jha, Mr Sarvajeet Khare, Ms Nishma Khetia, Ms Reshma Chatterjee, Mr Dhiraj Ranjan, Mr Ranvee Kumar Choudhary, Ms Odile Singh, Mr Aakashdeep Bose, Mr Nilesh Mukherjee, Ms

Rakshitha Nagraj, Mr Saradindu Bhadra, Mr Nabeel Abbas Attarwala and Ms Tarunika Godha. Second, Ms. Anila Alexander and Ms. Tanya Sinha organised and hosted the Dumb Charades Competition for the students which not just had the usual fun rounds but also composed of pharmacy related topics. The students had to make teams of three. They battled it out with lot of excitement and laughter. The winners of the competition were Mr Prashant Verma, Mr Sumit Sarkar and Mr Chintan Zinguvadiah. The second and



Inauguration Function of World Pharmacists Day



Skit Displayed by the students of MAPS in front of the Food Court



third runners up were grabbed by Ms Reshma Chatterjee, Ms Priyanka Pai, Ms Aishwarya Naronha and Ms Antara, Ms Soumya, Ms Aishwarya respectively. Third, the informative poster designed by Mr. Sumit Sarkar for World Pharmacists Day was displayed everywhere by the students from hostels to colleges to the hospital to the pharmacies in Tiger Circle.

For the World Pharmacists Day on 25th September, the executive committee of MAPS organized a formal event. They invited Dr. Atmaram Pawar, Vice Principal, Pune College of Pharmacy, Bharatiya Vidhya Peeth, Pune who delivered an inspirational and motivational speech. He captured the minds of the crowd and had everyone's attention. For the first time in MCOPS, a Panel Discussion was held which had topics that were the pressing concerns of the students about the pharmacy profession. The panellists consisted of students from B.Pharm, Ms Niraja Ranadive, M.Pharm, Mr Jay Jetani, PharmD, Ms Meenakshi Srinivasan and a Research Scholar, Mr Asim Priyendu. The moderator was Ms Tanya Sinha. A live display of the skit and award distribution for the awardees followed the panel discussion. The events were covered by Mr Raghuvir Keni and Mr Tridib Haldar.



Health & Hygiene Camp



Inaugurating the Health & Hygiene Camp



Sanskriti : A Cultural Fest

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
INDIAN CLASSICAL VOCAL SOLO	SAHANA PAI 2nd BPharm	SWATHI PG	SAMRIDDHI 2nd PharmD
INDIAN CLASSICAL DANCE SOLO	KANKANA.N.AJI 3rd PharmD	SRILAKSHMI 2nd BPharm	HARISHA 4th BPharm ROSELLA 1st BPharm
CLAY MODELLING	KRUPALI SHAH & ANUSHKA PHARASI 3rd BPharm	AMAN SHAH & MEGHANA 2nd BPharm	MANASA & VINAY PG
POETRY (ENGLISH)	MANAS KINRA PG	YAMINI 1st BPharm	PRONEEL DAS 2nd BPharm
ANTAKSHARI	NAMITA.N.SHANBHAG LONITA LOBO ABDUL RAHMAN KHAN PG	VINEETA KUMARI REMYA JAMES AKSHAY RAO 3rd BPharm	PUSPITA SAHU SAMITA RIJAL KALPITA UCHIL PG
PAINTING	NIHAL SHEIKH 2nd BPharm	OENDRILA DAS 4th BPharm	MELISSA MASCARENHAS 4th BPharm
INSTALLATION	REMYA JAMES VINEETA KUMARI SRINIDHI 3rd BPharm	MAYURA DAS NASHAT KHAN SWASTIKA MAITY 4th BPharm	FLORENCE JAMES GIFTY MARIA JAMES SNIGHDA K 4th PharmD
POETRY (HINDI)	SHREYA - 1st BPharm	ATEENDRA - PG	PRONEEL DAS - 2nd BPharm
QUIZ (FINAL)	UTKARSH RAHUL SUSHANT SURESH 2nd BPharm	PAYAL BISWAS SACHIN KUMAR KUNAL PAUL 4th BPharm	JANKI CHAUHAN NISHITHA PRABHU SRIKANTH NAMBIAR PG
DEBATE	ANUSHNA SEN ASHUTOSH SINHA 1st BPharm	SPANDANA KOTIAN NANDINI GANDHI 2nd BPharm	SANA SHEIKH SHREEYA HEGDE TANYA SINHA ARLENE THOMAS 4th BPharm
CARTOONING	SANGEET SURESH - PG	ANUJA DEB - 4th BPharm	SUMIT SARKAR - PG
INSTRUMENTAL	SRILAKSHMI 2nd BPharm	SAHANA PAI 2nd BPharm	ROHIT RAJ PG
RANGOLI	ROUSHAN BHARTI JEENAL PARMAR 4th BPharm	AASTHA DUBEY PRIYANKA POKA PG	SHRISHTI SINHA KRISHNA GANDHI 3rd BPharm
WESTERN SINGING (SOLO)	ROSE BOBBY THOMAS 2nd PharmD	ANGSHEETA CHAKRABORTY - 2nd PharmD	SUSHMITA DESARAJU 4th BPharm
WESTERN SINGING (GROUP)	ROSE BOBBY THOMAS SHAWN SAMRIDDHI ANGSHEETA 2nd PharmD	ARLENE THOMAS SUSHMITA DESARAJU KEERTHANA BADRINATH FARHEEN IMTIAZ 4th BPharm	AKSHAY RAO VINEETA KUMARI REMYA JAMES KHUSHBOO MISTRY 3rd BPharm

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
POTPOURRI	MANASA NISHITA JANKI CHAUHAN PG	SUSHANT SURESH NIHAL SPANDANA KOTIAN 2nd BPharm	ANILA ALEXANDER KEERTHANA BADRINATH NATASHA D'SILVA 4th PharmD
INDIAN NON CLASSICAL VOCAL SOLO	SAMRIDDHI SHREE 2nd PharmD	AKSHAY RAO 3rd BPharm	ARLENE THOMAS - 4th BPharm ANUJA DEB- 4th BPharm SHONGITHA- 2nd BPharm
INDIAN NON CLASSICAL VOCAL GROUP	ARLENE THOMAS FARHEEN IMTIAZ ANUJA DEB POOJA YASASWI VEMURI RAJITHA GADDE SAMIKSHA SINGH TRISHA GHOSH JINO ELSA THOMAS 4th BPharm	BHAVIK SURESH ABHISHEK SHANKAR KAVITHA FLORENCE JAMES RESHMA REJI NATASHA D'SILVA KEERTHANA BADRINATH MONICA 4th PharmD	ANGSHEETHA SAMRIDDHI SHREE ASHWITHA SHET ADWAETA NAMBIAR 2nd PharmD
FACEPAINTING	SHREYA DISHA PG	KAVYA ARLENE THOMAS 4th BPharm	SWASTIKA MAITY NIRAJ SINGH 4th BPharm
DUET SONG	DEBJANI DUTTA PRIYATAM RANJAN 3rd BPharm	DIVYA SHRIYAN KARAN KAUL 2nd BPharm	MADHAV JAIN, AKHIL NAIR - 3rd BPharm ARLENE THOMAS, ANUJA DEB - 4th BPharm
EXTEMPORE	POOJA YASASWI VEMURI 4th BPharm	SANA SHEIKH 4th BPharm	DHAWAL PATEL 2nd BPharm
MAD ADS	AKSHAY RAO SHRISHTI SINHA DEBJANI DUTTA PRIYATAM RANJAN TRIDIB HALDAR NISHMA KHETIA SHISHIR CHANDRA 3rd BPharm	RESHMA CHATTERJEE SHOBHAN OJHA RANVEER KUMAR CHAUDHARY SWASTIKA MAITY MOHAMMED GODIL AAYUSHI VERMA POOJA YASASWI VEMURI ARBIND KUMAR MANDAL 4th BPharm & PharmD	PRONEEL DAS ANKIT AWASTHI PAREETA NABEEL ATTARWAL NIKHIL ADITI 2nd BPharm & PharmD
COLLAGE	PRAJYOT NAIK REMYA JAMES VINEETA KUMARI 3rd BPharm	SRINIDHI ASHIMA PANJWANI ANJANA SUNDARAJAN 3rd BPharm	SHREYA LIPI TINA RASHMI 2nd BPharm RAGHUVIR KENI GIFTY JAMES FLORENCE JAMES 4th PharmD

EVENT	1ST POSITION	2ND POSITION	3RD POSITION
TV SHOW QUIZ	AYUSH PG	SAMRIDDHI AMAN SHAH NIHAL 2nd BPharm & PharmD	-
STREET PLAY	RESHMA CHATTERJEE TANYA SINHA TRISHA GHOSH SWASTIKA MAITY RANVEER KUMAR CHAUDHARY SHOOBHAN OJHA NIRAJ SINGH MOHAMMED GODIL 4th BPharm & PharmD	ANKIT AWASTHI NABEEL RAHUL PRONEEL ADITI PAREETA 2nd BPharm & PharmD	-
SPOT PHOTOGRAPHY	BHARADWAJ 2nd BPharm	SACHIN KUMMAR 4th BPharm	-
SANSKRITI STORY	VINEETA KUMARI 3rd BPharm	-	-
EASTERN GROUP DANCE	SHRUTHI SHETTY NEETHU JOHNSON DANA RACHEL MARVELY NEENA CHAUHAN POOJA DAS ANNA SURESH AASTHA DUBEY MITHALI GAURAV KAVYA PG	KAVYA NAIK MELISSA PAIS AISHWARYA NORONHA JOSLINE MONIS HARINI RAMACHANDRAN KANKANA AJI SINDHUJA POOJITHA REDDY 3rd BPharm & PharmD	RESHMA CHATTERJEE ANILA ALEXANDER KEERTHANA BADRINATH OENDRILA DAS FIONA D SILVA SHREEYA HEGDE TRISHA GHOSH MOHIT MD. GODIL NIRAJ 4th BPharm & PharmD
EASTERN DANCE SOLO	KAVYA NAIK 3rd BPharm	-	-
WESTERN DANCE SOLO	SINDHUJA - 3rd PharmD	-	-
FASHION SHOW	ANILA ALEXANDER SHREEYA HEGDE SAMIKSHA SINGH NEHA KUMARI SHOBHAN OJHA AKSHIT JAISWAL TANYA SINHA FIONA D'SOUZA POOJA YASASWI VEMURI ANUJA DEB OENDRILA DAS 4th BPharm & PharmD	PADMANAV SENAPATHI RAHUL SANGERA SUJEET KUAMR ANNA SURESH AASTHA DUBEY DANA RACHEL MARVELY POOJA DAS MITHALI GAURAV SHRUTHI SHETTY LAKSHMI JAICHANDRAN PG	ABISHEK WADHWA KARAN KAUL SAMRIDDHI SHREE ADITI TANVI BHALLA HAFEEZ SHAWN 2nd BPharm & PharmD

Sanskriti Photos




Rashtriya Ekta Diwas



MANIPAL COLLEGE OF PHARMACEUTICAL SCIENCES
presents

RASHTRIYA EKTA DIWAS

On 31st October, India celebrates *Rashtriya Ekta Diwas* to commemorate the birthday of Sardar Vallabhbhai Patel also known as the Iron Man of India. The intent is to pay tribute to Patel, who was instrumental in keeping India united.



"Manpower without Unity is not a strength unless it is harmonized and united properly."
Sardar Vallabhbhai Patel

MAPS
Manipal College of Pharmaceutical Sciences

DATE : 31 October 2015
TIME : 4:30 P.M
VENUE : Dr. P Gundu Rao Conference Hall, MCOPS



International Students' Day



A team of three,
Tied for their quest,
To new niches,
and be the best.
and of course, to get the prize.

17th of November, 2015; earmarked as International Students' Day for celebrating multiculturalism of students nowadays.

It traces its history as the day the Nazi German stormed into Czech universities and led to mass killing and migration of students into concentration camps. Not a very pleasant past. 17th November commemorates the same.

In a stark contrast, the editorial board of MCOPS organized a series of events for students, starting from a treasure hunt to test people's human skills and spontaneity to a jumbled set of letters to gauge their presence of mind. The mirroring-dumbcharades on the most random words left everyone in splits. From pictorially trying to represent an object to having the best team-work, students left the event with a smile on their faces and an increase in their IQ. The whole of editorial board tried their best to make the event a raging success. Kudos to them!

The Ones who made a mark:

Winners, Treasure hunt:

1st : Aman Shah, Divya Shriyan, Nehil

2nd : Srija Mantripragada, Vineeta Pathak, Prajyot Naik

3rd : Alekhya Lavu, Reshma Chatterjee, Benitta Matthews



Blood Donation Drive

In a response to the notification of acute shortage of blood in the Blood Bank of Kasturba Medical College (KMC), the MAPS ExCo decided to organise a blood donation drive on 27th November 2015. Staff from the Department of Immunohematology and Blood Transfusion of KMC was invited to the college to help conduct the drive. Over the time span of 9 a.m to 3 p.m, more than 150 students and faculty from MCOPS enthusiastically came forward to donate blood. The ExCo was able to collect blood from 84 healthy donors. The drive was a huge success and the ExCo was thrilled that they could play their role in this time of need.



Annual Day



Athlos - 2016

Annual Sports Fest at MCOPS

ATHLOS 2015-16: A Grand Success

ATHLOS 2015-16, a month long sports activities of MCOPS, Manipal, began on 25th of January 2016. Various in-door and out-door games were part of the spectacular extravaganza which finally ended on 01st March 2016 with athletics event. Dr. G K Prabhu, Director, MIT, Manipal was the Chief Guest of the day. The day began with a grand march past from students of various batches. Dr. C. Mallikarjuna Rao, Principal, MCOPS, gave the welcome address which was followed by the Chief Guest's speech, who also declared the meet open. Students of MCOPS, who represented Manipal University in various sports events were felicitated by the dignitaries present on the day. Dr. Srinivasa Reddy, Vice Principal, Dr. C.S Shreedhara, secretary, MAPS, Dr. Satish Mallya, Physical education Director and Dr. N. Udupa, Research Director were also present on the dais. Various awards and prizes for different games were given away in the function. A total of 300 students participated in the inaugural function. Mr. Venkatesh Kamath, Sports Secretary proposed the vote of thanks.

The athletic meet witnessed different games, like Running Race, Relay, High jump, Long Jump, Javelin and Shot put throw etc. Special games like hit wicket, catch the ball, lemon & spoon were arranged for the faculty members.

Later in the evening, the games and almost a month long sports activities came to an end with a valedictory function. Winners of various games received awards at the hands of Principal and other dignitaries on the dais. Third year students emerged as the overall champions followed by PG and staff combined, who secured second place.



Athlos Athletic Meet Results

Date: 01-03-2016
Venue: MIT Athletics Ground

Section: Men

S. No	EVENT	POSITION	NAME	CLASS
1	100 mts	1st 2nd 3rd	Vineeth Ajay Kumar Ramakrishnan Abbas Dossa	PG 4th BPharm 3rd BPharm
2	200 mts	1st 2nd 3rd	Ramakrishnan Amit Pillai Mohd Zabi Ahad	4th BPharm 3rd BPharm PG
3	400 mts	1st 2nd 3rd	Amit Pillai Karan Kaul Ramakrishnan	3rd BPharm 2nd BPharm 4th BPharm
4	800 mts	1st 2nd 3rd	Dhaval Patel Okegue Obi Vashish Mathura	2nd BPharm 2nd BPharm 2nd BPharm
5	1500 mts	1st 2nd 3rd	Dhaval Patel Ashley Crasto Abu Bakar	2nd BPharm 3rd PharmD 2nd BPharm
6	3000 mts	1st 2nd 3rd	Mohd Soyab Ansari Rohit Rajesh Kumar	4th BPharm PG 1st BPharm
7	Shot Put	1st 2nd 3rd	Victor Okegue Obi Karthik Subramanian	3rd PharmD 2nd BPharm 4th BPharm
8	Discuss Throw	1st 2nd 3rd	Victor Manideep G Vignesh Mohan	3rd PharmD 3rd BPharm 2nd BPharm
9	Javelin Throw	1st 2nd 3rd	Naval Roshan Vinay Patidar Karthik Subramanian	2nd PharmD PG 4th BPharm
10	High Jump	1st 2nd 3rd	Amit Pillai Nikhil Nayak Prashast Bisht	3rd BPharm 1st BPharm PG
11	Long Jump	1st 2nd 3rd	Amit Pillai Abbas Dossa Vineeth Ajay Kumar	3rd BPharm 3rd BPharm PG
12	Triple Jump	1st 2nd 3rd	Vineeth Ajay Kumar Amit Pillai Sujayendra Rao	PG 3rd BPharm 3rd PharmD

13	4*100 mts Relay	1st	Siva Kumar Vineeth Ajay Kumar Aneez Jamal K M	PG
		2nd	Mohd Zabi Ahad Amit Pillai Ashley Crasto Abbas Dossa	3rd BPharm & PharmD
		3rd	Sujayendra Rao Parth Gohil Utkarsh Chandra Abu Bakar Karan Kaul	2nd BPharm
14	4*400 mts Relay	1st	Dhaval Patel Parth Gohil Abu Bakar	2nd BPharm
		2nd	Vashish Mathura Siva Kumar Aneez Jamal K M Dr. Suhaj Sawan M	PG
		3rd	Ashley Crasto Victor Abbas Dossa Yugal Kishor	3rd BPharm & PharmD

Date: 01-03-2016

Section: Women

S No:	EVENT	POSITION	NAME	CLASS
1	100 mts	1st	Sneha Kirugulige	3rd BPharm
		2nd	Chinu P Roy	4th BPharm
		3rd	Athira R Nair	PG
2	200 mts	1st	Sneha Kirugulige	3rd BPharm
		2nd	Chinnu P Roy	4th BPharm
		3rd	Poojitha Reddy	3rd BPharm
3	400 mts	1st	Sara Mathews	1st PharmD
		2nd	Fegile Gumde	2nd BPharm
		3rd	Athira R Nair	PG
4	800 mts	1st	Fiona D'silva	4th BPharm
		2nd	Anusha Ganesh	3rd BPharm
		3rd	Gretta	2nd BPharm
5	1500 mts	1st	Fegile Gumde	2nd BPharm
		2nd	Anusha Ganesh	3rd BPharm
		3rd	Gretta	2nd BPharm
6	3000 mts	1st	Gopika Sreeraj	4th PharmD
		2nd	Kavitha Elsa Varghees	4th PharmD
		3rd	Reshma Susan Reji	4th PharmD
7	Shot Put	1st	Alekhya Lavu	3rd PharmD
		2nd	Vyshnavi Bodducherla	3rd BPharm
		3rd	Shania Sarabhai	3rd PharmD

8	Discus Throw	1st 2nd 3rd	Alekhya Lavu Poojitha Reddy Athira R Nair	3rd PharmD 3rd BPharm PG
9	Javelin Throw	1st 2nd 3rd	Akansha Kumar Athira R Nair Alekhya Lavu	PG PG 3rd PharmD
10	High Jump	1st 2nd 3rd	Samiksha Singh Anjana Sundarrajan Gopika Sreeraj	4th BPharm 3rd BPharm 4th PharmD
11	Long Jump	1st 2nd 3rd	Sneha Kirugulige Manasa A Chinnu P Roy	3rd BPharm 3rd PharmD 4th BPharm
12	Triple Jump	1st 2nd 3rd	Sneha Kirugulige Manasa A Poojitha Reddy	3rd BPharm 3rd PharmD 3rd BPharm
13	4*100 mts Relay	1st 2nd 3rd	Sneha Kirugulige Anusha Ganesh Manasa A Poojitha Reddy Adwaetha Nambiar Amritha Anand Deepashri Nayak Gretta Chinnu P Roy Samiksha Singh Fiona D'silva Florence James	3rd BPharm & PharmD 2nd BPharm & PharmD 4th BPharm & PharmD
14	4*400 mts Relay	1st 2nd 3rd	Adwaetha Nambiar Fegile Gumde Gretta Nandini Gandhi Anusha Ganesh Josline Poojitha Reddy Krishna Gandhi Fiona D'silva Samiksha Singh Florence James Kavita	2nd BPharm & PharmD 3rd BPharm 4th BPharm & PharmD
15	4*400 mts Mixed Relay	1st 2nd 3rd	Abbas Dossa Sneha Kirugulige Poojitha Reddy Sujayendra Rao Vineeth Ajay Kumar Athira R Nair Akansha Kumar Mohd Zabi Ahad Abu Bakar Fegile Gumde Amritha Anand Karan Kaul	3rd BPharm & PharmD PG 2nd BPharm

MCops Cricket League



ATHLOS Winners List

CARROM		
CATEGORY	MEN	WOMEN
Single Winner	Sivakumar K (PG)	Athira R Nair (PG)
Single Runner	Vinay Annasaheb Patil (PG)	Sravani Velicheti (3 rd PharmD)
Double's Winners	KarthikAithal P (PG) Sivakumar K (PG)	Athira R Nair (PG) B. Gouthami
Double's Runners	Sumit Birangal (PG) Volam Lingesh (PG)	Sravani Velicheti (3 rd PharmD) Vaishnavi (3 rd BPharm)
Mixed Double's Winners	Karthik Aithal P & Athira R Nair (PG)	
Mixed doubles Runners	B Shrikar Reddy & Sravani Velicheti (3 rd PharmD)	
CHESS		
CATEGORY	MEN	WOMEN
Winner	G. Phanisekhar Reddy (PG)	Gopika SR (4 th PharmD)
Runner	Upamanyu Mondal (2 nd PharmD)	Akkapantula Srivalli (PG)
BADMINTON		
CATEGORY	MEN	WOMEN
Single Winner	Vashish Mathura (2 nd BPharm)	Akansha Kumar (PG)
Single Runner	Sushant Suresh (2 nd BPharm)	Amritha Aanand (2 nd BPharm)
Double's Winners	Sushant Suresh & Vashish Mathura (2 nd BPharm)	Akansha Kumar (PG) Immadiseti Kavyasri (PG)
Double's Runners	Venkatesh Kamath & Suhaj (Staff)	Amritha Aanand (2 nd BPharm) Adweatha Nambiar (2 nd PharmD)
Mixed Double's Winners	Suhaj (Staff) & Akansha Kumar (PG)	
Mixed Double's Runners	Venkatesh Kamath (Staff) & Khyati Chheda (PG)	
TABLE TENNIS		
CATEGORY	MEN	WOMEN
Singles Winner	Parth Gohil (2 nd BPharm)	Manjiri Gude (1 st BPharm)
Single Runner	Vasif Ahammed S K (PG)	Adweatha Nambiar (2 nd PharmD)
Double's Winners	Vasif Ahammed S K (PG) Meghashyam M M (PG)	-----
Doubles Runner up	Parth Gohil & Sushant Suresh (2 nd BPharm)	-----
Mixed Doubles winner	Parth Gohil & Adweatha Nambiar (2 nd BPharm & PharmD)	-----
Mixed Doubles Runner	Kamesh Keshri & Manjiri Gude (1 st BPharm)	-----

CRICKET WINNERS (PG & Staff)	THROWBALL WINNERS (4TH BPharm & PharmD)	VOLLYBALL WINNERS (PG)
<ol style="list-style-type: none"> Sivakumar K Venkatesh Kamath Sarvajeet Khare Sumit Birangal Karthik Aithal P Peddarla Krushna Mahesh IshverPatil Vinay Patidar Rahul Tripathi K Mohammed Zabiuddin Ahad Prashast Bisht Vineeth Ajayakumar Bittu K Paul Aneez Jamal K M Shyam R Rahul Naresh Wasnik 	<ol style="list-style-type: none"> Anuja Deb Samiksha Pooja Vemuri Rajitha Gadde Sana Sheikh Niraja Ranadive Chinnu P Roy Keertana Badrinath Gopika Sreeraj Anila Alexander Reshma Chatterjee 	<ol style="list-style-type: none"> Sivakumar K Karthik Aithal P Sumit Birangal Sawan Mukund Ghetia Vineeth Ajayakumar Shyam R Aneez Jamal K M Rahul U Rathod Nanaw Harshal Ramchandra Sachin S Hadkar Ghadge Girish Anand Rohit Raj

CRICKET RUNNER UP (2ND BPharm & PharmD)	THROWBALL RUNNERS (PG & Staff)	VOLLYBALL RUNNER UP (4TH BPharm & PharmD)
<ol style="list-style-type: none"> Rohan Patra Dhaval Patel Parth Gohil Sushant Suresh Naval Roshan Nikhil Pappudesi Ratna Sagar Sunkara Rahul Kumar Vignesh Mohan Nabeel Attarwala Ankit Awasthi Utkarsh Chandra Proneel Das 	<ol style="list-style-type: none"> Athira R Nair Sonia D'Souza Jyothsna M Bhavana Bhat Usha Y Nayak RuchiVerma Syeda Alisha MD Isha ALI Janhavi S Dabir Dhokade Pallavi Shankarrao Deepika N C Alicia Mariça Menezs 	<ol style="list-style-type: none"> Karthik Subramanian Mohit Kumar Niraj Mohammed Godil Sachin Kumar Ranveer Peesapati Adithya Bineet Kumar Ramakrishnan Samar Nayak Shobhan Ojha

BASKETBALL WINNERS(MEN) (PG)	BASKETBALL RUNNER UP (MEN) (2ND BPharm & PharmD)	BASKETBALL WINNERS (WOMEN) (4TH BPharm & PharmD)	BASKETBALL WINNERS (WOMEN) (3RD BPharm & PharmD)
<ol style="list-style-type: none"> Sivakumar K Rahul Sanghera Thaneshwar Verma Srikanth Venugopal Nambiar Ivan Uthup Alex Jijy James Shyam R Rahul Naresh Wasnik Karthik Aithal P Prashast Bisht Bittu K Paul Raushan Blake 	<ol style="list-style-type: none"> Dhaval Patel Vignesh Mohan Akash Shukla Shawn J Fernandes Joshua Asika Moosa Gift Sushant Suresh Ratna Sagar Vashish Mathura Parth Gohil Nehil Gopalakrishnan Abu Sanusi 	<ol style="list-style-type: none"> Fiona D'silva Samiksha Keertana Badrinath Shreeya Hegde Reshma Chatterjee Tanya Sinha Gopika Sreeraj Melissa Mascarenhas Anuja Deb Natasha Chatterjee Pooja Yasaswi Vemuri Rajitha Gadde 	<ol style="list-style-type: none"> Sreelekha Akkineni Sravani Velicheti Poojitha Reddy Purna Kumari Sneha .K Alekhyia Lavu Sravani Polepalli Sai Priya Sreenidhi Sindhuja K Vaishnavi Tess Emanuel

STROKE	MEN	TIMINGS	WOMEN	TIMINGS
33m FREESTYLE	1. Rahul Kamath (4 th PharmD) 2. Nikhil Taurani (3 rd BPharm) 3. Pratik Lakhani (4 th BPharm)	21:82 s 23:66 s 25:12 s	1. Ashima Panjwani (3 rd Year) 2. Heithali (4 th BPharm) 3. Srija Das (1 st BPharm)	27:15 s 27:91 s 28:50 s
33m BACKSTROKE	1. Rahul Kamath (4 th PharmD) 2. Abbas Dossa (3 rd BPharm) 3. Pratik Lakhani (4 th BPharm)	32:18 s 32:57 s 34:38 s	1. Srija Das (1 st BPharm) 2. Heithali (4 th BPharm)	33:06 s 35:71 s
33m BREAST-STROKE	1. Abbas Dossa (3 rd BPharm) 2. Rahul Kamath (4 th PharmD) 3. Nikhil Taurani (3 rd BPharm)	27:94 s 29:59 s 34:56 s	1. Ashima Panjwani (3 rd BPharm) 2. Srija Das (1 st BPharm) 3. Sreelekha Akkineni (3 rd PharmD)	33:16 s 42:63 s 53:56 s
66m FREESTYLE	1. Nikhil Taurani (3 rd BPharm) 2. Abbas Dossa (3 rd BPharm) 3. Rahul Kamath (4 th PharmD)	53:62 s 57:44 s 57:79 s	1. Ashima Panjwani (3 rd BPharm) 2. Srija Das (1 st BPharm) 3. Sreelekha Akkineni (3 rd PharmD)	1:10:85 1:16:41 1:45:37
66m BREAST-STROKE	1. Rahul Kamath (4 th PharmD) 2. Abbas Dossa (3 rd BPharm) 3. Kamesh Keshri (1 st BPharm)	1:10:75 1:10:87 1:20:83	1. Ashima Panjwani (3 rd BPharm) 2. Srija Das (1 st BPharm) 3. Sreelekha Akkineni (3 rd PharmD)	1:16:93 1:39:19 2:06:28
66m BACKSTROKE	1. Rahul Kamath (4 th PharmD) 2. Pratik Lakhani (4 th BPharm) 3. Kamesh Keshri (1 st BPharm)			1:33:60 1:47:00 1:56:34
4x33m FREESTYLE RELAY	1. 3 rd BPharm - Nikhil Taurani, Abbas Dossa, Yugal Kishor Singh, Aqeel Akhtar 2. 4 th BPharm & PharmD - Rahul Kamath, Samar Nayak, Bhavik Suresh, Pratik Lakhani 3. 1 st BPharm & PharmD - Naman Gupta, Kamesh Keshri, Saumil Jadhav, Balaji Sridhar			1:55:81 1:56:31 2:06:75
4x33m MEDLEY	1. 3 rd BPharm - Nikhil Taurani, Yugal Kishor Singh, Ashima Panjwani, Abbas Dossa 2. 4 th BPharm & PharmD - Rahul Kamath, Samar Nayak, Milan Patni, Pratik Lakhani 3. PGs - Sivakumar K, Mohd. Zabiuddin Ahad, Sachin S Hadkar, Vinay Patidar			2:23:72 2:42:51 3:07:91

FOOTBALL (W)

Winners: 2nd BPharm & PharmD

Adwaetha Nambiar
Amritha Anand
Gretta N. Mthethwa
Chryseis Ponnen
Arline Mendonca
Srujana Reddy
Shoney Thomas
Nandini Gandhi
Remina Appadoo

Runner up: 3rd BPharm & PharmD

Poojitha Reddy
Sravani Velicheti
Shrishti Sinha
Alekhya Lavu
Sindhuja komineni
Sree Lekha Akkineni
Vaishnavi
Nikita Parashar
Sravani Polepalli

FOOTBALL (M):

Winner: 2nd BPharm & PharmD

Parth Gohil
Obi
Abu Bakar
Joshua
Karan Kaul
Dhaval Patel
Vashish Mathura
Siboniso Miya
Zamani
Mbonisi
Vijay

Runner up: 3rd BPharm & PharmD

Amit raviraj Pillai
Avichal Khurana
Ashley Crasto
Sanju Rajan
Sujayendra Rao
B Shrikar Reddy
Victor Justin Okongwu
Esione Ikenna Anthony
Abbas Dossa
Vishesh Teeluck Critanand

PharmaQuora



On March 4th and 5th 2016, The Academic Committee of MAPS organised the Annual Pharma Fest of MCOPS 'PHARMAQUORA'. Around 450 delegates not just from Manipal but also from outside Karnataka participated in this two day event.

Day 1 started with the inauguration ceremony which took place in the MIT Auditorium . The Chief Guest for the day was Dr Ullas Kamath, Dean of MMMC, MU. This was followed by a session on GRE and the scientific session also began with the Oral Presentations in the afternoon. Students from all the various categories participated wholeheartedly.

Day 2 started with the second half of the scientific session; the Poster Presentations which had over hundred entries. In the afternoon, a session on 'How to write a CV' was conducted by Mr Praveen from Department of Commerce, MU followed by a workshop on 'Emotional Intelligence' by Dr Sudhakar Nayak, Head of the Manipal Centre of Professional and Personality Development. An alumni meet also took place where five alumni of MCOPS interacted with the students and answered various queries of the students regarding life after B.Pharm.

The event concluded with the Valedictory Programme where the winners of the Poster and Oral sessions were announced. All in all, the event is another success story in the book of MAPS' Student Council of 2015-2016.



PharmaQuora Photos



Why am I a Teacher?

At the twilight of my career spanning 40 years, a question that comes to mind is- why am I a teacher? Teaching was not my first career option. Given my educational qualification I could have been working in a pharmaceutical company or in a bank as officer. It was destiny that brought me to Manipal on that summer day in 1976, to become a teacher, more by accident than by design.

An invitation from Dr. P Gundu Rao, the Director of College of Pharmacy (the forerunner of MCOPS), changed the course of my life. Dr. M N Guruswami, the then professor of pharmacology at KMC Manipal, wanted a chemist to back up his research work. My chemistry background came handy and he appointed me as a lecturer on Dr. Gundu Rao's advice. My primary duty was to analyze samples and perform chemical assays. Teaching was an added incentive. That was the beginning.



Early in my career, I happened to read the book "To Sir, with Love" by E R Braithwaite, a Guyanese teacher and author. The book is an autobiographical novel, which beautifully describes how the protagonist, a black teacher, could turn a hostile, prejudiced group of students in the eastern suburb of London into willing learners through display of understanding, compassion and love. The book made a lasting impression on me.

The teaching and learning milieu have undergone a sea change in the last three decades. Technological advances have redefined the roles of a teacher. Presently, students can access the latest developments in any field at the click of a mouse button; the teacher needs to be a learning facilitator.

Some things won't change though. Passion for teaching is a pre-requisite for any teacher. A teacher must also be liberal with empathy, love and concern. A teacher should keep bias and prejudice away. No student at any time should feel let down by his/her teacher. Additionally, keeping updated is a requirement that cannot be overemphasized.

For me it has been a road worth taking. Manipal helped me grow from a callow youth to a more rounded person. Here I came in contact with an international student community coming from widely varying cultures and environs. Many people inspired me here, not the least our founder, Dr TMA Pai. I had seen this colossus in flesh and blood. I had occasion to listen to his inspiring lectures. I have learned and I have taught.

I have colleagues who were my students earlier. I have shared wonderful moments with them. They will definitely be missed in the days ahead.

I enjoyed teaching. I value the glow in the eyes of my students. I treasure words of appreciation or criticism from students. How can I forget Dr. Robby Zachariah Tom who thanked me in a speech after defending his doctoral thesis at Karolinska Institute Stockholm for being one of his mentors? One former student wrote from the US, "Sir, I just wanted to thank you for being one of those wonderful teachers who have made an impact in my life. Sometimes I wonder if my Manipal experience would have been as inspiring and as memorable without you as one of the professors."

Now I know why I am a teacher!

 **N Gopalan Kutty**
Professor, Department of Pharmacology, MCOPS

MOVIE REVIEW- Brooklyn

Brooklyn is a period romance set in the 1950s. It tells the story of young Eilis (it is pronounced Ailish) Lacey, who moves to Brooklyn, America from Ireland in search of better prospects with the help of her sister Rose and a priest named Father Flood. There, she works in a shop, attends night classes, falls in love with an Italian boy Tony, becomes a favourite of her housekeeper etc. She begins enjoying her life there, after a short phase of homesickness. There are dances, beach outings, bus rides and a hilarious family dinner in the first half. But then, tragedy strikes and she must go back to Ireland for a while to look after her mother. That is when she meets the charming Jim Farrell who completely fancies her and wants to marry her. Now, Eilis cannot decide whether she should go back to America to be with Tony or stay in Ireland with Jim.

Cast: Saoirse Ronan, Emory Cohen, Domhnall Gleeson, Julie Walters, Jim Broadbent

Director: John Crowley

It seems like an age old story with a boring plot, melodrama and goopy romance. But it's not. What works for Brooklyn is the amazing execution of the script, written by Nick Hornby. There isn't a lot of dialogue but it still manages to keep you captivated. Saoirse Ronan is Eilis and she has done a marvellous job. Her Irish accent had me glued to the film and even after the movie was over, I wanted to hear more of it. It is like music to the ears. She sails through the film, commanding every scene with such ease and she brings Eilis to life. I cannot imagine anyone else as Eilis. She was born to play this part. The supporting cast is excellent as well. Emory Cohen as Tony is 'sweet and funny', as Eilis describes him. His family, especially his little brother Frankie, is adorable. They are so warm and friendly. Julie Walters, who is the housekeeper of the boarding house where Eilis lives, also has some fine moments. The dining table discussions with the boarding house girls are fun to watch. My personal favourite though, is Jim Farrell, played by Domhnall Gleeson. Oh that euphonious voice and infectious grin! He does not have as much screen time as Tony, but he does so well in the few minutes he has got, that never once do you feel that one is better than the other. Infact, you begin to sympathise with Eilis, for both the male characters have been so well portrayed; it is heartbreaking that she has to choose between them. Not only that, she has to make a choice between two countries.

It is an emotional tale shedding light on the history of Ireland and its immigrants. Brooklyn is all about alienation and gradually getting accustomed to a new place far away from home. Eilis' struggles are relatable and relevant in today's world also. Adapted from the award winning novel written by Colm Tóibín, Brooklyn revives the magic of the 50s with the fabulous set designs and costumes. It could have been a dull, slow paced film, but John Crowley's direction does not allow that to happen. There are a few things I wish which could be different about the film, like Jim Farrell being there for more time. The background score was ordinary. Also, I thought that towards the end, the film was rushed. It wasn't as elaborate as the beginning and it could have been ten times more satisfying had they given us more time with the characters

in the second half. But nevertheless, Brooklyn is so satisfying that its minor imperfections can easily be forgiven and forgotten. I have watched it thrice in four days. By that, you can tell how impressed I am. Many people have mood swings. They do not feel like watching action thrillers or comedy films or musicals at some point and instead want to watch a simple, sweet and light hearted film. To those people, I'd say, watch Brooklyn. It is truly heart warming.

 **Yamini Khedkar**
I Yr BPharm

CHIVALRY AS SEXISM

Rooting from “noble habitus”, better known as a virtuous code of conduct, chivalry was built to instill a sense of piety, morals & courtesy in the medieval knighthood. Little was it hoped to be associated with discrimination between the sexes. According to psychologists, there are two types of sexists; viz. the benevolent & the hostile. While the benevolent hold doors, offer coats & pay bills for their women with an intention to be polite, the hostile wolf-whistle at women, leave housework to women and maybe even offer domestic violence in return. It won't be wrong to say that benevolence, here, is deceptive. It indirectly ignites support for



gender inequality. Being polite and respectful towards the opposite gender has diminutive relations with condescension. A man can offer a coat to a woman during the chills and have nothing to gloat about. And a woman can give for the whole family and still be grounded. That is the exactly the point, it'd be okay to women if men hold doors for them; provided men are okay with getting their doors held by women (no pun intended).

There is no field of inequality to be neutralized, actually. Practicing altruism of sorts does not provide an upper hand over anything; it just marks a portrayal of concern and generosity that our predecessors would've smiled upon. The woman can get a coat of her own and the man can provide, it is not like either of them lack an ability to. One is as able, as dextrous, as powerful, & as strategic as the other sex. It is plausible that the existing inequality of sexes stems from contemporary notions or expectations from both to “play their roles” of exuding machismo and being the damsel in distress. On understanding the insidious nature of chivalry, the major driving force behind iniquity can be resolved. There is a pounding need of snapping back to 21st century. Chivalry is not dead, unfortunately, neither is sexism.

 **Tanvi Bhalla** || Yr Pharm.D

DESTRUCTION

The human race is killing itself and its surroundings. Two words can describe the situation in this world, deforestation and pollution. Deforestation and pollution being is affecting the world through global warming. An explanation has been given as to why the global temperature is increasing. People say that the only reason for this occurrence is because it is the end of the world as god decided it. Every little thing can cause hindrance in the environment. Humans have gone so far with their destruction that it is almost impossible to reverse what has become.

People think deforestation is a minor thing, cutting or burning down a few trees to build. Trees are the life source of this planet. Cutting them down decreases the amount of oxygen that is required and burning them releases gases which spread all over the earth and forms a cover around the earth. This causes the sunlight to be trapped inside the earth and causes an increase in the global temperature. Due to this, there is a hindrance in the environment due to which natural disasters occur such as hurricanes, tsunamis, earthquakes, etc.

As generations go on, humans have invented and discovered astonishing equipment which are very useful yet some which are very dangerous too. That equipment which is dangerous causes pollution. In the period when cars were invented, people started using petrol or diesel which when released into the environment in the form or gas can become hazardous, especially to the humans who breathe it in. It is not only the vehicles, but also the aerosol sprays, gases released from factories, water and land which are polluted due to the garbage that people tend to throw and many other things.

Humans are very superstitious and tend to believe that “The almighty is ending the world”. It should be realized that they are at fault that the world is in this condition. The world is at a very critical stage and very few people are trying to save it. If every single person in this world can realize that they are the reason for this destruction and try to at least minimize the causes for global warming, the number of people dying every day would decrease, the number of trees cut every day would decrease, and pollution would decrease. The world can finally be a better place to live, for everyone.

 **Srivalli Mukkavilli** | Yr BPharm



ENTERTAINMENT KE LIYE KUCH BHI KAREGA

A rant on the atrocity marketed as entertainment which sadly is a commonplace in households

Every evening, millions of Indians gather in front of their TV sets to spend their evening being entertained. The TV has something for everyone's needs. From the homemaker in a village to a pensioner in the city, everybody manages to find something that suits their taste. Cable TV today is a far cry from the few channels in the 90s to multiple networks and hundreds of channels today. Competition is fierce with the emergence of Private DTH players and cable operators.

Yet what do we often broadcast on air with the purpose of entrainment? Even after more than 20 years after the TV revolution, mainstream Indian TV continues to be dominated by the monotony and mediocrity of the Ekta Kapoor brand of mindless drama. Different genres of shows follow the same formulae of endless intersecting love stories, poor acting and terrible writing. Shows meant to focus on issues like poverty, child marriage and women empowerment radiate displays of misogyny, chauvinism and a general lack of competence by the production team involved. Even the 'most popular detective show on Indian TV' is plagued by nonsensical dialogues and direction fails in spite of having the experience of almost eighteen years in the detective show segment.

Prime time shows are riddled with gaudy make-up, lavish sets and a storyline that is beyond comprehension. This also extends to regional shows. An array of endless close-ups, brain damaging BGM, repetitive dialogues and a horde of advertisements make up a typical episode of any Indian soap. News channels aren't far behind trailing this bandwagon; often passing away the happenings in a TV soap or celebrity gossip as news. Indian news channels are often guilty of making mountains out of molehills in the fight for TV ratings. In the quest for attaining supremacy in TV ratings, issues are blown out of proportion, often the ones which don't deserve any coverage at all. Guests and panelists engage in fights and altercations shamelessly in shows which were supposed to be decent debates, often as many as ten at a time on a single screen. The media is acting as a slow poison for the conscience of the newer impressionable members of society who might go on to see it as a way of getting things done.

What else do we think is left untouched by the shitstorm of incompetence and mediocrity? Reality TV? Do you mean scripted bouts of pure stupidity? I fail to understand how locking a bunch of nincompoops under surveillance and making them make fools of themselves on national television manages to catch the fancy of the nation. While reality TV contests do play a role part in bringing hidden talent among the masses, I find that a large part of it is glitz and glamour, advertisements, product placements, melodrama (seriously?) and a little of what's relevant. A lot of our shows are copied from time-tested shows of the west like 'Who wants to be a millionaire?' 'Are you smarter than a fifth grader?' 'American idol' 'Britain's got talent' and a ton of others. Apart from some gems like Malgudi days, Sarabhai vs. Sarabhai, Hum Paanch and a few more, the only original shows we could produce are again; cringey dramas of little or no entertainment value like 'kyunki Saas bhi kabhi bahu thi' (which ran for 1800 episodes) and every other show which involved MIL-DIL confrontations for so apparent reason.

Comedy? 'Sarabhai vs. Sarabhai' of which mere three seasons were made, inspite of being a 'saas-bahu' show; was way ahead of its time. The closest we could come next, were pathetic attempts at being funny 'comedy circus' or 'Tarak Mehta ka ooltah chashma' and others. A lot of these shows find humor in perpetuating racist and bigoted stereotypes coupled with poor delivery. Throw in a celebrity and a couple of cheesy lines, (with the mandatory cross-dresser of course) and some commercials, and there you have it. An episode of 'Comedy nights with Kapil.'

I can't understand. Do Indian people have some kind of affinity for cross dressers? Are they a prop to elicit an obligatory laugh from a paid crowd of audience with poor taste in comedy? Why does Kapil Sharma seem to always want one to keep his show running? The public seems to enjoy the antics of a professional cross dresser on TV but find it taboo to accept a eunuch or a real one in society. It's kinda messed up when you look at it that way.

TVM	TRP	
	Current Week	Past Week
Tu Mera Hero	5.8	5.4
Saathiyi	6.4	7.6
Suhani si Ek Ladki	5.6	5.4
Iss Pyaar ko Kya Naam Doon 2	NA	3
Diya Aur Rati Hum	30	30.2
Yeh Hai Mohabbatein	8.4	9
Ye Rishta Kya Kehlata Hai	7.2	7.8
Everest	2.8	3
Veera	4.2	4
Nisha Aur Uske Cousins	4.4	4.4
Private Investigator	1.4	1.8

TVM	TRP	
	Current Week	Past Week
Sasural Simar ka	6.8	6.4
Balika Vadhu	5	5
Udaan	6.4	6.6
Uttaran	3	2.6
Meri Aashiqui Tumse Hi	6.2	6
Shastri Sisters	4.2	4
Bigg Boss 8	3.6	5.4
Comedy Nights with kapil	6	5.2

The more you think about it, you might realize that these very soaps are made because people like this. Take for instance, the list of shows with the highest TRPs on India's most popular entertainment channels.

An argument often put forth is that people like these shows because they can relate to it. How an average homemaker relates to the love triangle of a married 'ambitious' woman or the miraculous resurrection of an 'accident victim' still eludes me. The media, being a powerful tool in exciting change in the country is being underused with production houses being engaged in churning hideous shows by the dozen every day. The viewers, who are mostly averse to change, many a times force directors to tread the same path since they aren't willing to risk TRPs for originality.

Stand-up comedians and youtubers, who find pleasure in taking digs at the film and television industry, find some takers. 'On air with AIB', a refreshing show, aired on Star plus, the very epitome of the shows it was going against; but sadly didn't get much traction. With the arrival of Netflix and the ever present torrent websites, accessing newer forms of entertainment is easier. Must we demand newer and better quality TV shows, Indian TV is going to remain the same. Star plus forgot to mention that their new tagline 'Rishta wahi, soch nayi' only works both ways.

We have HUGE potential for improvement in the aforementioned sector, but all we lack is the will to demand better. Shah Rukh Khan recently took a step forward by announcing he will be starring in an Indian remake of 'Breaking bad'; but sadly that's not how it works. It's a long way, but we are getting there slowly, inch by inch.

 **Anish Pathak**
I Yr BPharm


Missing or Stolen...?

She wanted her daughter to be imaginative. She made up stories about animals and birds and nature. "What's a sparrow, mother?" She tried explaining but some things are better shown than said. "I don't see enough stars for a constel....lation, mother."

"Times are changing, and so should we," she thought to herself. "I'd better teach her about mobile phones, after all, she'll need one when she turns six next month," she said not realizing she was talking out loud.

Grandma was weaving a sweater. "Time does not change, people do. Nature does not change, our priorities do. Village is not far away- the village with sparrows and stars and wind. I wish I could give her my childhood."

Too bad Grandma couldn't speak. A minor flu and excess anaesthesia had taken her voice away.

 **Shivani Karnik**
I Yr BPharm



MONEY, NOTORIETY AND RIVIERAS

The world is ever-expanding. We are always told to think out of the box. But time is a mischievous entity. It always changes the dimensions and rigidity of the box. Only something which can squeeze its way through, is supreme.


The very basic foundation and the definition of what makes an individual the alpha has changed manifold overtime, sometimes for the better and sometimes for the worse. Not many years ago the conception of a person being the epitome of morality, righteousness and judgement made the person supreme. As time passed, the abstracts disintegrated. The beauty of ever-floating abstracts is that they always mould themselves to satisfy their thinkers as they are creatures which thrive and survive on the pleasure of their host.

With progression came the concept of fame. Fame proved to be such a powerful and charismatic breeze that it latched onto everyone's minds. Sparks flew and everything aligned itself to invite fame closer. With the invitation for two, fame's close companion, Money, walked side by side. And therefore a new set of thoughts were reborn like a rioting star.

Such is the fidelity of human emotions that even the most famous man longs to be gregarious. To reach the peak one crosses the treacherous path filled with selfishness, misery, jealousy but mostly ambition. Our survival skills become so sharp and so polished that we forget about the helping hand across the paths. It all suddenly turns into a game of solitude. The once gregarious comrade now marches alone in this journey. And this fame is given a new name-the name of notoriety.

We human beings are uncertain creatures. So fickle minded and so whimsical and yet pleasurable and ravishing. We surprise ourselves and fall to learn to pick ourselves up. We have quality and feat of realization and so part by part we work towards perfection and universal contentment. Soon we see light at the end of the tunnel and thus we unleash our Riviera. Our symbol of beauty and hope which could not have been fathomed and thus we revert back to our cycle of morality and fame. It is vicious and never-ending.

However hopeless, stranded or lost we might feel, how much-ever money or fame we have, always pay attention to the little things in life. They encircle hope and happiness. The rest are just material abstracts which float high above. Otherwise we will be left waiting and contemplating in a wide dark room for life.

 **Anushna Sen**
I Yr BPharm

Movie review – “ALMOST FAMOUS”

‘Set in 1973, William Miller, a schoolboy, gets the opportunity to write for the Rolling Stone magazine and as part of his assignment, he is to go on tour with upcoming rock band Stillwater and do a cover story on their music. And thus, we are taken on this marvelous journey with William as he befriends the band members, falls in love with the beautiful Penny Lane, a band aide travelling with lead guitarist Russell Hammond and observes the world of drugs and sex in the rock scene as a silent spectator. But when it is time to write the story, he cannot think of anything, for he has more to write about the relationships of the band members and his experiences with them than the music. Will he stay true to his profession or will he be faithful to his new friends who trust him not to reveal their secrets to anyone?’

Cast: Kate Hudson, Patrick Fugit, Billy Crudup, Jason Lee, Frances McDormand, ZooeY Deschanel, Noah Taylor, Jimmy Fallon and Philip Seymour Hoffman as Lester Bangs

Director: Cameron Crowe

It is a work of art, this film. It could have easily dragged on as a sluggish affair about the tragic lives of rock stars and the same old stuff, but it unfolds so beautifully and the screenplay is so unique, that it is impossible to get bored. It’s not just a road movie with lots of nice music. It is much more than that. Every single character is so distinct and versatile. Over the course of the film, we get to see their interactions with each other which mostly result in hilarious outcomes, such as the conversations with William’s mother, who is interesting enough to be a case study in a psychology journal, the advice given to William by critic Lester Bangs about not being friends with rock stars, or the engaging duels between the two frontmen of Stillwater. A special mention about Penny Lane, the mysterious and ever smiling band aide - she brings colour and depth to the movie.

There are so many memorable moments in the film, I cannot even count them. Perhaps the scene on the tour bus, when the band members spontaneously sing a rendition of Elton John’s ‘Tiny Dancer’ to lift their spirits is the one I would want to watch over and over again. (I have already watched it six times till now). There is something truly enchanting about that scene, or maybe it’s the song that does the trick. Speaking of the music, the soundtrack is simply amazing. It boasts of the classic tunes of Simon and Garfunkel, Led Zepplin, The Who, David Bowie, Cat Stevens and many more. I have always affirmed the fact that a film with good music is a good film. Not only that, Almost Famous also succeeds in transporting us to the time when rock and roll was religion and manages to capture the very essence of that philosophy perfectly. The hairstyles and outfits are spot on. It sure has its flaws and some clichéd scenes like the predictable ‘airplane being struck by lightning’ could have been improved. It gets a little monotonous in the middle with all the endless parties, girls and drugs, and there’s not much footage given to the band’s performances. But in spite of all this, it manages to be entertaining, thanks to a strong plot.

Director Cameron Crowe weaves a quirky and insanely wonderful story that is Almost Famous. The cast is an ensemble of such fine actors. I especially loved Kate Hudson as Penny Lane and Frances McDormand as William’s mother. The only minor problem of the film is its duration. It’s almost three hours long. That being said, I for one, wouldn’t mind even if it had been longer. It’s one of those rare films, you feel, which should never end. Touching in so many ways, I regret not having watched it before. And I’m sure you will too, if you haven’t watched it yet. I would describe it as a complete film, one of the best coming of age movies I’ve ever seen and I ever will.

 **Yamini Khedkar**
I Yr BPharm

The Rose

It was still there.... Even after all these years.... Somewhere in the dusty corners of the dark attic, above the forlorn third floor.... The place was perfect to hide the secret. Back in the 1960's, it was not out of the ordinary for the magnanimous 'zamindar' mansions to have such obscure storehouses of mysteries, enclosing untold tales over numerous generations. Nobody ever had the thought of visiting the eerie reverberating corridors of the third floor, let alone actually sneaking into the attic. After all, without any exception, even this historical palace, "Putul Bari" situated somewhere in the sprawling streets of Northern Calcutta, had haunted connotations revolving around it. Something about lingering souls of tortured court dancers, according to the locals. But that did not matter.... at least to Nandita. Yes, the resplendent daughter of Dr. Mukherjee (the present inhabitant of "Putul Bari") cared about nothing except the fact that these baseless stories of spirit-sightings made the attic the safest place in the world to hide her secret – the biggest secret of her life. Thus, several years ago, this angelic damsel did not think twice before sprinting up the forbidden terrace of the third floor and entering the mystical attic, which was supposed to be the abode to all kinds of diabolical activities.

She was nineteen at the time –a freshman student in the Sanskrit department of the reputed Hindu College. Being the first woman in the family to attend a college, she was nervous and had made but only a few friends in the first month.

One day, everything went topsy turvy. It was the fifth day of the second month – as she exactly remembered – when she saw him for the first time. Sharat – she learnt his name from a classmate – was a final year student, who happened to be the leader of the student union. It was not a fairy-tale meeting. She just saw him standing outside Coffee House with his friends, smiling at her for some unknown reason. Nandita had – as she could fondly recall – felt something which she had never felt before. An inexplicable feeling, something like the combination of rapid quivering of heart and a ticklish feeling in the stomach. It was so new, so foreign yet so beautiful. And the rest of the days of freshman year had been like fabricated tales of ancient folklores. That one careless smile had done wonders. The gigantic walls of the chronicled "Putul Bari" often saw an intoxicated Nandita composing poems for her oblivious beloved. They had had a few interactions – like the first time he smiled and asked her name.... or the day when he requested her to present a 'rabindra sangeet' in the annual day programme. Nandita considered them the best days of her life. And then one day she had decided to do what was unthinkable to most women of her era – to profess her love. She had written one final poem in Sanskrit, which described her love in the purest form. She had plucked a red rose from her garden and ran breathlessly towards the Coffee House. [Red,her mother had said, signified passion.]

Sharat had already been there in Coffee House with his friends, when Nandita reached. He was happy. When Nandita approached them, he had beamed with joy and pride..... to introduce the "best singer of Hindu College" to his fiancé, Anjali. It was the day when he had decided to introduce Anjali to his friends..... and Nandita happened to be one of them, as he had fondly proclaimed.

Alas! The incredible agony of first heartbreak, Nandita had clutched the rose violently in her palms and run away; tears rolling down her sublime face, pain stinging onto her fragile heart with every passing moment. She wanted to disappear. Completely. She wanted to go somewhere far away from human existence, where she could liberate herself from this torment. That's when this haunted attic had occurred to her.

So, this beautiful lady, had run upstairs that day, without noticing the ghastly shadow that had followed her. Oh! How much she had cried. Days after days, Nights after nights. Sharat, her first love, could never be hers, atleast during this birth. She had kept her last poem and the rose – the red rose, the sign of her love – in the third drawer of the time-worn dusty almirah. A place where the world would never be able to find it.

Fifteen years later, Professor Nandita Mukherjee again walked into the uncanny room in the wee hours of the night. She anxiously groped into the darkness to open the gigantic almirah. The shadow which had followed her then, began to creep up the wall behind her (of course without her awareness). Nandita could hardly see a thing. With a lot of difficulty, she managed to open the huge door and switched on the pen torch she was carrying. It was still there. Even after all these years. Her secret – the testimony of her undying unreciprocated love. Her last poem and the withered red rose – was lying safely in the dusty corner of the third drawer. Exactly where she had placed them. Nandita smiled. She stood there and closed her eyes, allowing all the memories to seep into her existence. Little did she know that somewhere in the corner, the terrifying demon spirit of “Putul Bari” also let out a smile of relief – happy that she had managed to get over the trauma. Sigh! The emotion of true love is so powerful, that even the murderous demons witnessing it turn helplessly into angels.

 **Ruchira Samaddar**
I Yr BPharm

Virender Sehwag - An Enigma

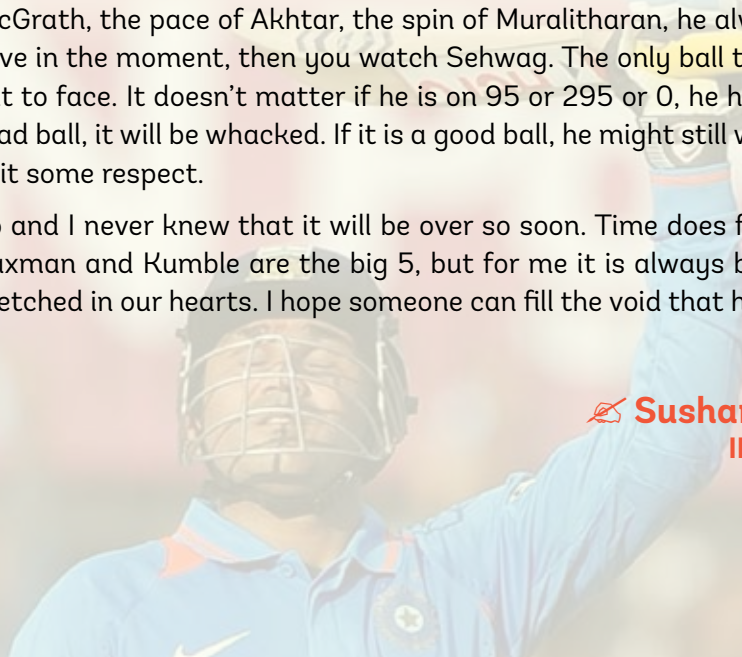
There's a flash. It's up and over the slips, maybe a gully, and a third man. The ball just disappears, out of sight, before dropping over the ropes. The third man is panting but this wasn't for him. There is a frustrated bowler and a clueless captain and a satisfied dressing room.

I have been a fan of Sehwag since the day I first saw him take guard and bolt the ball past the covers leaving the opposition stunned. He was someone who brought the entire nation to a standstill. The entire country tuned into their television to see the Nawab of Najafgarh doing what he does best. Sometimes, when he is slaying the bowling and abruptly gets out for no apparent reason, there would be a horde of people that would consider the act as madness. But the very next match we would see him slaying the bowlers all over again. I can vividly remember the 2011 world cup when he stroked the first ball of the first over to the boundary in the first 4 matches.

There is always someone, somewhere who would criticize his technique. People call him a slogger. He is 'the' slogger with a batsman's eye and the art to entertain the world with his blade. But Viru was always the same unperturbed person that we know. He had the ability to singlehandedly rip apart any bowling line up. May it be the swing of McGrath, the pace of Akhtar, the spin of Muralitharan, he always had an answer. If you want to learn to live in the moment, then you watch Sehwag. The only ball that matters to him is the ball that he is about to face. It doesn't matter if he is on 95 or 295 or 0, he has the same approach to every ball. If it is a bad ball, it will be whacked. If it is a good ball, he might still whack it. If it is a very good ball, he may show it some respect.

I grew up watching this maestro and I never knew that it will be over so soon. Time does fly. They say that Sachin, Dravid, Ganguly, Laxman and Kumble are the big 5, but for me it is always big 6. He will definitely be missed and forever etched in our hearts. I hope someone can fill the void that he has left at the top of the batting line up.

 **Sushant Suresh**
II Yr BPharm



Birthday and Gifts

I could see Mahima approaching towards me from a distance. She had washed all the dishes that morning and now, held a broomstick in her hand. For Mahima, being the brat she was, this was not usual. I knew she had a demand and hence had decided to butter me before keeping it forward. She looked at me from the corner of her eye and hung a calendar on the wall next to me with a date circled on it.

“So what does my darling want for her birthday this year?” I asked sleepily.

“So even you, like dad, think that I have a wish to be fulfilled, for which I am helping you with the chores? You both are impossible mom!” she gasped and left, giving me an amazed look.

Oh sure I do, I thought to myself.

* * *

“Amma, can you please give me twenty rupees?” I finally mustered the courage and fired at her.

“Twenty rupees?” she repeated, at almost the same instant, her hands still sweeping the floor.

“Yes, only twenty.”

“But why do you need it, Cheeku?” she asked with a bothered tone, as if I had asked her to buy me a new cellphone.

“I want to help the old man who begs outside the masjid,” I lied.

“Okay,” she replied after taking her own sweet time and making calculations. “I gave away all my change to your Abbu this morning. I will ask Mahima memsaab’s mother and give it to you when I come home after sweeping all the houses of the colony,” she smiled.

“Thank you, Amma,” I was delighted.

“I hope you’re sure you do not want to spend that money on yourself? Because I doubt if I would be able to give you any more money this week!” she said and left.

Oh sure I do, I thought to myself.

* * *

“Can you even imagine, Anuj?” my mom thinks so low of me!” I almost howled on the phone. “But then, yes, she is partially right,” I added on a softer note.

“So you’re actually sweeping the house and doing the dishes to bribe your mom... and to... to... demand for something big?” Anuj stammered in a disgusted tone. Which obviously, anyone would be; I had been cursing my mom’s blame for almost half an hour by then.

“No, not big.. I .. I just.. I just wanted a watch from Coco Chanel,” I replied feeling guilty for my demand.

Hailing from a middle class family, these brands are something only what we had heard of. My parents, my siblings or I, had never been elastic about the brands when buying clothes or accessories. Whenever my father received a bonus or my mother got an increment, at the most, we would go out to have dinner at a five star hotel. It was not that we could not afford, but we just could not afford it easily. I remember, it was my brother’s 18th birthday and he had demanded for a pair of sport shoes from Nike. My mother, at an instant, agreed to fulfil his wish but I did see the silent shock she went through. After that day, my father started coming home late -as he over timed- but according to my mom, the traffic in Lucknow ‘suddenly’ became miserable. I knew that my parents would somehow gift me the watch, be it by cutting the cost of their own personal expenses or by using up the savings, and still, I did not feel very guilty. That watch was all that I wanted.

“Are you sure uncle-aunty would be easily able to gift you the unnecessary desire?” Anuj sounded worried.

“Hmm,” I hung up, without waiting for a response.

Oh sure I do, I thought to myself.

“Mahima wants a watch from Coco Chanel,” I told my husband, ready for a scolding and a heavy mind boggling session, as of how to delay the wish.

I had already spent an hour thinking about the potential excuses on the dining couch and another in the bathroom but, to no avail. I had also tried to convince Mahima and make her buy one from Fast Track but then again, to no avail. I have never understood that why Mahima had to demand for things she knew we couldn't afford. Why couldn't she just learn something from her elder brother? She is turning seventeen, do we still have to 'make' her understand everything?

“It's Chanel,” my husband corrects me and stays mum.

“Um, so.. Will we..”

“Obviously we will, he stopped me mid sentence. We have always been fulfilling her wishes on her birthday. I know it will cost us a huge amount, but we will,” he replied and gave me a comforting smile.

“I will also overtime,” I said in a decisive tone and started getting ready for work.

That entire afternoon, I only smiled.

* * *

With a ten rupee note and the rest ten as loose coins, I whiz towards the Masjid. Being a Jhumma afternoon, everyone would be served with chola-puri but I have no time to delight my stomach. After offering my prayer to Mecca, I walked hurriedly towards the exit of the building, my head lowered, eliminating any chance of an eye-contact and an over-worried question like “Cheeku! Why are you not waiting back for the dawat?”

I slip my feet into the slippers and hunt for the right animal among the crowd of hundred. I walk down the lane with my shoulders drooping due to the tiredness after school, but I am not giving up today. I can see him standing a few feet away and already feel a sparkle in my eyes.

“This noble cause needs to be done,” I say to myself and enter the shop.

“What do you want?” the shop-keeper said with disinterest.

“Can I please have a fifteen-rupee pen, a three rupee refill and that shiny paper which you wrap over gifts?” I shoot with a glee in my voice. “How much does the paper cost?” I re-count my cash. “Abdul, the boy who lives next to my house, told me that it is for two rupees. Isn't it?” I answer my own question.

The shopkeeper handed me the entire stationary and took away my cash. I did feel guilty for lying to Amma and not giving alms to the old man outside the Masjid, but at the same moment, I knew Allah would forgive me as I had asked him to in my afternoon prayer.

That entire afternoon, I only smiled.

* * *

My mother told me this morning before I left for school that I should get ready to have Chanel in my hand. I am already on the seventh sky and have started to feel it on my wrist. I have decided that I won't wear it to school every day, and only once a week. I cannot wait to reach school and tell Anuj. Or maybe I should not. I should give him a surprise, and also, escape the moral lessons. It did cross my mind that mumma & papa would have to work overtime for my gift now. But then, I told myself that they do possess savings and comforted my heart. Yay, Chanel Chanel Chanel!

That entire afternoon, I only smiled.

* * *

“She looks so pretty. Doesn't she?” I nudge my husband and he replies with a simple calm smile which is a trademark of his inner piece.

It is Mahima's birthday today. We did succeed in gifting her the watch that she longed for. She is wearing

it with a peach sheer dress, and I cannot stop adoring her. She makes sure that she displays her watch in every picture she takes. Whenever she looks at me, she says a silent 'thank you' with her eyes. There is a constant smile on her face which tells us how proud she is to have us. I can feel a halo over my head and just like my little girl; my smile doesn't seem to wash away.

I am just so blessed, I assure myself.

* I wait for Mahima didi's friends to leave so that I can wish her a happy birthday. I have been practicing to say these two words for almost a week by now. I have tried bringing in the accent that is required, but after listening to how her friends have wished her, I am not sure if I even belong to this place. I peep into the kitchen to check with Amma, and she is still doing the dishes. I don't want her to finish working and make me regret for leaving without wishing Mahima didi; and so, I plunge towards her.

"Happy Birthday, Mahima didi!" I say, slightly patting her hand from behind.

"Thank you so much, Cheeku! Thanks a lot!" she replies with a smile on her face -Mahima didi looks very pretty when she smiles- and hugs me.

Grabbing the opportunity, I hurriedly shove my hands into my pocket and present my gift to her. Wrapped, on the outside, in a golden paper; and on the inside, in a news paper – double protection, just to be sure. "Wow Cheeku!" you bought me a gift!" she exclaimed. "Shabnam didi!" she calls for my Amma and Amma peeps outside the kitchen, wiping her soap-laden hands on her sari.

"What happened, Mahima didi? Do you want some more Sharbat?" she inquires in a worried tone.

"No, just come here," Mahima didi orders, the smile still not leaving her face; and making me get ready for the scolding Amma would give me in the evening. I had lied to Amma.

Mahima didi opens the gift and flashes the pen and the refill to all her friends. She tells everyone how much she loves me and my gift. She also thanks Amma. She is over-delighted. She gives me two candies and tells me that I gave her the best gift of the evening. I steal glances and look at Amma; Amma gives me a big smile with a comforting nod.

I am so blessed, I assure myself.


* * *

So my birthday is finally ending. I woke up today to a traffic of phone calls on my phone and a flood of posts on my Facebook profile. My brother sent me a set of earrings, a t-shirt and a big box of chocolates by post. My friends visited me at home and each one of them made it a point to buy me one of my favourite books; apart from the other usual gifts. My best friend, Anuj, and his sister, popped party poppers at midnight on Skype. And my parents, just as I had wished, gifted me my Chanel watch. The birthday, sans exaggeration, was the best birthday till date.

Apart from everyone else, like I had least expected, Cheeku gave me some immense happiness today. I had never thought that that little boy who used to visit me to help him with his maths questions would ever buy me a gift, or perhaps, even remember my birthday. Despite the fact that he belongs to a government school, he sung the entire birthday song for me in fluent English. He made me so, so proud of himself. No matter how small, his gift is my most prized possession now.

I have packed the watch and stored it in a corner inside my cupboard but the pen; I am using it to write my diary.

I am so blessed, I assure myself.

 **Manas Kinra**
I Yr MPharm (Pharmacology)

TALK ON HIGHER EDUCATION IN GERMANY

On 1st Dec 2015, the Professional Development Committee in collaboration with the Academic Council of MAPS, MCOPS held a talk in the college. Dr.Partha Prasad Dabke, Young Ambassador of DAAD, India (German Academic Exchange Services,India) was the speaker who had briefed the students of MCOPS about further studies in Germany for Masters and PhD Courses. The audience consisted of B Pharm, M Pharm as well as Pharm D students and the talk was guided to all three of the student groups.

He began his talk by telling the students by listing down the benefits of studying in Germany. Availability of many courses with zero tuition fee and the allowance that students get to work 120 full days or 240 half days on Student Visa were some of the major advantages. Mr. Dabke also made efforts to clarify any doubts regarding living in Germany as he himself had done electives there.

He then moved on to explain the students about the DAAD website. He explained step by step how one could look for suitable courses and scholarships through the website. He concluded the talk on a lighter note, mentioning some fun facts about Germany. The speaker received an overwhelming response from the audience as the audience showed enthusiasm and asked numerous questions. On the whole, the talk proved to be extremely helpful and informative for the students of MCOPS.

ONE STEP AHEAD PROFESSIONALLY

The event “One Step Ahead Professionally” was organised by Professional Development Committee in association with Academic Council with the aim to disseminate valuable information regarding internships, projects, publications and scholarships among the students of MCOPS. Speakers comprised of students and research scholars with valuable professional experiences.

The event began with a short talk by Tanya Sinha briefing the audience about various upcoming scientific conferences followed by an informative talk by Nishma Khetia sharing website links helpful for finding scholarships and internships at undergraduate level.

Thereafter, Anjana Sundarrajan spoke about her enriching experience of summer research fellowship granted by Indian Academy of Sciences at International Centre for Genetic Engineering and Biotechnology. She also shared tips and suggestions regarding essay writing which plays an essential role to get the fellowship. This was followed by a motivating talk delivered by Treasa Mathews, through which she shared her clinical research experience in the company SenseCR and also spoke about various challenges she faced during the internship. Following this was Ramakrishnan’s talk which sharing with the audience the international experience he had gained as a summer intern in the department of Pharmaceutics at Brighton University, United Kingdom. The event ended with a motivating talk delivered by Prateek Jain (research scholar) educating the audience about various opportunities available across the world to develop professional skills. Mr Jain emphasized on the national level leadership workshop “Biocamp” which selects only few professionals from a plethora of backgrounds to attend the workshop.

Over all, the event proved to be informative and professionally useful for the majority of students present in the audience.

 **Tanya Sinha**
Professional Development Committee

DEATH OF KALAM

India's most sought after email ID apj@abdulkalam.com will remain silent forever. On July 27th 2015, we lost one of the greatest souls of our country. Dr. Avul Pakir Jainulabdeen Abdul Kalam succumbed to a cardiac arrest while addressing the students of IIM, Shillong.

Dr. Kalam grew up as the son of an educated, middle-class Muslim boatman. He was taught by a Brahmin math teacher and studied in a catholic school. Kalam was a colossus because he lived by the ideals of unity and diversity. He was a man of firm conviction and indomitable spirit.

Fondly called as the missile man, Dr. Kalam was very popular among the youth. He instigated many revolutionary ideas like the very famous "India Vision 2020", "What Can I Give", etc. which instilled a great sense of patriotism in the youth. His primary aim was to motivate the younger generation. This was very evident from his motivational talks in schools and colleges all over the country. He even encouraged them to mail him their queries and questions. There were days during his presidential tenure when he stayed up late at night and replied to all the mails. He was well known for his quick, witty and humorous replies. Till his last day he led a very humble and simple life. The greatest treasures that he possessed were his library and the unconditional love and respect from the people of this country. His death was equally mourned by celebrities and common man. Thousands of people thronged his native village, Rameshwaram, to pay last respects. Till his last breath he did what he loved the most: motivating the youth of the nation. He inspired many by his simple yet thoughtful quotes. The man who united the people of the nation irrespective of their religion, caste, race, gender, etc. has departed but his visions, ideas and dreams will live on. The curly silver hair and the everlasting smile on his face can never be forgotten because legends don't die, they live on in the hearts of the people they inspired.



 **Anjana S & Ashima Panjwani**
III Yr BPharm

The Great Goa Getaway!




The Goa trip was brought into reality by a few bunch of 'desperate for holiday' final year students who randomly created a Whatsapp group and added potential candidates. Within a week the group members increased from 10 to 15 to nearly 30 people and soon the plan began to take a serious form.

On 6th November, the three day trip began. We were 28 people occupying 3 full train compartments, some playing the typical train games, some dancing and some singing, and it was then we realised the trip, good or bad, it was surely going to be memorable!

Tired as hell but full spirited the trip began with a bang when all of us decided to go to the famous, Club Cabana! Three hours into the club and we witnessed the much expected Goa scenes!

The other two days we explored the beauty of the city. The mini trek to the forts, the 'ooh! so hot pool parties', the amazing Goan food and the beautiful sunset casting shadow along the beach made the trip absolutely perfect. The other two nights on the other hand was just as good as the first night! Having a pool in the hotel was the best decision ever! 28 people, all gathered by the pool side. Some dancing, some relaxing and few just talking about how the amazing trip should never end!

Finally, the trip came to a glorious end. We all created memories, enjoyed to the core, made the most of the trip and now we hope to have a sequel ASAP!

 **Mayura Das and Tanya Sinha**
IV Yr BPharm

“QUIT SMOKING” Walkathon by Rotaract Club of Manipal University

Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they're sponsored by a local Rotary club. This makes them true “partners in service” and key members of the family of Rotary.

Rtr. Madhav Jain, President, Rotaract Club of Manipal University on 17th February, 2016 organized a “Quit Smoking” Walkathon to create awareness amongst the students of Manipal University regarding the harmful effects of smoking. The Assembly Point for the Walkathon was Manipal College of Pharmaceutical Sciences, Manipal University, Manipal.

The Walkathon started at 5:00PM and was inaugurated by Dr. Mallikarjuna Rao, Principal, MCOPS, Manipal, Dr. Suma Nair, Director of Students Affairs, Manipal University, Manipal and K.S.Jai Vittal, Estate Officer, Manipal University, Manipal.

The Walkathon was joined by the students of other colleges of Manipal University and around 150 students participated in the walkathon, joined by many more. Members of the club and students distributed pamphlets and posters on the road mentioning about the harmful effects of smoking.

A Campus Patrol of Manipal University was also involved giving security to students involved in Walkathon and also the members of the club created awareness in campus by using loud speakers and mentioning the harmful effects verbally which also grabbed many attentions in Manipal.

The Walkathon covered the whole Manipal Campus and successfully created awareness about smoking and gave its best to make the campus a “NO SMOKING” Campus.

The walkathon was ended at MCOPS itself and after the completion, Certificates were distributed to the Members and other students who participated in Walkathon.

This was the Second most biggest and successful event from Rotaract Club of Manipal University which was also a very proud moment for Manipal College of Pharmaceutical Sciences.

 **Madhav Jain**
III Yr BPharm



#better india

1. Sikh puts religious rule aside to help boy: Harman Singh did not think twice about removing his turban to cradle the bleeding head of a 5-year-old who had just been hit by a vehicle on his way to school in Auckland, New Zealand. He has received new furniture and has got a six month's supply of Domino's Pizzas as a thank you.



2. ISRO wins big: 2015 was a great year for ISRO as they launched 6 satellites and won the Space Pioneer Award for Mangalyaan which was the cheapest mission to Mars.

3. Kochi airport became the world's first airport to completely operate on solar power. This plant will produce 18 million units of power from the sun annually-the power equivalent to feed 10,000 homes for one year. Over the next 25 years, this green power project will avoid carbon dioxide emissions from coal fired power plants by more than 3 lakh metric tons, which is equivalent to planting 3 million trees.



4. This year Eid and Ganesh Chaturthi overlapped and in a step taken by the Seva Sangh Ganeshotsav Mandal in Colaba, Mumbai, 13,000 Muslim devotees were seen performing their prayers inside a Ganpati pandal.

5. At an age when many people want to relax and lead a peaceful life, 81-year-old Bagicha Singh is on a unique mission. He has been walking since the last 23 years and has covered the length and breadth of India more than 21 times. His aim? To spread awareness against tobacco and alcohol consumption, child labour, corruption, and other such social issues. Respect to this man.



6. In a move to reduce the air pollution levels in the capital, the AAP Government introduced the odd-even rule, which allowed only odd cars or even cars on a particular day. This move saw air pollution levels go down a great deal in Delhi.

7. rains may have won the battle, but Humanity won the War! The Chennai floods saw its residents come together to help those in need, be it risking one's own life to save many more, sharing our own homes with the homeless or distributing food and essentials in waist deep water, the city saw it all. The city saw in its people in its adversity the biggest example of unity in diversity where the only religion was humanity.



 **Sushant Suresh**
II Yr BPharm

WORLD NEWS



The American Eves win the World Cup: U.S. Women's soccer team won the World Cup for the first time in 16 years (and became the first team to win the tournament three times) on July 5, 2015, defeating Japan in a 5-2 victory.



The invasion that shook India: On 2 January 2016, a heavily armed group attacked the Pathankot Air Force Station, part of the Western Air Command of the Indian Air Force.



The attack on Charlie Hebdo: Attackers killed 12 people on January 7, 2015 when they stormed the offices of the satirical magazine Charlie Hebdo in Paris. The attack was to avenge the Prophet Muhammad, as the magazine had printed cartoon depictions of him, an act considered blasphemous in Islam.



Nepal is rocked: On 25 April 2015, an earthquake of magnitude - 7.8 hit Kathmandu, killing more than 8,000 people, as well as triggering an avalanche on nearby Mount Everest, with 18 people dying on the mountain as a result.



The refugee crisis in Europe: Over a million refugees fled war-torn countries such as Iraq, Syria and Libya in search of a better life in Europe. Many took the perilous journey across the Mediterranean sea, travelling in terrible conditions in unsafe boats and dinghies



Corruption, Corruption everywhere: World football's governing body Fifa was embroiled in a corruption scandal where Swiss authorities arrested several senior figures. Fifa president Sepp Blatter resigned over the scandal and was later banned from all football-related activities for 8 years.



Canada PM Justin Trudeau Aces Gender Equality: Trudeau showed world leaders how it's done by naming a young and ethnically diverse cabinet- a ministerial team that for the first time in the country's history is equally balanced between men and women.



The World lost a hero: Dr. APJ Abdul Kalam, former President of India, succumbed to a heart attack while lecturing at IIM Shillong, where he was a visiting professor. "The World will miss you."

 **Sushant Suresh**
II Yr BPharm

An Interview with Dr. Anantha Nagappa Naik

Excerpts-

Que: Sir, you've a teaching experience of over two decades, what would you say is the cornerstone of your teaching principle?

NN: Students are still the prisoners...

TB: Why do you say so, sir?

NN: See, Suppose you want to do some comprehensive work, do you get the opportunity here? Are you duly permitted? First of all, you have a lot of teachers who won't allow you to do new. Suppose if you do get to do new, then you'll have to go to the HOD. Then that HOD will say your area isn't under his dept, and so on, so as result of it, you don't think, you don't imagine that you could've done good work.

TB: I feel students today are not allowed to think. They are bound.

NN: That's what I said, they aren't allowed to think, their mind is...

SS: Classes are just about rote-learning. That's how it is now, just by-heart all the stuff..

NN: No, that is not learning. You know why US is so far ahead? It's because their students are allowed to explore. In BITS Pilani, attendance wasn't mandatory. There was a student called Vinay Sarkar (name changed), he never came to class yet he was the topper of the course. His secret was his amazing talent of finding out what I was discussing in class and developing excellent knowledge. Better than what I was teaching in class. And then he used to teach his friends. It can happen only in BITS because attendance wasn't mandatory. Now? He is the CEO of an organization in abroad.

Que: On the birth anniversary of Dr. Ramdas Pai, 80 projects were launched by the rotary club. What are your views on it?

NN: I am a Rotarian. We are doing a unique project, one of its kind in India. An organization called Indian American Pharmacist (IAP), its founder is in abroad right now and he had a dream, to empower the pharmacists. The current scenario has the doctor acting as a wholesale agent for the patient. Now, in a small taluka in Karnataka, we have started making electronic health records of all the villagers, I, alongwith 40 of B.Pharm, M.Pharm & Pharm.D students slogged from morning till evening in the same. We could cover 920 adults and 100 of them were on some medication. You may ask its advantage, the IAP has devised a software where you can see all the information at one place. This will help the patient in future when he goes to buy medicines, the health professional will know the patient's history, his present medications, any contraindications or drug-drug interactions. It is a mega project. The founder of the company shall be in talks with the Indian health minister, Health minister of Karnataka & the minister of medical education in collaboration with KPS, Karnataka



(L-R) Sushant Suresh, Dr. Anantha N Naik, Tanvi Bhalla, Khushboo Mistry

Dr. Anantha Nagappa Naik, an active Rotarian, Inspirational teacher and in possession of one of the greatest minds; sought to bid adieu to our institution. As we prepare to miss his eccentrics, the editorial board interviewed the man of extensive caliber and experience.

State Pharmacy, articles are already there on pharmabiz. You could go there for more details.

Que: Online Pharmacies like medplussmart , do you think these will pick up in the future? With the technology growing these days.

NN: Technology can help if people are ready to take the information and use it properly. See, Pharm.D regulations are up but still no one has accepted them. Gol has taken out gazettes regarding the same, they are not being discussed. I will be giving a speech on pharmacy practice regulations in the near future at Malla Reddy group of colleges, Hyderabad. Have you read it? (The three of us shrug) Unfortunate! It empowers all registered degree holders from diploma to bachelors to Pharm.D to practice pharmacy. There are a lot of misconceptions regarding this. Our work starts after physicians. There is a lot to educate “the big boss”, the doctors. Like the village project (read: prev. ans) completes, the pharmacists will be kings then. In US, collaborative treatment occurs due to cooperation between doctors and pharmacists.

Que: Sir, what do you think, how long will India take to change?

NN: If you take my interview and forget, things will not change. You have to act. We have NGOs , work in them, help the community. Join. Look up kspor, etc. Several students have written wonderful articles, publications are made, projects are done; and I appreciate the people of MU, they have the freedom to do all this. Some who didn't come forward, it's their loss. Others profited. We have a project wherein you have to see 10 patients and provide pharmaceutical care to patients from home. This benefits all. Students will have experience of planning customized Rx care for patients.

TB: In the second year of Pharm.D , students get to take up cases in the hospitals, follow patient progress and advise patients on some basic medication administrations...

NN: That is there according to the syllabus, what extra is happening? Yes, independent ward rounds have started. When the doctors and faculty are there to monitor you, they are watching your every move, there is no freedom. You get conscious, so how do you learn then?

TB: We try to sir,

NN: You can't just try. You are being monitored and people are there to see how their interest is harmed, they will tell you according to their point of view. Not that you're making a mistake or not progressing.

TB: Sir, so what could possibly be the solution to this?

NN: You could give encouragement and provide freedom, because unless you make mistakes, you won't work.

Que: What would be one last message that you'd like to give to all of us?

NN: Academic freedom is key.

TB: It's a cycle sir....

NN: No, it's a requirement

TB: We are not getting freedom.....

NN: If you're not getting freedom because you're yourself holding it. Faculty is holding.

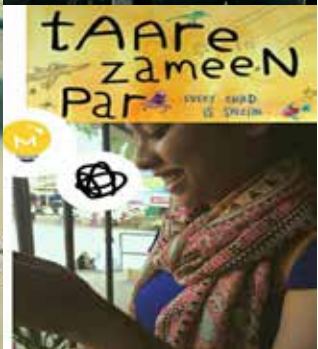
SS: What can we do to change?

NN: You must take risks. Take your decisions. Maybe you get singled out or get less marks or even punished, but it is then that you will act.

In conversation with **Dr. Anantha Nagappa Naik (NN)**

Tanvi Bhalla (TB), Sushant Suresh (SS) and Khushboo Mistry (Chief Editor)

Memes



MANIPAL

Beyond horizons, where the mountains lie,
Spread wide across, into the sky--
Lies a land of joy and mirth;
A true wonder it is ---a paradise on earth.

Oh! How do I describe this beautiful land?
Where mountains meet the beaches of sand;
Where forests echo the myriad sounds
Of bees and birds and leopards and hounds.

An abode to the greatest stalwarts it is--
To budding engineers, doctors, pharmacists;
They come with dreams, they come with fears,
They part with fulfilled goals and tears.

And why are there tears after they part?
The magic of the land touches their hearts..
The magic, that had turned nights into dawns
With friends, that have turned into a family fargone.

So beyond horizons, where the mountains lie,
Drenched in sunlight, peaks held high--
Lies this world of joyous carnival,
The land of love --it is Manipal.

- Ruchira Samaddar, I BPharm

RESURRECT

On a gravel path, the traveller walks.
Lone, quiet and thoughtful,
Lost in his world, he seldom talks.
With books and a penny, his hands are full.
A worker he sees with rough hands and a torn pant,
Brick by brick, he shelters all men.
He hands him a book and whispers a chant,
"Mighty is the one who survives a lion's den."
Down the road, a woman chases her toddler.
Porridge in one hand and files in the other.
He hands her a book and whispers a chant,
"Mighty is a woman who succeeds as a mother."
Behind the tree, a boy sits sluggish,
With half burnt sticks and bottles lying around.
He hands him a book and whispers a wish,
"Mighty is the one who is not addiction bound."
I walk up to him and haughtily ask,
Piqued by my curiosity that never harmed a cat,
"In which divine being's glory do you bask?"
He secretly smiles and gives me his "Resurrect".
Bewildered and amused, and slightly dazed,

My frown deepens as I see the blank page.
Empty, new, with the smell of petrichor,
I look up to see the traveller long gone.
On the gravel path that the traveller walked,
Lost in his thoughts, he seldom talked.
The gush of wind that his disappearance left by,
Reset our lives like it never happened before.

- Shivani Karnik, I BPharm

THE FORGOTTEN

All their friends are gone, And their families prefer a
pet;
They lie aching all over, They lie awaiting Gabriel's
Trumpet.

Perplexed by the question, "How much worse does it
get?"
None finding the courage to really ask it yet.

They hear each other wheezing all night long;
Some lying in silence, some perhaps humming their
last song.
They were thrown in here, It wasn't their choice;
The aspirations of youth had suppressed their voice.

Now they sit by the window, where the light can shine;
Watching the world argue about yours and mine.
They believed one day your love for them shall again
be strong;
But time and again, you proved them wrong.

Well you can crib about them being bitter'
But of this, you be sure;
They made your generation rich,
And you cast them aside like the poor.

- Ashutosh Sinha, I BPharm

PRAY FOR PARIS

I apologise, dear Mother.
For I couldn't save your children.
When the monsters opened fire,
It felt like every bullet pierced my chest, I swear.
But all I could do was stand and stare.

How can I use my powers....
When the ones who had weapons
Were also called humans?

I quit, Mother.
For I cannot bear this bloodshed.
Cannot witness the triumph of evil over and over,
Cannot stand my incapability to stop even a single war.

For the death of the virtuous is the death of Humanity
And the death of Humanity is the death of GOD!

- Harika Kota, I BPharm

NATURE

Out the window, I glared at the drops,
Pouring down the sky, in a field full of crops.
Appreciated the God's wonderful creations,
looked around to see it all, flowing water and zebra's
striations.

I was filled with glee, forgot about the life's sorrows,
hauntings of the past and the worries of tomorrow.
Not everyday do all God's miracles get noticed,
we often pass them by, scrolling through our cellular
phone list.

It's a shame how these beauties are often ignored
not enough respect is paid to the hard work of the Lord.
We often mess with the equilibrium, disturb the
nature's gifts,

be it trees, hills and mountains, or birds who sings
sweeter than Taylor Swift.

Houses replace forests, shopping malls replace hills,
for which the mankind aptly pays, and is charged
without a bill.

Earthquakes, tsunamis, landslides are termed as God's
acts,

He is blamed by the majority, unaware of their causes
and facts.

Role of the nature is significant, played in all corners
and nooks,

be it as simple as flowing of air or plants being their
own cooks.

Sun rises in the west and rises in the East,
nature has it's own way of playing the Beauty and the
Beast.

If we take care of it the way it does, from morning till
the night,
calamities like draughts and floods will reduce, things
will be alright.

Reduce your carbon footprint, and do your every bit,
nurture and pay heed to the cried, treat it like your own
first kid.

Nature demands to rejuvenate, be as God intended it
to be,

and there will be more happy people running around
like me,

who captured and beheld a serene view and were
thrilled
just like Sir Wordsworth, who penned down "Daffodils".

- Abishek Wadhwa, II BPharm

STEP ON

I'm tryna put down my words
But I feel like losing my chords
'Cause,
You throw this with a freak
And not gonna get that feel
Hope you got it what I mean

LOOP 1:

Now,
I'm gonna sing it like a pacquiao
It's a hollow thing I'm talkin' about
You make your mind when you're jammin' out
Don't lose your word when head's fucked off!
It'll break your heart if you love someone a lot...
So make yourself like a pot filled up
Just hold your seats try to be tough
Cause here's few more words to fire you off

LOOP 2:

You'll never get it when you want
But don't lose it when it pops
Everything is gonna be alright
Just try to keep your fight alive
Throw honest words so you'll survive
Soon on a day you'll revive
From the struggle of the blues
You'll be there in that few
Who cracked all the clues
And success will be on the move

- Asif, I PharmD

STEP ON "UNDERNEATH ONE SKY"

when tsunami and earthquakes claim lives
paris, Pathankot or when an epidemic in haiti arrives
or when lives are lost in a terrorist invasion
ain't god skillful enough a mason?

we look at gender, caste and creeds
the prokaryotes sprouted up to be defective a few
seeds

and not to forget city, state and nation
couldn't neanderthals see beyond a station

power,land and ego are still being fought for
to prove dominance,we don't mind a war
should we help an enemy country resident?
preferring my linguistic community wouldn't be
evident?

achievements make us all crave
posts,titles,degrees and ranks
And none of us would mind
a bulk amount in our banks
but,cheques don't accompany us till grave

if there existed any differences
the sun,wind and flowers would have had preferences
there awaits a day when humanity finally rises so high
that the globe stands united underneath this endless
sky.

- Shreya Narayan, I Pharm D

WE ARE..

Somedays we are a smoke-filled cafe,
abound with banter and the cacophony of tinkling
cutlery.

Somedays, we are a dark room full of secrets.
Then there are those days we are an island consumed
in a
tempest.

We are somedays, a ghost town in ruins, where all the
residents
have been long gone and only a lonesome spirit
remains.

Aren't we all places?
We are the sky, an island of clouds gliding calmly,
above the fray
of everything else.

We are a crowded elevator, waiting for doors to open,
eager to walk out
Or just waiting for a beautiful stranger to step in.

We are somedays a flowerpot kept in the balcony in
which once flowers grew,
now collecting rain. So empty so estranged.

But trust me, somedays we are the only thing right in
an upside-down world!

We are all places indeed.

And today, I am an ancient tree home to a ten thousand
birds
about to take flight.

What are you today?

- Oendrilla Das, IV BPharm

DESIRE

It was a desire, to become a mother
For which, a child was born
It was a desire, to rule the world
For which, emperors fought the wars.
However big or small,
The desire exists, like a burning fire, within us all.

Sometimes it is jolly, sometimes so fatal
The humanity often comes down to it and rattles.
The same desire which makes us work hard and toil,
Also makes our hearts to burn and to boil.
Big or small,
The desire exists, like a burning fire, within us all.

The desires we have, materialistic or not
Make us to suffer, more often than not
The more we have, the more we ask for
It is not a dream, it is a desire.
Needy to greedy, it is same for all,
However big or small,
The desire exists, like a burning fire, within us all.

This burning desire, just like a fire,
Can fuel the soul, and rocket it to top

The same desire, just like a fire,
Can turn a truthful into a liar.
The more we shadow-
The more we find,
That we can run, but not at all hide
From this emotion, hard-wired in our head
To always long more for, what we cannot get.

The desire can be fruitful,
If you make a judgement call
Or it can turn sour,
And make us all fall.
However big or small,
The desire exists, like a burning fire, within us all.

- Manas Kinra

M.Pharm Part I, Dept. of Pharmacology

Sketches



Sherlaine Fernandes

Sketches



Nihal Shaikh



Aman Shah, II BPharm



Sravani Gupta



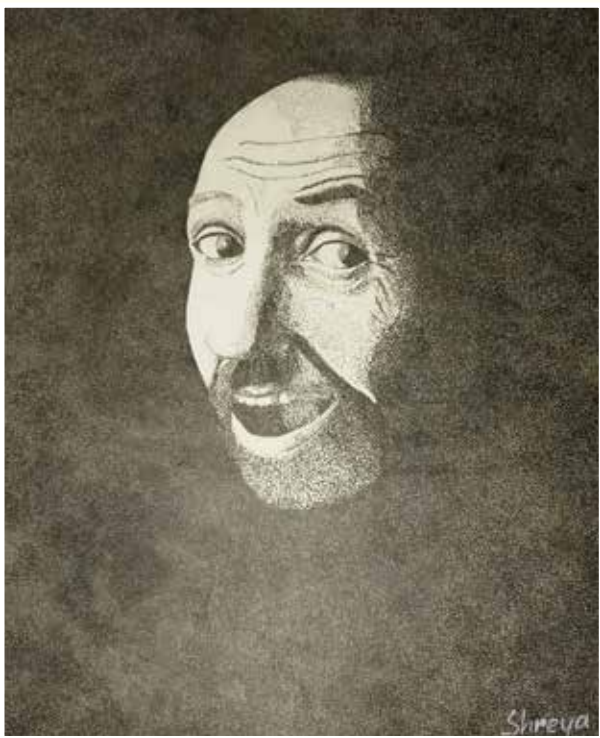
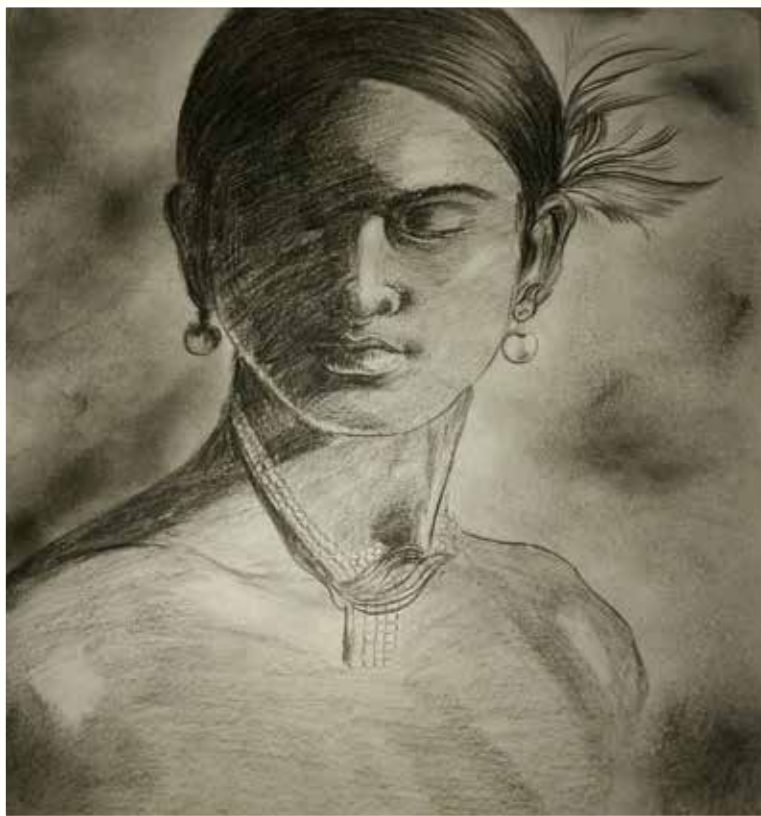
Payal Biswas, IV BPharm

Sketches



Shamica Jaiswal

Sketches



Sreya

Sketches

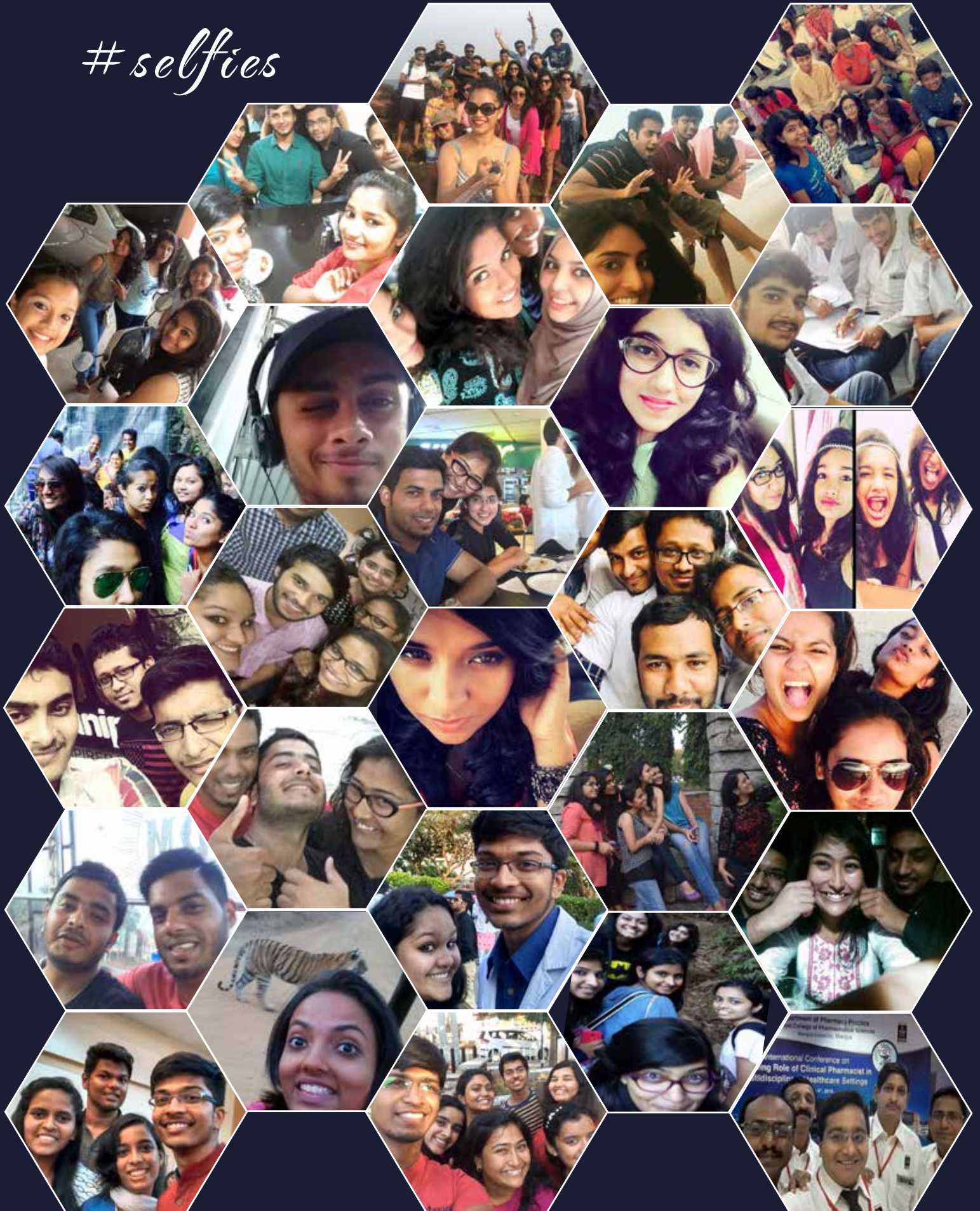


Suneha Banerjee

#selfies



#selfies



For a Cause



World Food Day was celebrated on 16th October '15



Staff Utsav 2016



Photography

Tanvi Bhalla, II PharmD





Tridib Haldar, III BPharm



Photography



Trips





Academic Committee

Sara Mathews (1st PharmD)

The Curious One. This girl has an extremely bright future in the student body of MCOPS. Her outgoing nature and never ending curiosity will help her conquer anything. My advice to her is to stay in the Council and one day she might head it. I'm going to miss listening to you calling me 'Big Chechi'. And oh, Sorry if I came across as bossy in the beginning, you know I love you.

Nikhil Nayak (1st BPharm)

The Late One. Although he graces us with his presence only occasionally at meetings, when he takes on work, he completes it with passion and dedication. Whether the work is in Udupi or Manipal. If you give him work, (P.S : Only when you do it face to face) You can be assured it will be done. Thank you for not killing me while going to Udupi on your bike and also for giving me a hearty laugh by wearing my pink helmet throughout.

Tarunika Godha (1st BPharm)

The Pretty Eyes one. 'TARUN' as called by Imran, always laughing and full of life. She has been one of the most hardworking students in the committee. Having to deal with a bunch of newbies, she executed her duties flawlessly. I'm sorry for giving you a death stare when you wanted to climb up tables and stare into the main stage from back stage. We both know that wasn't a good idea.

Gail Ann Abraham (2nd PharmD)

The Smart One. Hats off to you for taking care of all the outside judges. The only reason I had peace of mind was because I knew you were handling it. I cannot find words to express my gratitude to you for being you. For yelling at everyone, for staying awake sending emails and making sure everything happened the way it should. And oh, I love how your already big eyes just widen with rage every time Imran asked you something stupid.

Imranali M. Muraj (2nd BPharm)

The Talkative One. Always making the group laugh with his non-stop chatter. His sense of humour is as unique as him. His love for the institution and the teachers is unmatched. I don't think anyone in the committee will ever forget you. Imran's famous line in the team has to be 'My girlfriends keep dying. When I see another girl, My girlfriend dies.' Be the way you are Imran, don't let anyone or anything change who you are.

Divya K Shriyan (2nd BPharm)

The Responsible One. She has the power to brighten up any room she enters. Her patience and smile helps everyone stay calm through any situation. Only Divya has the power to tolerate Imran. The whole committee salutes you for the way you handle him. Your taste in music is quite fabulous. I love the way you quote movies as well.

P. Aditya (3rd PharmD)

The Active One. Always enthusiastic and super supportive, this boy does his duties with utmost integrity and passion. The way in which you handled the whole scientific session of Quora was amazing. Always completing his work before the time limit. You were the reason for the smooth running of the Poster and Oral sessions. Always caring about everyone, you are a real gentleman. As wise as an OWL.

Harini Ramachandran (3rd BPharm)

The No- Nonsense One. This girl did any work assigned to her with perfection and was always ready to take on more work. Always asking for more work and trying to find as many ways in which she could help.

Tridib Haldar (3rd BPharm)

The Creative One. This boy with his camera creates wonders. If I had any work related to designing or photography, Tridib was my go-to- guy! Thank you for running around and making sure everything was working and not to mention, covering all the events. Your million funny poses and gazillion dirty jokes will always be remembered.

Anuja Deb (4th BPharm)

The Caring One. One of the most nicest and loving souls that I had the pleasure to know for four years. Always looking out for everyone. I'm going to miss having her around immensely. The way in which she made sure everyone was fed and happy is what makes her the amazing person she is. I don't know what I would have done without her. Thank you for being there every time I needed to hug someone. I Love you, my teddy bear.

Chetananda Patel (4th BPharm)

The Quiet One. Always on time for meetings and agrees to any work given to him. Proved to be a real asset to the team. The way in which he supported his team and did any job that was asked of him was splendid. His heart is made of gold and he is one among the sweetest people you'll ever meet. Also, He has the most gorgeous eyelashes.

Gopika S.R (4th PharmD)

The Dancing One. She handled all her duties responsibly and was a real support to me in class while I carried out my other responsibilities. Helping out with all the registrations, she made sure that whatever work she did was done perfectly. The way in which she can sleep anywhere is quite impressive.

Samita Rijal (M.Pharm)

The Giggling One. Always smiling and full of life, this girl was a real delight to work with. I thank you so much for always being ready to do work. Being it from packing the registration kits to carry those heavy boards. I will never forget the way you made Imran scream like a baby by holding a rat against his face.

Adithya Chandrashekar (M.Pharm)

The Mature One. He is the first one to sort out any conflict that might arise. He is always buzzing with ideas and his experience has proved to be his best asset. I will never forget the way in which we managed to carry all those heavy bags all the way from Udupi on my little scooty. Will miss your Hi-10's every time we accomplish something.

Ashok Kumar (5th PharmD)

Although you were never there for any of the meetings because of your busy schedule, thank you for helping me get any word across to your class.



Sports Committee

Srija Das (1st BPharm) is gentle at heart and full of energy, she loves to swim and is committed towards her work. She is enthusiastic and has that never give up attitude. Working with her was fun.

Saumil Jadhav (1st BPharm) The only cricketer representing the 1st year class in all the events throughout the year, he is the prankster who doesn't really require a team to back him up. Responsible as he is, it was very good to work with him in the council.

Ananya Nayak (1st PharmD) One of the most active fresher in the council. Ananya proved to be an indispensable asset for the council with her skills of organizing and managing events.

Balasu Rachana (1st PharmD) Rachana has been a pro-active member of the sports council. She has never let anyone down once the work is assigned to her. Hoping that she continues the great work in the coming years.

Dhaval Patel (2nd BPharm) is a dedicated person who does work given to him in good time and is an active part of the council. Also, he is a good sportsman and participates in various sports like cricket, football and athletics, and contributes to our college well.

Amritha Anand (2nd BPharm) is kind and enjoys most sports, she actively participated in running the events smoothly and performed well in many sports too. Looking forward for her continuous efforts in the council activities next year.

Vignesh Mohan (2nd BPharm) is a fun loving character who always kept people smiling while we worked. He went above and beyond to help others out.

Parth Gohil (2nd BPharm) He is one person we rely on when it comes to taking decisions on field .He understands the game and also has the knack of playing it and gives us valuable inputs on how we can improve .He has always encouraged us to play the game with that sports spirit and not lose hope . We are really proud to have him with us. He is good in every game which shows his versatile nature in sports .

Rohan Patra (2nd BPharm) was a great asset to the council. His contributions to the council is as exquisite when you hear the willow sound after a cover drive..Will surely miss working with the DADA of MCOPS.

Upamanyu Mondal (2nd PharmD) One of the finest Chess players from our college, his first hand council experience was backed by his tremendous ability to move the team forward. It has been an awesome experience working with him for the council.

Adweatha Nambiar (2nd PharmD) is very enthusiastic, forever ready to do work for the team. She has great leadership skills and teamwork abilities. A true support to the team who'll always take a stand beside the team. A very understanding nature with a very polite speech. It was a great experience working with such an amazing colleague.

Yugal Kishor (3rd BPharm) Every council needs a BABA, and we here have Yugal. His skills of planning and conducting any event smoothly is the highlight of his innumerable abilities and skills.

Anushka Pharasi (3rd BPharm) The most regular and punctual member of the council, Anushka has hardly missed any meeting or event. Her dedication to accomplish the task given to her way before the deadline made life easy for the council activities.

Sindhuja Sindhu (3rd PharmD) She has a carefree personality, good with work and always cheerful. She was a lively addition to our sports family this year.

Karthik (4th BPharm) One of the most dedicated people in the council, true preacher of 'Actions speak louder than words.' Well experienced, being his third consecutive and final year in the council. Without being present on Whatsapp discussions regarding the council work, he showed his presence as always throughout the meets and supported the council activities throughout. We wish him All the very best for his future endeavours and may he achieve greater heights.

Fiona D'Silva (4th BPharm) The athlete from Kuwait, whose work was as swift and smooth as her lay up in basketball. Her 4th year working with council, she is the most experienced member of the team. We wish all the best for her future endeavours.

Rahul Kamath (4th PharmD) The Michael Phelps of 4th year. He is punctual and means business when it comes to work. The 'no-nonsense' fellow of the council. Hope he continues with his contributions to the sports council.

Athira R Nair (PG) A beautiful "Mallu Kuti" with a sporty spirit in our PG batch. She is bold and straight forward and will not miss the opportunity to put her ideas on the desk. She is very sweet and understanding girl. A fun person to be with.

Sivakumar (PG) You will find him more on the ground than in college. You name any sport and he will be there to play. He has the ability to do anything and everything that comes to him with perfection. He is friendly, down to earth, supportive which makes him the most approachable council member. The RAJINI OF MCOPS will surely be missed.

Alekhya Lavu (3rd PharmD) Joint Sports Secretary- The rightful heir to the throne of Sports Secretary, Alekhya has shown that she has the character, the passion and commitment to become a successful leader for the sports council. Her experience combined with her zeal towards her chores makes her an irreplaceable asset of the Sports Council. We wish her all the very best for the years to come.

Ramakrishnan (4th BPharm) Sports Secretary- A true leader by nature, he has been ruling the athletic grounds since his arrival at MCOPS. Marked by stellar performances in academics and sports, his entire journey of four years has been a source of inspiration to his juniors and classmates alike. That charismatic smile, encouraging attitude and sportsman spirit combines together to make him an irreplaceable gem, which shall be etched in the heart of MCOPS forever.



Cultural Committee

Shivani Karnik (1st BPharm) This bubbly girl has always made her presence felt. By being an active participant with her bizarre ideas and fun quotes, she has won a lot of hearts. You are a rockstar! My Mumbaiikar!

Shagun Dogra (1st BPharm) Long, straight hair, a soft voice and calm presence defines Shagun the best. Trying to perfect every work assigned to her, the little cutie of our team.

Vinayak Ranade (1st BPharm) One of the rarest gems MCOPS has acquired this year would be definitely this guitarist. A talented young man with immense potential and simplicity would sketch him best- The Rockstar!

Md. Asif (1st PharmD) A mega fan of Justin Timberlake has been a real fun person to have around. Open to every work he was offered and adding a musical note to all his actions. Asif has been a great recruit.

Shreya Narayan (1st PharmD) Beauty with brains and a massive ton of talent describes her the best. She's a beautiful dancer, wonderful singer, sweetest person and a creative artist. Be the way you are, Shreya.

Ankit Awasthi (2nd BPharm) Do not underestimate him because of his lack of communication. This "Bheem" is the strongest and quite the largest pillar of our team. He's been a surprising recruit this year- never judge a book by its cover.

Proneel Das (2nd BPharm) I would call him the "Jugadu" of our team. He has always a weirdly smart sense of humor which always came to our rescue during the entire Sanksriti. Believe in the person you are.

Samriddhi Shree (2nd PharmD) It is the second year I have been working with her. She possesses the persona of a "diva" and proven the same with the wonderful team of girls she leads.

Angsheetha Chakraborty (2nd PharmD) See her anywhere and she's gonna smile with those glittery eyes and 100 volts smile. Talented, pretty and creative-"Angifesta" is one of the best assets of the team.

Ashvitha Shet (2nd PharmD) This creative Manglorian has always been a wonderful member of the council. With her dancing and organizing skills, she has outdone herself.

Kan Kana N Aji (3rd PharmD) Elegance is the only word that can describe her. Dancing with elegance, giving her 100% effort and enjoying her work she is given. She's a wonderful person to have around.

Teny Grace Skaria (3rd PharmD) Her energy level is so high that you can probably call her the "excited" selection. Teny has been a very supportive member, open to new ideas and definitely a great person to know.

Akshay Rao (3rd BPharm) This only "localite" in my council has been a boon for me. Very needy to act & have fun, he can be totally stubborn but equally responsible at the same time.

Srija Mantripragada (3rd BPharm) Srija is probably my "right hand" just as important in every work we have completed this year. The girl with a smile to accept criticism and appreciation.

Reshma Susan Reji (4th PharmD) Not every star like glamour. This is my second year working with Reshma and experience has been just as wonderful. Her work is just as enchanting as her.

Arlene Thomas (4th BPharm) Singer cum artist has been a box of ideas and fun. This "photon" aka packet of energy has always motivated and helped people around her.

Kavya Cukkemane (4th BPharm) Learning everything new with a positive attitude and contributing her little bit to the bigger picture best describes "Kavya", her keen nature to be a part and act responsible has made her one of the best recruits of this year.

Anusha Ganesh (3rd BPharm) Joint Cultural Secretary - Smart yet stubborn, kiddish yet responsible and tiny yet cute as ever. Anusha is the one and only "minion" of our council. She and her qualities are amplified - be it energy, creativity, cuteness, child-like innocence or smartness. Her idea brought a new edge to Sanskriti 2015-16. I would not ask for anyone better to be my joint cultural secretary. She has been the energizer of the council. Love the girl she is and her ability to light up your day with her charisma and overload of cuteness.

Shambhavi Saha (MPharm-Part1) Fun loving, jolly and a wonderful senior. We were not able to work a lot with her but she definitely tried to complete her duties with grace. Have a wonderful life ahead.





Editorial Committee

Tanvi Bhalla (2nd PharmD) The most creative member of the team. She, with her mind-blowing creative ideas, helped making every board change successful. Her expertise in designing and patience is what best describes her. She actively participates in every task, she's a hard-working and determined member. Hoping to see her again in the Editorial Committee next year.

Sushant Suresh (2nd BPharm) The most chilled out guy of the team. He is funny, determined and quite sharp. He helps making any tough task easier with his brain-storming ideas. He's known as "GK guru" of the team. The most calm guy with an ever smiling face. Hoping to see him in the council in the coming years.

Abishek Wadhwa (2nd BPharm) Few words: "Gym se 6pm tak aa jaunga", "Koi nahi yaar, sab chalta hain". A well-determined, hard-working, and chilled out guy of the team. He, with his brain-storming and smart ideas helped making every event successful. A fun-loving guy and gleefully finishes his work. Hoping to see him in the council in the coming years.

Remya James (3rd BPharm) A helpful and hard-working member of the team. She, with her well planned ideas helped in making every task easier. Wishing her good luck for the future.

Priyanka Pai (3rd BPharm) Anyone can find her out in a large crowd by her 'loud laughter'. She makes the atmosphere cheerful and joyous during every board change. She is hard-working and actively participates in every task. Wishing her good luck for the future.

Sravani Polepalli (3rd PharmD) A little silent but actively participates producing ideas for every board change. The best sketcher of the troop. Her sketches are mesmerizing. Wishing her good luck.

Anusha Sen (1st BPharm) A joyous, enthusiastic, determined and always ready for any work given to her. She is the most active and attentive fresher, always coming up with great ideas. She was always punctual for every meeting. Hoping to see her in the council in the coming years.

Ashutosh Sinha (1st BPharm) He is the chilled out guy from Pune, hard-working and active member. He is well-known in the team as 'the snacks guy' as he always carries good amount of chips with him. If you are beside him, you are ensured that you are not bitten by a mosquito. He loves trapping mosquitoes. Quite talented in all aspects. Hoping to see him in council in the upcoming years.

Srivalli Soumya (1st PharmD) The musical girl of the team. She always has her music on and participates actively in every task. She comes up with the most colourful ideas for every board change. Wishing her all the best.

Divya Krishnan (1st PharmD) The most silent member of the team. She along with Srivalli Soumya helped giving effective ideas for every task. Wishing her all the best for the future.



Students Exchange Committee

Rajitha Gadde (3rd BPharm) Cordial is her first name and Dedication is her last name. Sec 's success was never possible without her. "Could she BE more amazing "!! Pouring ideas and excellent execution is her ready made formula. From finance to administration , she nailed each of it in an exceptional way.

Anila Alexander (4th PharmD) Anila is one of the most enthusiastic and energetic member of the committee. Besides being the Vice President of MAPS, she is always on the go and ready to help out in any kind of situation whenever needed .She is a perfectionist and an all rounder. It's extremely fun to work around with her. She nailed the signature of multitasking!

Melissa Pais (3rd BPharm) Chota packet, Bada Dhamaka is the best way to describe Melissa Pais. She is the most apt example of beauty with brains. It's very easy to know that she is nearby thanks to her distinctive laughter. She is hard working and an amazing person as a whole.

Spandana Kotian (2nd BPharm) Every problem does have a solution. And she's our source. She is the "troubleshooter" of our team. Till date, she never gave up on supporting me and sec. Spandana is one person who is behind making my vision of SEC , an amazing reality. She is our pride asset!

Samriddhi Kamath (2nd BPharm) One sweetest addition to sec! Her sense of responsibility and dedication to work for the best ,is one factor that always keeps us going . She has never given up on keeping up her exceptional work. The most adorable cutie pie of SEC.

Avni Nautiyal (2nd BPharm) Don't let the fact that she looks like an angel and is as quiet as a mouse fool you. This beautiful girl is always brimming with creativity. Her artistic work is what made our notice boards colourful. Not only is her part in student exchange activities , but you see her amazing performances on stage too.

Aman Shah (2nd BPharm) He met me on the Independence Day showing his creative sketches. That was the day that made sec a lot more complete. This guju is always ready with head full of ideas. Two years with him made my journey in sec the most sweetest one! From being an amazing junior, always ready to work, he has also turned out to be the most adorable senior to his juniors.

Nilesh Mukherjee (1st BPharm) This enthusiastic sweet lad, though late for meetings is indeed hardworking. He takes his work very seriously and will do it with utmost care. As scared as he is of me , he does make sure to give out his best . See his performance in skits , he nails it at being the best. He as a technical incharge of our team is one supportive asset. This Bengali is never tired to learn from his seniors!



Community Development Committee

Priyanka I have known you better than anyone could, personally and professionally. You are blessed with hidden talents and you have learned the art of exploring them. CDC has been a great experience for all of us and your positive spirits held us together in the times of need. You are artistic, smart and have a lot of contacts.

Sowmya A big spot is waiting for you and I know you will do justice to it. You have taken all the responsibilities with enthusiasm. You are hardworking, obedient and receptive. And I'm so happy to know that CDC is going to function through you girls for the upcoming years.

Benitta Always available, no matter it's midnight or an early morning. In the time of crisis, call her. You are resourceful, hardworking and a creative girl. We bonded in a way we never thought. And keep working the same way to attain great aims for our girls squad.

Subia The chirpy one. Punctual (Always on time for the meetings). You possess convincing skills of course (because of the maximum participation from your class). You have a long way to go and I know your positive spirits will take you to heights. Stay young at heart and your bubbly nature is going to be an added benefit.

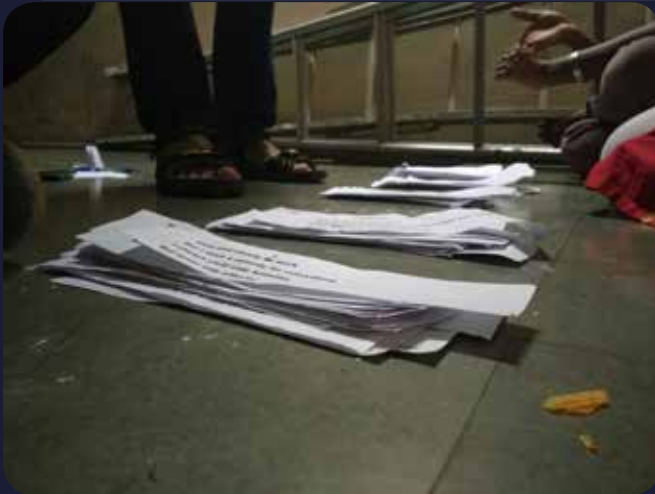
Navya I understand you couldn't devote much time due to your hectic schedule but I really appreciate all the times you were there helping CDC. You provided external support in the times when you were unavailable, and have been an amazing member to our team.



Professional Development Committee

Professional Development Committee, the youngest committee of maps has been run by the synergistic energy and enthusiasm of just two girls, **me and Nishma**. The events organised by PDC have received an overwhelming response from the students. This wouldn't have been possible without constant support from the Academic Council. Striving to provide great opportunities to students of MCOPS to develop professionally, PDC is reaching new heights.

EdBoard Memories...



Class Photos

BPharm



First Year BPharm



Second Year BPharm



Third Year BPharm



Fourth Year BPharm

PharmD



First Year PharmD



Second Year PharmD



Third Year PharmD



Fourth Year PharmD



Fifth Year PharmD



Sixth Year PharmD

MPharm



First Year MPharm (Pharmaceutical Chemistry & Regulatory Affairs)



First and Second Year MPharm (Pharmacology)



First and Second Year MPharm (Pharmaceutics)



First Year MPharm (Pharmacy Practice)



First Year MPharm (Pharmaceutical Administration)



First Year MPharm (Pharmaceutical Quality Assurance)



First Year MPharm (Pharmaceutical Biotechnology)



Research Scholars

Staff Photos



Department of Pharmaceutical Chemistry



Department of Pharmacology



Department of Pharmaceutics



Department of Pharmacognosy



Department of Pharmacy Practice



Department of Pharmacy Management



Department of Pharmaceutical Quality Assurance



Department of Pharmaceutical Biotechnology



Administrative Staff

4th Year BPharm



ANIL SAW

One of the most helpful guys one can ever come across. No one will forget his happily coming late to class routine ...Have a great future. God bless.



AKSHIT JAISWAL

Punjabi puttar; the most handsome boy of our batch. This gentleman likes to hog on flavoured milk and biryani. Loving personality with a kind heart and caring nature. Obviously the height, witty looks and the "to-die for-dimples" has made him the charming hunk of the batch. Also famous for his overflowing attendance. This hunk can win a girl over even with his mimicry... wishing a bright future ahead.



ANUJA DEB

For normal people it's their beloved but for this assam lassie everything around becomes volumes better that she can hollow her heart out to food food and only food. Whenever in need, people can only think of her benevolence that she is. Her novelty can awe-struck you as well as lure you to keep her with you for life. Selfless ardency for her friends. At disposal for the world. She is definitely a big shot.



ANURADHA RANI

This girl nick named as 'anu' with her beautiful voice, as complimented by many, is a good painter with a great artistic skill. Sitting always on the first bench, she can be distinguished with her large hair pins, even if you sit in the backbench, ...well, shopping online is her cup of tea and reading novels, her passion. A cute look with her specs and ever ready for watching out a newly released movie. A really caring friend, with a polite behavior and good nature, who helps even when she is angry. Wishing her luck for a bright future.



ANUSHA RAGHUPATHY

A very quiet person, she often keeps to her close friends. She is sweet, helpful, intelligent and a very approachable person. Her friendly nature will be missed. All the best.



ARBIND KUMAR MANDAL

Our most chilled and beloved Ex CR. Go for a viva along with him, you nor the professor will have any idea of what he says, because he is known for his fastest talk. He is the one who you can always count on. In that way, Bind is a favourite for many. He totally goes with the saying "If you have a problem, I'll give you a problem". As it's A for attitude and A for Arbind, he is one in a million. One can spot him up with a barista coffee in his hand at 10'o clock break. We wish him good luck for his future endeavors and may "Mother of India" stay along for peace! ;)



ARLENE THOMAS

With her tiny stature, you wouldn't guess the power she carries in her voice. Yes, she is the singing icon of not just our batch but the whole college! She is a hardcore chatterbox and knows how to keep the atmosphere vibrant. Her soft-spoken and caring nature will leave you amazed. We wish her a great life ahead.



AYESHA

This pretty lady of infinite talents is the solo reason for more than half of our batch clearing without any backs. Thanks a ton Ayesha, your notes (Ps: plus the always beautiful handwriting) have been a total boon to us all. This mermaid of ours is the prettiest, smartest and to top it all, she cooks like a master chef- with a touch of love and passion. Always ready to help no matter what best described Ayesha. You were a big part of my and of many more peoples- PERFECT MANIPAL! Wishing you a great future ahead topper, be beautiful.



AYUSHI VERMA

She is the Kanpuri girl of our class and the “Go to” person for everyone. She is a very helpful labmate, a big dreamer, and also very fond of accessories. She is the Adarsh housewife of all times. A very bubbly person, the queen of eccentric style this girl is a ‘chota packet bada dhamaka’! Always hyper active and enthusiastic, she is a very elegant person. May her ‘London Dreams’ come true. We wish her all the best.



BINIE BOVES

Queen of confidence, one who is not afraid to put forward her opinion. Ready to always help. All the best. God bless.



CHETAN MAYOR

Punjabi munda from UK, the cool shool Delhi boy has always been the centre of attraction in your class, and you are guessing it right – for his notorious yet wonderful humour. Punjabi by heart and an A class attitude- Chetan Mayor has been a creative mind with a skill set worth a million. He and his jokes shall make sure every person out there has a good day. This rich munda of ours loves to party, invest, have fun and loves his chicken even more. Not a lot of us know how good his communication skills are, but the ones who do can bet on it that the command he has over the language will let him convince you do the most stupid thing with the outmost confidence. Nobody can beat his SWAG.

Have a wonderful future ahead CHITTI!



CHETANANDA PATEL

CHETA, as his friends call him, is one of the most trustworthy, caring and reliable friend one could ask for. He is always there when you need him. A great C.R. and can be summarised in 3 words “yaaron ka yaar”. An intellectual and intelligent person but never boring. We hope he succeeds in his future endeavors and wish him all the best.



CHINNU P. ROY

Famous among us as Patli.P.Roy, Chinnamma, etc. and various other names, this girl is the P.T.Usha of our class. An all time foodie, Chinnu has won our batch a number of trophies in the sports meet. This Malayali girl is full of hidden talents and has spent four years of her classroom studying and drawing beautiful sketches. A graceful dancer at the Onam celebrations every year, she is fond of Korean serials. She is a very calm and patient girl and a very big help during practical exams. We wish her all the best for the future. She will be missed.



EAKULA SRILEKHA

She is the jaan of andhra people spreading the essence of her city, Hyderabad. Fond of eating and making friends. She is the most active member of VSO. She is energetic, talkative and is very loud. She has a photogenic face and always ready for selfies. Famous among her friends and loved by her people.



FARDEEN MOHAMED HASSAN HUSSEIN

‘Amir Khan of our class.’ This handsome boy of our class can imitate almost every teacher of MCOPS excellently. His anxiousness to complete every practical within 10 minutes is remarkable. A very helpful and sweet person. Fardeen is also humorous. We wish him all the best in all his future endeavors.



FARHEEN IMTIAZ

This exotic girl from Srilanka has the cutest accent ever (especially her “bye”). With minimum five doubts per class, her sincerity leaves us amazed. She has an OCD over cleanliness and bugs creep her out. As a person she is charming and warm, and has a lovely collection of scarves. Thank you furrriyy for all the stationery you have supplied to us. Have a great life ahead.



FIONA D'SILVA

Well it's not phyona! As beautiful as her name is , this Kuwait belonging Konkani is the cutest and sweetest and has got the best moves of all. See her dance for “wobble wobble wobble” and one wouldn't deny this fact. One would be wrong if they think they can spot fions only on stage dancing. On an athletic track, she's a star. In a basketball court, she's a pro. In a selfie, she's the stick. The girl with the most beautiful curly hair, the best athlete and all in all a wonderful human being, we are going to miss you Fiona! Our love keeps increasing as much as the dinar value in the world.



GOPICHAND

A brilliant student and the most approachable friend when it comes to studies, this topper of final year bpharm is often seen solving equations or attentively attending classes. An all time telugu movie fan, this boy has his own ways to master any theory. His thirst for knowledge is sure to make him a successful man. The best labmate anyone could ever get, he is a savior to Batch C during exams. You must have not seen much of him, but he is a saccha dost to one and all. You will be missed GoPi. All the best to you.



GURURAJ AITHAL:

The most sincere guy of our batch. Sincere, helpful and friendly are some of the qualities this guy has. No doubt he is a good friend to have. The guy with almost 100% attendance in theory and practical in all four years. If he is with you then no need to worry boss. Be it studies or any trips he can troubleshoot all your problems. One will surely enjoy his company. Gururaj Aithal you will be missed! :)



HARISHA S NAYAK

The localite with crazy Facebook posts, knowledge beyond... BEYOND! Harisha has been quite the silent yet socially super active kinds. He has dreams as tall as K2, which we hope he will accomplish. He can be very competitive, a brilliant Yakshagana artist and not to forget he has got into a few nasty fights for his ideology regarding women. But a great soul. I hope you have a great political future ahead Harisha:)



HEGDE SHREEYA SANJAY

A konkan dainty chic, give it up for an amazing amalgam of ingenuity, quick -witted, and statuesque. Delightful that she can effortlessly set the atmosphere to rock and roll. A strong headed woman but nipper at heart. That's shreeya hegde for you. She indeed has a bright future.



HEITALI RAMESH CHHAYA

The sweetest girl known, very helpful to others. Mother Teresa's second version, filled with fun and laughter. Cute when smile's. Has a very down to earth and lovely persona... Being friends with her is like having a sister by your side. A very responsible person, loved by everyone. Known as a “chai” lady too, because tea is her favourite drink! Have a beautiful future!



JINO ELSA THOMAS

Cute, calm and sweet, this Malayali kutti defines calmness. Jino is fond of late night eating especially after 12 (a very unique quality) and she still has a zero size figure. A very helpful girl, Jino is a sweetheart to us. An introvert girl, she is a great friend and is always seen waiting for her friends from different batches. Jino always goes with Chinnu and their evergreen friendship. We wish her all the best.



K. KARTHIK SUBRAMANIAN

He is also known as 'The Sheldon Cooper' of his batch. An avid learner, a cricket enthusiast and most importantly a great friend, Karthik scores in all. His uniqueness is his innocence, sincerity and his dedication towards a task. We wish him best of luck for his future ambitions and goals



KAVYA CUKKEMANE

This South Indian girl from Mumbai is filled with qualities of simplicity, punctuality and discipline. She is a person who cares, and is someone whom you can depend on and will give you the best advice for every problem. A classical dancer, she has got the skills to captivate everyone with her graceful dance and those expressions with her eyes. We wish her a great life ahead.



KUNAL PAUL

He is the silent warrior of our class, master for clearing all the entrance exams. Nobody is aware of his potential. He is the pharmacology Man of our class, as quoted by our principal sir 'man you should teach pharmacology'. He is a very good and caring friend. He has got a good sense of humour. All the best for your future dude.



LEONA RESHMA

The girl with a perfect zero size figure, she is a model skeleton for the Anatomy lab. This little model of our class is very talkative, naughty, another sleeping beauty of our class (often seen dozing off in every lecture), big time foodie, and a sweetheart of our class. She has a very helpful nature and her sweet smile can brighten anyone's day. We wish her all the best for her future and may she keep winning hearts.



MAHSA SOLTANI

The Iranian beauty of our class, flawless skin and great fashion sense. Have no words to describe her beauty. She's our azizam, wish her all the best for her future. God bless.



MAYURA DAS

Woman of few words... At times very few words. She is probably the only student in class who has the motivation to study from so so many textbooks. This has not only helped her, but also helped many of us pass various subjects. Her teaching has been valuable. She is a great combo of logic, reasoning and creativity. Her competency in science is no way lesser than that in fashion designing. Not just multi-talented, Ms. Das's multitasking capabilities are beyond awesome. She can do ANYTHING in the world while texting on the phone. I mean it ...anything at all. As a friend, she is great company to be with. Though, not everyone gets the opportunity to experience that as Ms. Das chooses to act invisible on various social occasions. She will be missed.



Md CHAND ASGAR ALI

Bhai from Bhagalpur and a diehard Salman fan is popularly known as 'Chand Bhai'. Silent, very punctual, humble, good at heart and a very helpful person- well if you have any doubt regarding concepts in chemistry he is someone you should go to! An excellent 'Shayar'(poet) is something not many know. We wish him all the best for future.



MELISSA MASCARENHAS

This bubbly thanekar is a big time Mafia. Don't go on her innocent look as she is very much capable of giving you left and right if you mess with her - you have to watch out for her back punch 😊 (pun intended) More than a friend she has been there for me like a family, you mean a lot to me. Be the person that you are because you are perfect that way and I adore you. Am not going to miss you because I know we are always there together for each other. Love you 😊



MOHAMMED ALTAF GODIL

Gujjus have a thing for money making - which totally defines this Alpha-joker. But what accurately described him is his Mast maula attitude- love for his friends -incredibly naughty behaviour - trouble making skills and not to forget his talent to organize trips and events. Mohammed Altaf Godil has neither been a book work nor total brat- but a balance of both. Obviously not to forget his dressing sense. Mohammed has always done a lot to bring this batch together. Have a great and successful future ahead MD!



MOHIT KUMAR

Along with his jovial personality, Mohit is someone who is open-minded, honest, composed and can always be counted upon to have a good time. A true bangalorean with an avid taste in music and one of the biggest foodies you will come across. A true friend, who with his enthusiastic nature, will never fail to make you smile. Wishing him luck on his future endeavors.

Mohit Kumar



NABEEHA SHAIKH

Nab-eeha, she is a fun loving girl. She has all the colors of life, always teasing others and messes with everyone's hair. She has got a bright smile. With her cool attitude, she wins everyone's heart. She likes to mimic. She has mimicked almost all students and teachers. She has a very funny way of expressing herself. We will really miss this jolly girl and her pranks.



NASHAT KHAN

The happy go-lucky Mumbaikar with a golden heart. With her almond eyes, flawless smile and magnanimous heart, culminates to be the spotless beauty of the batch. This tweety of ours is the perfect combination of grace, beauty and intelligence. Spread that beautiful smile of yours and have a successful future. Wishing her all the happiness in the world!



NATASHA CHATTERJEE

Though you think of a tweety when you see her, there's much more to this tweety than you can ever imagine. Just like a butterfly, she asseverates lightness and subdued charm. Her toddler fancies can mislead you, but she is quite savvy about the world and it's perks. That goofy smile and pretty face moves around with her world, that is her stationery. Don't mess with this Chatterjee, just give her stationery back safe and sound. Good luck to her.



NAVYA SRAVANI

Einstein of chemistry of Batch B2, Navya is a loving, smart and helpful friend. She is fond of haircuts, movies and sandwiches. Another brave sleeping beauty of our class, she can sleep anywhere, anytime. We wish her all the best and may she keep spreading smiles. She will be missed.



NEHA KUMARI

A very kind and helpful friend who is always approachable. Neha is one of the hottest girls on the ramp and has helped us win a lot of ramp walks. Tall and beautiful, she has a heart of gold and is one of the most sincere first benchers. We wish her all the best for her future endeavours and may she keep rocking with her bihari swag on.



NEHA SHETTY

Famous among us as MAMY PP. Hyperactive, smart, and an intelligent friend, she is available anytime (24*7) on Whatsapp, Facebook and all other social networking sites. She is a chubby, cute girl who is always fond of saying "Some people always..."(and then she forgets I guess). Her cute smile and her curly long Maggi hair will be missed a lot. We wish her all the best for her future.



NEHA XALXO

Zee, Zoo, Zulus or any other word that starts with Z or sounds like it.. Well these are a few of her names. The most sophisticated princess of our class, she has a flair for savvy and elegant styles (you name it and she will rock it). She is a silent girl jo dheere dheere bolke sab bol deti hai. You'll never need a Shazam for hindi song when she is around (even the absurd ones). A very helpful mate, she is a very trustworthy person. An all time adviser, Neha is also a perfectionist in practicals. We wish her all the best. She will be missed.



NIRAJ

Dhoni's neighbour with crazy hairstyles, a speedy biker, a faithful friend, punctual and the responsible one... He is the bhukkad who evolved as a fitness freak (ASTRONAUT), secretive but a talented writer. Last but not the least, his love for cashews had helped people to reach his heart ;p...P.s- HULK IS ALWAYS ANGRY, NIRAJ IS ALWAYS HUNGRY. That sums up Mr. Major of our batch!!!



JEENAL PARMAR

This gujju girl, famous as JP among her classmates, is the biggest fan of Salman Khan. Carefree, daring, fun loving, straight forward and the best advisor. With her incredible sense of humour n good nature, she makes people a good friend. Good oratory is her another quality, influencing people with her speech. A friend n a roommate really worth having you. Wish you all the best for your future.



NIRAJA RANADIVE

"Chubby cheeks, dimple chin! She's always smiling, from deep within! Teacher's pet, is that you? yes.. yes.. YES!!" This Marathi mulgi is known for her academic excellence and also loves to experiment with her looks, be it coloring her hair red or trying out new hairstyles. Her bubbly and child-like nature will be missed. Wishing her all the success in life.



OENDIRILA DAS

When we think of Oendirila, the first thing that comes to most of our minds is a slow (lol), chilled, chubby, bengali girl, but she is more than that! An excellent dancer, a singer, an artist and a designer, she is truly multi-talented. Beyond this the best thing about her is how she has emerged out as a strong, confident and independent woman from being timid, naive and reserved when she first came to manipal. Her bubbly, cheerful, and carefree nature makes her irresistably likable while her 'always ready to help' and caring attitude makes her a gem of a friend! Oendirila you will be missed!



PADMASHREE

An exotic personality trapped in a tiny body- what more can one say about 'Pammy' as we all call her if it were her she would go on writing.. I meant talking! Known for her Piscean eyes and profound voice she is an awesome friend who has strong shoulders to cry on and poignant words when you want your spirits to be lifted up. Cheers to all those moments when we created legendary memories laughing our blues away into the night. All the best pretty woman.



PARESH HIRJI CHHABADIYA

Kenyan gujju of our class who is also a very forgetful person. You can definitely win his heart with food especially "Khichdi kadhi". An all time entertainer, Paresh is also very helpful and patient. A gadget freak also defines him. We wish him good luck.



PATNI MILAN ASHWIN

He is a silent saint of final year bpharm (Well that's what people assume till they hear him Playing the casio). A Shayar in true sense and an awesome Gujarati from heart this boy has a die hard craving for early morning cup of tea. Be careful if you are not confident with Hindi because he is definitely going to correct you. Helpful and kind, he is a very sincere student. Friends love his company and final year has another good looking giant to boast of. You will be missed Milan. May you succeed in all spheres of life.



PAYAL BISWAS

The prettiest Bengali with a smile that can take your breath away, she is an awesome labmate, room mate and a bestie (more of a savior). With beautiful eyes and lips of an angel, she is an introvert girl but one of the coolest persons to hangout with when she gets comfortable. An awesome cook (better than 'Ramsay'), she is also an all time foodie. A great artist who can give life to quiescent when she holds a paintbrush, she is also an awesome photographer. A very helpful person who has a heart of gold. Well there are lots to say but summing it up:

"I'll be there for you when the rain starts to pour, I'll be there for you, like I've been there before, I'll be there for you, cause you were there for me too"

Such is friendship and 'SACH' is PAYAL. All the best.



POOJA YASASWI VEMURI

Have you seen a smart, energetic, sweet, and organised, not to mention stunningly elegant and equally stubborn kid? Yup... that is Pooja. This youngest kid of our batch has left her imprint in every possible field. From acing in academics to laying the foundation of student exchange committee, her leadership has helped MCOPS mark itself in yet many fields. This throw ball player makes it a point to pour in all her energy and humour in the game. She is also known for her competitiveness and cleanliness just like MONICA from FRIENDS: P. You see her roaming here and there before exams, again you see her on the stage receiving excellence award. One thing you remember after hearing Pooja's name is her comb, wherever she goes her comb follows. Pooja and her comb shall be in our memories forever. Have a wonderful vegetarian life ahead Ghasss (poo) :p



PRATIK LAKHANI

A guju by birth but Bangalorean at heart Pratik loves his pizza, Tomorrowland, Metal and cricket. Popular with seniors and juniors alike he is always up for a good time. He will be missed as a friend. All the very best to him.



RAJITA GADDE

With a name that means "golden throne in a paddy field" (according to her), she is one of the cutest person you can ever know. Famous for breaking her phones in the most talented way possible n number of times and her weird fantasies for hostel side "vroom vroom", Rajjo is amazing in her own way. One can never get tired of her sense of humor cause it's quite hard to get it. Hope the next time we see her, her iPhone 12 or 13 is not shattered. We wish Gadde all the best for her future. She will be missed!



RAJIV KANWAL

This Nepali hero of batch-C. A great cricketer, who enjoys watching cricket just as much as playing. Chilled personality with great sense of humour. All the best. God bless.



RAMAKRISHNAN

The star athlete, Ramakrishnan will be remembered for being the most popular senior/ junior; apart from his medals on the field.

Always up for a party at the drop of a hat, it comes as quite a shocker when you know he has always been among the top three in the class. He has been a great friend, who hates cauliflower in all forms possible. (Yes, he never had the famous Gobi Manchurian at Malpe, all these years)

We wish him with all the success, and gobi in life.

His presence will be dearly missed.



RANVEER KUMAR CHOUDHARY

Popularly known as 'Babaji' of our class, this Bihari guy is a perfect 'Yaaron ka Yaar'. A big Teachers' favorite and a very helpful person, he is often seen as an ultimate entertainer of the class. 'Tension lena ka nahi dene ka' suits him the best. A true friend in need, Ranveer is an awesome actor. Any script is perfectly acted out by him easily. Well, Babaji often goes with yoga so yes, this boy is good at it too. A sincere student, Ranveer believes in living the moment and spreading smiles. A bestie to his friends and a savior to anyone in need. He is another sleeping beauty of our class and a very consistent one. All the best for your future. May your acting skills shine and you keep spreading smiles. God bless you with loads of happiness.



RESHMA CHATTERJEE

Sweet, friendly and definitely a little crazy. She has a great many big dreams and often tends to get lost in them. A constant source of support for her friends, she always puts others first. She can normally be seen running around campus busy with one thing or the other, but is always willing to stop and chat. She is great at multi-tasking and juggles academics, social life, her roles as President of the student council and the planner of killer birthday parties. Although being so busy, she has been given the trademark "confused -lady" look for which she is quite famous for.



RISHABH TANMAY

Guitarist of our batch and he really plays it well. A studious and an ambitious person. People like his moustache! He is kind, helpful and a good friend to have. We will miss him and his 'knocking on heaven's door'.



ROUSHAN BHARTI

She is adorable, with a cute smile, expressive eyes, honest, great attitude, most fun-loving person, intelligent, funny, polite and awesome personality. She is the lover of white and black color and a damn fan of FAWAD KHAN. She is very religious. She is the most supportive friend and best roommate ever... luv u Bharti. She is always late for parties and finally makes a superstar-like entrance. Lucky to get u as a friend. We will truly miss her. We wish her all the prosperity and happiness for the future and lots of love.



RUDRARAJU TEJA VARMA

The red car boy.. Zooming around Manipal.. If you are friends with Teja you don't have to worry about walking around.. Thank u for this.. Has a fan following for his unique personality. All the best.. God bless



SACHIN KUMAR V K

A silly friend from Siliguri, he is one of the most caring, sweetest and adorable person in class. This guy has the immense capacity and unique ability to sleep through every lecture. The sleeping beauty of our class awaiting for the kiss of his princess charming. An excellent photographer and a perfect selfie mate, he has the ability to capture life in its purest form. A proud army brat, he is a very helpful person. An awesome friend and a perfect labmate. May all his dreams come true. All the best Sachin!



SAKET SINHA

He is our batch's most unique and intelligent guy. Normally he doesn't talk much but when he does, no one can stop him. One can never find him denying for anything and whenever you need help, he'll be right at your back to help you anytime. Time flies when you are with him. If you are his friend, you will always succeed in your life. He'll be missed.



SAMAR NAYAK

He is the first person I met in Manipal and will always remember him for his punctuality and planning. He is a marathonist of our batch. Swimming, cycling, running and studies has always kept improving his performance. This person has answer to even questions like, 'melody itni chocolatey kyu hai?' :D With him one can talk or discuss for hours and one can share secrets with him without worrying :P You will be missed Samar Nayak! :)



SAMEER

In simple words Sameer is a gentle giant who is ever ready to aid anyone in need. He falls true to the saying a friend in need is a friend in deed. Always seen in the first bench Sameer has an incredible thirst for knowledge (he does has a lot of doubts :P). Loved by all this giant is very fond of 'chai pe charchas'. This lovable friend will be missed. All the very best to him.



SAMIKSHA

Bihari all the way. Midst of all the uncertainties that she deals with her on her journey, however high and rough the tides can get for her, that sanguine smile that she adorns makes her one of a kind. Her idiosyncrasies are indeed infectious that soon they are no more her but rather they become the shiṛḡ. An undying valor, gratulation forever will lead her to triumph over all.



SANA

This wego girl is blessed with unique gift of creativity. She loves to try and play with the new ideas evolving around her. Her efficient communication skills have made her popular among the masses. It is just not possible to win an argument with her. This cultural queen has brilliant leadership qualities which can be reflected in the successful events she has organised. Along with her friendly and outspoken nature everybody is going to remember her for the beautiful person she is.



SAYANTINI MAJUMDER

Known for her red lips and eccentric sense of style. Love her earring collection, mix and match queen, has a strong personality, going to miss this Bengali beauty. All the best. God bless.



SNEHA AKANKSHA

She is a very silent, intellectual and one of the smartest girls in the class. She is fond of painting, writing and handcrafting. She has written many poems and has won many awards for the same in sanskriti. She also likes writing short stories. She is always fond of using the internet, looking for movies and new information. She has also uploaded a video of her own on youtube. We will miss this extraordinary girl. We wish her all the best for her future.



SNEHA SURENDRAN

Sneha Surendran is a ball of warmth and comfort that most seek in a friendly company. The flexes in her mood bring out a variety of beautiful and raw shades of her. Knowing her, one could recognise her optimism towards life that ensures positivity in abundance. She's one of a kind and her presence will only ascertain a better side of life to many around her. Wish her all the happiness and luck for her future endeavours.



SRIKRISHNA KORRAPATI

Popularly known as "Mama" all over Manipal, the guy who made his R.T hostel Room 210 into a biriyani adda. He is the only guy who has used all the iPhones launched till date. He will be remembered for his love for biryani and as an advisor for stock marketing. We love him. Wish him a great future ahead!!

P.S- "Bhai, shaadi pe card bhej dena"



SUSHMITA DESARAJU

A fountain of TV show and fantasy novels trivia, she is fun, witty, and charismatic and shows everyone the right way to use sarcasm. Ever practical she is almost always the sanest person in a group. She is always ready to let her friends vent about whatever is bothering them and always knows how to make them feel better afterwards. No wonder her friends love her!

Although adventurous, getting her out of her room and away from her laptop is always a challenge for her friends. She has great taste - both literally and figuratively. Whether it's clothes, shoes, food or ice cream, she always picks the best.



SWASTIKA MAITY

Bengali beauty, but a UP-ite swagger!!

She is one rocking personality with those pretty eyes, captivating charm and helpful nature. The zeal she is endowed with for life gets her enough friends for life.

Strong minded and soft hearted, a perfect blend for a good friend and a future SCIENTIST and I can bet on that because of the amount of success she has achieved in the field of research (her love for cognosy) is unimaginable. Good luck to "jhaansi ki raani"!!



TANYA SINHA

Sleepy in class, but a diva on stage; Sarcastic to the core, but unconditionally caring; generally confused and lost, but an excellent event organiser; Tanya is truly diverse and unique in her own ways. She lights up the darkest times with her charm, and has truly made Manipal a better place to live in for many of us.



TRISHA GHOSH

One cannot think about Trisha without thinking about her long, black and beautiful tresses. This chicken-crazy food goddess is the go-to-guide if one wants to know "what-to-eat/where-to-eat". It is surprising how such an amicable and aesthetic person has to battle her sleep every morning to rush to morning lectures. This bangalan is a loving friend and also a sincere student. Famous in college for her beauty, graceful dance moves and flawless acting. Kudos to how she leaves everyone enchanted with her persona and finesse! Her warmth is her superpower and she is bound to succeed all the way.



VAISHALI CHAUHAN

Words are not enough to explain her but this will surely do 'She is not good at giving advice but she can always interest you in her sarcastic comments'. Starting with "Tu kya kar rahi hai? Vicky donor dekhegi? Since then she is a sweetheart and a family to her friends. She is a pure 'UPite' who can do anything when it comes to prove her Rajputana. An excellent poet, she has won almost all the first prizes in the cultural fest in the past years. She is very fond of Dragonball Z and 'Sheera'. Maa kasam and God swear don't work for her but you say 'Bhaiya ka kasam' and you know the truth. I never realized that through all these we were making memories and someday memories will sneak out of my eyes and roll down my cheeks. All the best for future Vaishali!.



VIDYA NAYAK

She is a kannad beauty with a sweet, simple, polite persona. She is a good student. Known for her punctuality. Her long, lustrous hair just cannot be ignored. This girl is very shy and soft spoken by nature. A passionate cook and fun loving person. Her smile just melts everyone's heart. Hope she carries all these attributes for rest of her life. Wishing her all the luck.



6th Year PharmD



Ateendra Jha

ATEENDRA JHA

He is Ateendra jha, the "BABA" of our class. A simple but extraordinary person, he is very much found of ghazals, shairies, writing motivational blocks. Being a part so many organization and holding prestigious posts of the same, he is down to earth and simple, but with great ideas always in his constructive mind. He is truly a friend of honour a person can have in once life. He has great ideas in web designing field, in short he is the WEBMASTER who likes to be in library, DIC and in HRPF offenly. BEST WISHES to him for the upcoming life events ever..



Janki Chauhan

JANKI CHAUHAN

This girl is a power house of energy and fun. She is best known for her quirky voice and laugh among her known and even unknown. People love to be in her company. Multi-talented and a dedicated personality who maintains a perfect balance of academics and co-curricular activities. She is a very well-known face among all the teachers and others. An amazing cook who can cook more dishes than Vikas Khanna! We will miss her.



Mohad Hghigat

MOHAMMAD HAGHIGATHPANAH

He is Mohammad, he is from IRAN, he is "PARHAAN" by nature. His friends call him "PRINCE OF PERSIA", he has done engineering, MBA and finally PHARM D. He likes to play soccer, chess. He is the most experienced person in our class, one unique thing about him is that he is the only married guy of the class, and he really amalgamated himself in order to fulfill the responsibilities of being a friend, husband and a father. His smiling face is always a great sign of optimistic attitude, one can feel if he is around. He is truly a great symbol of inspiration for once life, for achieving milestones. Wishing him a great life ahead.



Navreet Kherra

NAVREET KHERA

Navreet kherra, the most quiet person and the sleeping beauty of the class. She is the best room mate one can ever have. She has been more like a sister than a friend. She will be missed. Don't ever change as its this uniqueness of yours that makes you special. Good Luck!



Sarvajeet Khare

SARVAJEET KHARE

The "SHOWMAN" of the class, his friends calls him "SARVO". He is a the "JACK OF ALL TRADES" a singer, dancer, poet, play-writer and a very good mimicry artist with great sence of humour, he likes to play cricket and carom, he is a movie freak and his friends use to call him "BOLLYWOOD ENCYCLOPEDIA" and great fan of K.D. PATHAK'S ADALAT. He also likes to learn songs of different languages specially telugu and he is always eager to help anyone around him and he is so much social that his friends always appreciates his connections within MANIPAL.



Acknowledgement

INCESSANT 2015-16 has finally made its presence into MCOPS. It had contributions and mindful efforts from many.

I would like to thank Lord Almighty for showering his blessings throughout the journey.

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Thank You,

Khushboo Mistry
Editor-in-Chief
MAPS



Editorial Board 2015-16



SHINING HONOUR for MANIPAL UNIVERSITY
CROWNING GLORY for
MANIPAL COLLEGE OF PHARMACEUTICAL SCIENCES



Year of establishment: 1963

Alumni: More than 6000

Faculty Strength: 70 (83% with PhD)

Research Hub:

- Top class facilities
- h-Index by Scopus: 46
- Citation per paper: 10.7

Students' Progression to Higher Studies: 95%

On Campus Placement: 100%



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