



MANIPAL
ACADEMY of HIGHER EDUCATION
(Institution of Eminence Deemed to be University)



**MANIPAL COLLEGE
OF PHARMACEUTICAL SCIENCES**
MANIPAL
(A constituent unit of MAHE, Manipal)

Ab Aeterno

From time immemorial

2020 - 21

Padmashree Awardee

Dr TMA Pai

1898-1979



Messages



Dr C Mallikarjuna Rao

Principal,
Manipal College of Pharmaceutical Sciences,
MAHE

“Faith is the bird that feels the light and sings when the dawn is still dark,” says Rabindranath Tagore. I am delighted that the Chief Editor of our college magazine, Ab Aeterno for 2020-21, Aditi Dhawan and her team had complete faith in their attempts to bring out another wonderful edition of Ab Aeterno. Honestly, it is not that easy for our students to work in a team in trying conditions associated with COVID since March 2020. Yet the editorial team did not deter from their commitment. Congratulations to Aditi and her team of people for all the good work in bringing out the magazine for 2020-21.

I always say that the college level magazine is a treasure of thoughts and memories of the college life of a student. Our Ab Aeterno 2020-21 is no exception for this. My dear students of Manipal College of Pharmaceutical Science (MCOPS), Ab Aeterno will surely provoke the reminiscence of your life in Manipal whenever you gain access to the contents of this edition. Have a wonderful reading.

Let me wish all our outgoing students good luck. Please remember you are part of the young India, which is endowed with people of an average age of 28 years now. This is the world best by all means. Many economists have predicted that young India's economy is expected to grow to 8 trillion USD by 2030 from the present 2 trillion USD. This only implies that you young Pharmacists have plenty of opportunities to excel well in your chosen field of the profession of Pharmacy. Have faith in yourself and march with a positive frame of thought to reach your goals and ambitions.

My best wishes to you all.

Editor speaks



The Editorial Board has been the most constant place in my Manipal life. From being the class representative in the first year, joint editor in the second year and the Chief Editor in the third year, I have given this board my everything. It has taught me so many things and sharpened so many of my skills. It has been my safe place. This strange year with no significant physical academic or cultural activities challenged my capabilities and I was confused on how to go about the college magazine which is usually filled with so much colour and action but when Rekha Ma'am, our faculty advisor reminded me that we have so much talent in our college to display, I had nothing to worry about.

My incredibly hard-working team always kept the spirits high and was actively writing. Our joint editor, Ms Pranathi, was always enthusiastic and encouragingly editing content and providing the team with ideas.

Lastly, the whole Manipal Association of Pharmacy Students (MAPS) team, never stopped supporting us in anything we wanted to achieve.

This magazine is to remind each and every one of you, of your potential and all that you could establish in a very odd and challenging year.

Thank you for giving me this opportunity to be a part of this magazine.

Signing off,

Aditi Dhawan

Joint Editor speaks

Being the joint editor of the college magazine gives me a unique opportunity where I can genuinely view people's thoughts in their rawest form before I make those slight adjustments to make them truly palatable by the general public. While working as the Class Representative (CR), I covered many events. I struggled to find words that could truly encapsulate the energy of a particular gathering of people. I used to curse the editors who constantly changed things up before publishing them. Working as one has put many things in perspective; however, now I can understand that sometimes the way words come out to make sense only to the one writing. Editing, at its core, is always a compromise. I am so grateful that all the members of the council sent me their articles to edit and accepted my suggestions. I am incredibly thankful to Aditi, who was great company while we worked on the magazine together because she never suppressed my creative freedom and always let me express the best version of myself on paper.



P Pranathi

President speaks



“Coming together is a beginning. Keeping together is progress. Working together is a success.”

My journey in MAPS Student Council began four years ago when I joined as Media and Publicity Head of the Student Exchange Committee (SEC). When it all began with reasons to bunk council meetings to give an utmost commitment to the council activities, that was my transformation from mere imagination to making it possible. I have always looked upon Manipal as it was my birthplace but MCOPS has truly nurtured me as an individual to not just look at the skies but aim for the stars.

My three years in the SEC was a temple of learning and discipline. My interaction with overseas members representing as the Contact Person of MAPS, INDIA at International Pharmaceutical Students’ Federation (IPSF)s provided wide opportunities and confidence. This leadership spirit indeed marched with time as I became the college president.

This academic year started during the pandemic. Several events were withheld but I am proud of my council members who steered the ship towards developing new strategies and kept the ball rolling.

“No one can whistle a symphony. It takes a whole orchestra to play it”.

I would like to thank my Vice President and Disciplinary Head - Gursimran Kaur, General Secretary – Adithya M S, Cultural Secretary – Soumyadeep Bose, Academic Secretary – Akshara Kumar, Sports Secretary – Tejas Chinta, SEC Secretary – Shimona Lakhani, Chief Editor – Aditi Dhawan, CDC Secretary – Alisha Mathew and Photography Club Head – Anjali Rai for overall support throughout this journey.

I wish all the best to the upcoming MAPS Council. This comes from Shrawal Kotian, once a timid person who has gained his professionalism and a lifetime of exposure in this mandate and will always be in debt.

Shrawal kotian

Vice President speaks

“A reminder that uncertainty is the theme of life, but as long as the music is playing, we might just dance to its rhythm”. Strangely so, this was my journal entry in March 2020. And as the year unfolded, I got the wonderful opportunity to be elected as the Vice President of MAPS, MAHE, albeit amidst a pandemic and unforeseen circumstances.



In retrospect, when I see my journey as a CR to Vice President and Head of Disciplinary Committee, I feel humbled. I would like to thank all my batch mates, my ever-supportive Council Heads and faculty coordinators for believing in me and giving me this opportunity.

It is no exaggeration that COVID-19 has been a seismic event for our life at MCOPS. But I am glad that we had the best team on board, who were dedicated to turning the crises into opportunities. From shooting introductory videos for fresher's, organising informative webinars, to shifting events like Genesis onto a virtual platform, all of which was possible because of the combined effort of all council members.

Also, a big shout out to the faculty of MCOPS for providing us with an online learning experience, and that too with utmost patience.

I would like to thank Dr Krishnamurthy Bhat, Secretary of MAPS, for pitching in new ideas and guiding us throughout the academic session of 2020-21.

Last but not the least, I feel blessed to be working besides Shrawal Kotian - President, MAPS and M S Aditya - General Secretary, MAPS who were my two pillars of strength throughout.

In the end, we all share the same hopes, the same potential and the pandemic has reminded us how interdependent we all are. At this juncture, I only hope that the future councils make the best of our situation and with time, transform this turn of events to our advantage.

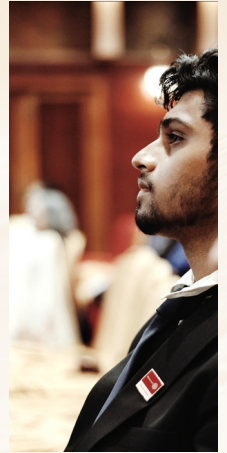
Lastly, special thanks to my favourite listener of all rants, giver of unconditional support Anagha, my best friend and roommate for sticking with me right from the beginning.

Thank You.

Gursimran Kaur

General Secretary speaks

People's fascination with an individual's growth might be based mostly on their characters, which I believe may or may not be all true as all these people who were observing and supporting the person when required, have given them a thrust forward to remind them of their potential and duties. I used to hear a lot of negative sentences about how the journey in the council might not be all bright and cheery, which used to easily disappoint me during my first year when I was still unsure of my interests in the council. I lacked information and experience and was used to taking everything optimistically. So, all these were a myth and hence the disappointment was not far away for me, according to my friends. But all this turned out to be exclusively false once I stood for the Academic Class Representative elections in my second year when I was filled with nervousness and wobbly knees, to be honest. All of this was torn apart positively by my classmates who were sitting in their places looking at me with a warm smile on their faces, the same ones that I used to find all over campus or hostels when I met them. It made me comfortable, confident and want to look forward to the responsibilities that might be laid in front of me if I became their representative. My Co-CR, Ms Sharanya Shetty and good friend Mr Skanda Narayan already being in the Academic Council the previous year, showed good morale towards this. This is my experience. Filled with a supporting and wondering environment. Regardless of what I was facing, these warm smiles made me stick to my work and complete my chores for the day. My classmates, my seniors and other batchmates, each and everyone had something or the other to contribute to help me grow and go forward with them altogether. Whatever might be the problem or the situation we face, what I learnt was for myself to push through the day with my work. You will always have your special ones around you. So, the best thing you can do is be yourself, learn to adapt to the good environment or make it so if it is not available and keep moving forward with everyone. Teamwork and effort are what makes your college journey a complete one.



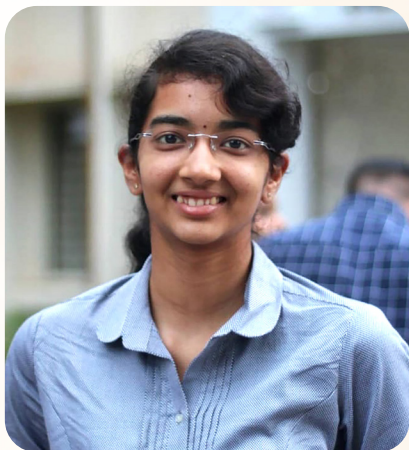
The journey is mandatory for everyone. Each one of us has to go through it to complete our college days, but it is in your hands how you make it a successful one, based on what you define success as.

On this behalf, I would like to thank our Professor Coordinator for The Academic Council of MAPS, Mr Pradeep Murgondi as well as my fellow seniors, former Vice President of MAPS Ms Fathima Moledina and former General Secretary of MAPS, Mr Gaurav Kandoi for mentoring me during my second year of college and my first year in the junior council. The trust they put in me got me here, making me believe that good deeds can be shouldered when you

are let to experience the hardship of taking work into your own hands and achieving it with your dedication and interests. It is all about your self-interest at the end of the day, because it helped a person like me who was devoid of goals to focus on what I felt was right. Coming to that point of determination is a process in itself. So, here are many cheers to Mr Rahul Konapur, former President of MAPS, Mr Saksham Parolia, former Vice President of MAPS and Former General Secretary of MAPS, Mr Niranjan Ganesh, who raised my interests in serving the Student Council of MAPS as well as our fellow peers, juniors and seniors of the college, who are the basis of all our works and efforts. It feels like the dedication of these motivating people were forwarded and regardless of facing this unexpected pandemic situation, the current Student Council of MAPS has done a wonderful job on conducting various events throughout the Academic Year 2020-21 and making it successful. All of these were possible mainly by the help and support of our council members who we are always thankful for. Their work is as important as any other member of the council as each work bears its own value. Talking about such works, it increases with increase in a hierarchy in the Student Council, looking at which am proud to say that it is been a wonderful experience working under our current President of MAPS, Mr Shrawal Kotian and current Vice President, Ms Gursimran Kaur, who have shown their love, support and guidance throughout my year-long journey in the Core Council of MAPS 2020-21. The Core Council, which in itself comprises of many of my fellow peers and seniors, have made this altered Academic Year successful by pouring in various ideas and portraying immense enthusiasm to conduct more and more events through proper planning and following the necessary safety measures, starting from a few webinars and our main event, which used to be conducted initially each year, GENESIS – 2020. The highlight of the year was the conduction of many online events which included various informative webinars. They were applauded and supported by the students as well as the professors. We did conduct important offline events, those which are sensible only if conducted on-site and that too, was organised successfully regardless of the current scenario. As a whole, this academic year opened up new possibilities for the students of MCOPS with the usage of the virtual mode of communication and conduction of events. MAPS also got its own new Linktree which is an addition to the realisation of many innovative ideas brought in by our Core Council members. Together, we made this happen and together, we can take success to another level. I came from a place of having no goals and yet, it brought me here. This makes me want to believe in how much a student filled with more passion and talent can do to reach his/her potential and help everyone around grow alongside. All of this will be highly impossible without the help of either your friends, fellow CRs, Professors or most importantly, your family, which helped you get here. So, believe in what a good environment can bring about and if it is not there, try to bring it for yourself and the ones around you. Keep supporting the activities done by the council and have a healthy approach towards every direction you take inside or outside the council. Happy to be a part of all this and my hearty wishes to the upcoming councils. Use this opportunity to reach greater heights!

Adithya M S

Secretary of Academic Council speaks



“Leaders are made, not born.” – Something that I saw with my own eyes. After stepping my foot in MCOPS, I realised that one needs the right platform and opportunity to carve out the hidden potentials in them, which I discovered here. Entering college as a shy and introverted person to graduating out as a pharmacist with a bag load of experiences, knowledge and guidance to various paths cannot be explained in words. In my first year, when I heard about Pharma Quora and its events, I had no idea about its magnificence. Still, I was chosen as one of the volunteers and with that, I gained a few insights about the Academic Council of MAPS and its work. To retrospect, my association with this

council started as a Volunteer, CR and now as the very first Academic Secretary ever in the history of MAPS! Here, I would like to personally thank Soumyadeep Bose (Cultural Secretary, MAPS) and Rishav Bhattacharjee (former editor-in-chief, MAPS) for constantly encouraging me to stand for the Secretary elections and guiding me in every direction.

The pandemic may have snatched our happiness of experiencing all our events offline, but the college took their best efforts to get everything sorted. On 14 September 2020, the results of the Core Council elections had been announced and thus my journey as a leader began. Our first online MAPS event kick-started with Online Genesis - 2020, the Annual Student Council Inauguration event, where the council members got recognized with their positions and their respective duties.

Being in the Academic Council, I was able to spread my wings to my maximum potential and all this was possible only with the guidance of our Faculty Coordinator - Dr Pradeep Muragundi Sir, Department of Pharmacy Management. He gave me the freedom to take any decision for the council and has been my strong pillar of support for anything that I do. Rather than warning us, he lets us commit certain mistakes and we learn from our own committed mistakes. Thus, carving out the best skills from us. With his consistent guidance and encouragement, I was able to groom myself to be an independent and much more confident person. Spearheading major events like academic webinars, photography events, quizzes, academic events etc would not have been possible without his enduring tower of strength!

My heartfelt gratitude to our Principal, Dr C Mallikarjuna Rao Sir for always believing in me and my decisions for the council. At this moment, I dearly miss our Former Vice Principal, Dr Sreenivasa Reddy Sir who taught me the real definition of leadership filled with righteousness.

Finally, thanks to all my CRs who believed in my leadership and worked for the same. Special mention to Skanda N - Joint Secretary for always having my back. Thanks to Gaurav Kandoi - Former General Secretary for setting an example for me to learn.

Last but not the least, I extend a huge thanks to my close friends - Harshita Akkaraju, Alka Jolly, Rajeshwari Roychowdhury, Soumyadeep Bose and Rishav Bhattacharjee who not only encouraged me into the Council but also stood by me during everything!

I really owe a lot to MCOPS and all the professors, especially Dr Sreedhara Ranganath Pai Sir, Dr Anoop Kishore Sir, Dr Usha Nayak Ma'am, Venkatesh Kamath Sir and many more!!

Signing off,

Akshara Kumar

Joint Secretary of Academic Council speaks

2020-21 was quite unique when it came to organizing council activities. For a long time, Pharma Quora (PQ) was the only activity The Academic Council (TAC) hosted, this year we took a different route by hosting other smaller events as PQ could not be conducted due to various circumstances.

The transition from CR to the joint secretary was quite hard. I had Akshara, Shrawal, and Simran guiding me through my duties. This year was quite an exciting one as I got to do a lot many new things and learn a whole lot more. All in all, it was great to work with the team we had in TAC.

Skanda N

Secretary of Cultural Committee speaks

The Cultural Council have been a family to me. It was in my first year when my predecessor Ravi Savani (Cultural Secretary 2018-2019) told me I might get the highest post in this council and from that day I started gearing up for the responsibility of The Cultural Secretary I might become in my fourth year. This entire journey from a Cultural CR to Joint Cultural Secretary and finally becoming the Cultural Secretary I was supported by my batch Cultural CR's – Astha, Rajeshwari, Alison, Bisruta, Atul, Snigdha, Lipin, Anagha, Gursimran, and Sanjay. My Cultural Coordinator Dr Bhavana B Bhat has been my supporting pillar since my third year. I would also like to extend my gratitude to Dr Sreedhara Ranganath Pai, Dr Angel Treasa Alex, Dr Madhavan, and Dr Alex Joseph for being a constant support. I personally thank Rishav (Former Editor-in-Chief) for tolerating my whims the for past four years.



I have worked under the three most amazing secretaries of this council - Rutu Rajeevan (2019-2020), Ravi Savani (2018-2019), Proneel Das (2017-2018). And I cannot thank them enough for making me learn, scolding when I was wrong and trusting me. These three people will always have a special place in my heart. I would also like to take a moment to thank Late Dr Reddy Sir (Former Vice Principal) for being someone one could always go for a solution and would be there for you.

A year with uncertainties made us realize how fragile and strong our human emotions can be. Events could not be only in the conventional way and life turned upside down but with a talented team, one can sail through. Sourav, Raashida, Karen, Roopa, Surjo and Shruti helped us to release the first official logo for The Cultural Committee of MAPS. A logo that defined the multitude of talents and the plethora of creativity that our team has. My Joint Secretaries, Surjo, and Shruti have been those I can rely upon and can proudly and happily hand over this family of mine.

To all the future Secretaries the job is not easy and the journey is tougher but at the end of the day if you can proudly say that you did your responsibility, were able to serve this council with dignity and made the future of this council secure, in my opinion, you did succeed as a leader and as for me I proudly can say that.

Signing Off,

Soumyadeep Bose

Joint Secretary of Cultural Committee speaks



I cannot believe it has been three years since I joined the cultural council. Maybe it is true when you enjoy doing something time flies. It has been a remarkable experience for me, from CR to joint cultural secretary. I have encountered many events which have changed my perspective about different art forms. It has been a pleasure to have had the opportunity to work with such a talented group. Special thanks to Raashida and the decor team for making the college events as decorative as possible. Last but not the least, the coolest head in council, Mr Soumyadeep Bose, Cultural Secretary, MAPS who guided me throughout my time in the council, and Dr Bhavana B Bhat, Cultural Coordinator, who supported us no matter what we asked for throughout the year.

Surjonarayan Motilal

“Where culture meets joy” was what was inscribed on our council t-shirt when I first came to Manipal and those four words could not have been more true. I have been a part of this council for three years now and have had a most incredible time in it. I have enjoyed every bit of what is involved in making an event happen and I am very thankful to everyone who has been a chapter in this story.

Shruti Sastry



Sports Secretary speaks

“Tennis taught me to take chance, to take life as it comes. To hit every ball that comes to no matter how hard it looks, to give my best shot” - Thisuri Wanniarachchi.

Could not have agreed on more.

Being in this council for the past three years I learned a lot, thanks to previous year’s secretaries. Whichever work they use to give it to me I use to put my best effort into it. I guess because of this I was deemed worthy enough to become sports secretary. This year due to pandemics we could not conduct our main events but we never gave up. We hosted a chess tournament online and call of duty mobile, both events were a great success. Thanks to my council because of whom we were able to conduct these events comfortably. I hope this pandemic goes by and everyone again starts enjoying the beauty of sports.

I would like to express my gratitude towards our Sports Advisor, Mr Vasudev Pai for being round the clock with his inputs. I would also like to thank my joint secretaries who have always offered a helping hand. I would also like to thank the physical education department for their continuous support as well.

Wishing everyone good luck for their future, I Tejas Chinta hereby sign off as sports secretary of MAPS 2020-2021.



Tejas Chinta

Joint Sports Secretary speaks

Three years and one hell of an experience, I have come a long way from joining this council as a volunteer to now becoming the Joint Sports Secretary.

This council has been more of a family to me, taught me the skill to grow and explore through multiple opportunities. Conducting the year-long athlos events has always been amazing. But obviously, none of these would have been possible without the effort of our council members. It has always been a pleasure working with such an enthusiastic group of people.

I shall always be grateful to Tejas Chinta, Sport's Secretary for entrusting me with the responsibilities and also Vasudev Pai sir, Sport's Coordinator who has guided me throughout the year and also my entire time with this council, providing me with all the necessities.

Ishika Raj

Student Exchange Committee Secretary speaks

After almost four years of involvement with, Student Exchange Committee (SEC) it is difficult to not be verbose when speaking about the council. From being a member of the committee to serving currently as the Contact Person of MAPS, it has transformed me into a leader both professionally and personally more than anything else I experienced during the past few years.

I can say with certainty that had it not been for IPSF, I would not have had the opportunity to meet student pharmacists from around the world and voice my ideas. I have interacted with students I never would have otherwise met. I wish all the students at MAPS have this wonderful opportunity to experience working with IPSF to not only make you a better practitioner but allows their involvement in a Federation that influences pharmacy on a national and international level.

I would like to take this opportunity to thank our coordinators, Dr Anup Naha and Mrs Ramya Ravi for always pushing me forward and guiding me throughout the process. I would like to recognise and thank all the members of SEC for their input, hard work, and constant support throughout.

Having said this, I would like to sign off as SEC Secretary, MAPS and wish my successors all the best to keep the torch lit and high always.

To amazing four years of my college life.



Shimona Lakhani

Joint Secretary of SEC speaks



“Difficulties mastered are opportunities won”.

In my first year, I realized that not everyone in the college is aware of the various activities and opportunities that they have as members of IPSF. I wanted to spread the idea of a holistic sense of learning and as the Joint Secretary of Student Exchange Committee I wanted all the students to be aware of the various opportunities there are to acquire global skills for students to operate in an international context (cultural awareness, language, communication skills, international commercial awareness, and networking).

This academic year due to COVID-19 there were no on-campus Student Exchange Programmes (SEP) but I and my team have successfully made a lot of students of our association aware of IPSF, the opportunities IPSF provides and we have also promoted the SEP that MAPS offers at a global level.

I would like to thank my teacher coordinators Dr Anup Naha Sir and Dr Ramya Ravi Ma'am for this wonderful opportunity and their cooperation for the events that were conducted by SEC.

I am grateful to my entire SEC team for being supportive and working as a team to make every project a success.

I am forever grateful to meet and work with such amazing people with brilliant minds throughout my mandate. I wish my successors all the best and keep the SEP spirit alive during this pandemic!

Gorantla Sai Sruthi

Community Development Secretary speaks

A true selfless act always sparks another.

In a world filled with hate and suffering, this quote makes me feel optimistic, and so does Community Development Committee (CDC), in so many ways.

I have been in CDC ever since Freya and I gave our interview together in 2017. I thought three years in the council would make being secretary feel like a cakewalk. But the pandemic brought out new challenges and we opened ourselves to new ways of doing things. All the events this year were conducted online.



CDC conducted its first webinar on account of World Pharmacists Day. The speaker was Mr Avinash Kumar. For Mental Health Awareness Week, we helped the Editorial Board put up content on the official MAPS Instagram page. We also had a talk on Positive Psychology by Mr Shafeer K V from the Student Support Centre, MAHE. Our very first online quiz event, Qfiesta, jointly organized by the Academic Council, turned out to be a great success.

None of this would have been possible without our joint secretary, Lipin, our CR, Freya, Sephy, Rupali, Abhipsa, Keerthana, Nikita, and our active volunteers, Rifa, Pruthvi, Reeva, Niriksha, Rosly, Archit, and Hafsa.

I would like to express my sincere gratitude to our Faculty Advisor, Dr Kanav Khera for his constant support and guidance throughout the year.

I take this opportunity to thank Mr Shrawal Kotian, Ms Gursimran Kaur, and Mr M S Adithya for their undivided support.

I would also like to thank all the other councils for their encouragement and assistance.

Wishing the next student council all the best!

Alisha Mathew

Photography Head speaks

“Photography takes an instant out of time, altering life, by holding it still.” This sums up my journey as the Head of Photography for the Academic year 2020-21. This journey shall always be etched into my memory.

Even though this year was disrupted due to a pandemic, we made the most of it using social media as the main platform to showcase our skills. We started off with Talentine on our Instagram handle maps.mcop, where students of our college sent in entries of artworks, poems, and photographs. This increased our engagement and reach.

Further, being away from Manipal made us feel like we were missing out on college life. So, we decided to post things related to Manipal, such as popular food, photographs of beaches etc on our Instagram handle to take everyone on a virtual journey of our beloved town.

We had many brainstorming sessions through zoom calls to come up with creative ideas and wrapped up the year by celebrating Pride month via informative articles on social media.

All in all, despite the pandemic, it was a productive year. I am glad to have such motivated team members, who are like family, supporting my every decision and willing to walk the extra mile: stepping out of their comfort zones to take the club to its zenith.

Anjali Rai

Articles and Poems

Social Media-New Parent for Gen-Z's

Generation-Z (Gen-Z), is a generation that aims to make a difference using social media as the most powerful tool. Born between 1997-2012 they are called the future of tomorrow, not because they plan to make a future, but because they are already making one.

With rapid development in technology and the rising of new social media platforms, the world is becoming a "global village".

What has social media done to Gen-Z? How has it changed an entire generation to become better? In today's world, the effect exerted by social media on one's thoughts, feelings and opinions are phenomenal. More than 75 per cent of users are Gen-Z. It has helped people to share their opinion without the fear of getting judged, have debates with people all around the world about their thoughts and beliefs and most importantly the courage to talk about one's self and their personality.

Gen-Z is now in the age range to have friends, explore the world, and learn to communicate. Some people find it easy to talk face to face. But a large Gen-Z population still fear getting judged by their near one's, fear to say something that might hurt their relations but still are in need to express themselves – social media is a solution and a bane. People with common grounds tend to form a friendship and as said by William Butler Yeats "There are no strangers here; only friends you have not met".

Social media is a channel or medium for creating awareness on severe political issues. One such example is the Black Lives Matter moment in America. It saw widespread participation of the Gen-Z's, not only in protests but also in creating awareness worldwide.

In conclusion, social media is not only a tool for networking and communication. Instead, it can also be a tool for shaping personality traits and making them inclusive and open-minded towards critical world issues.

Sakshi Rakesh Mestry
BPharm

Aspirin – The First Miracle Drug

To begin with, aspirin has travelled a long way down from being called the first miracle drug- as internet claims that a pharmaceutical company registered acetylsalicylic acid in Germany under the brand name of aspirin on 28 April 1899. It has been 121 years now of its use and continues to be an important and convenient OTC drug.

This drug has multiple benefits, is affordable and probably the safest to use for fever, headaches, or body aches.

Aspirin is chemically synthesized from salicylic acid by acetylation with acetic anhydride. It is also known as the first non-steroidal anti-inflammatory drug (NSAID). It works as an anti-inflammatory by blocking the production of prostaglandins, the regulator of inflammation and pain. Let us go through this topic in detail.

What is a miracle drug exactly? – Wikipedia explains it as an informal term to describe a drug that can cure hitherto incurable medical conditions.

Why is aspirin called a miracle drug? – because of its use in relieving pain, fever, and inflammation it has become a staple OTC medication used worldwide. An article from CNN illustrates that the aspirin we know came into being in the late 1890s in the form of acetylsalicylic acid when chemist Felix Hoffmann at Bayer in Germany used it to alleviate his father's rheumatism, a timeline from Bayer says. Beginning in 1899, Bayer distributed a powder with this ingredient to physicians to give to patients. The drug became a hit, and in 1915, it was sold as over-the-counter tablets. The term aspirin continued to be used in the US, UK, and France for all brands of the drug, but it is still a registered trademark of Bayer in over 80 countries, including Canada, Mexico, Germany, and Switzerland.

The various other uses of Bayer aspirin came into light as the years passed, as in for cold or flu, menstrual cramps, for long term conditions like arthritis and migraine.

Apart from these, aspirin also caught everyone's attention with its uses in preventing cardiovascular events. Yvette Brazier beautifully explained in his writings about the same, A doctor may recommend daily low-dose aspirin for people who:

- have a heart or blood vessel disease
- have evidence of poor blood flow to the brain
- have high blood cholesterol
- have high blood pressure or hypertension
- have diabetes
- smoke

However, for people without these issues, the risks of long-term aspirin use can outweigh the benefits. The uses of aspirin also depend on its dosage, for example, aspirin 75 mg tablets are principally used to prevent blood clots forming following a heart attack or stroke or to help prevent heart attacks and strokes in patients who have previously suffered from these conditions.

Aspirin in pregnancy: Low-dose aspirin is used during pregnancy to delay or prevent the onset of preeclampsia. Other suggestive indications include the prevention of stillbirth, fetal growth restriction, preterm birth, and early pregnancy loss.

Speaking of outweighing benefits, aspirin, a boon in the medical industry comes along with its side effects such as:

Rash, abdominal pain, drowsiness, headache, cramping, nausea, gastritis, upset stomach, gastric ulcerations, and bleeding. But, these side effects are rare and seen only in a few individuals.

Finally, not to forget, pharmaceutical scientists are still extracting more uses and preventive effects of this miracle drug.

Thus, aspirin is an impressive drug that has come into existence and its contribution to health and wellness is immeasurable.

Anisha Gonsalves
PharmD

COVID-19 Vaccine and its complications

Coronavirus is a word we have been quite familiar with since last year. It has affected everybody's life in one way or another. It does not discriminate against anybody on basis of their colour, caste, religion, and money, it can affect anybody.

It all started in Wuhan, a city in China. According to WHO, the first case was reported on 8 December 2019. But some media sources in China like *The South China Morning Post* allegedly reported that the first Covid case was recorded on 17 November 2019 only, weeks before than claimed by China. The first case outside China was reported in Thailand on 13 January 2020. After that, the story of "The Worst Horror" begins and is still continuing.

After the first case was registered it took approximately a month and a half to identify the virus. In beginning, it was treated like pneumonia, later in January, WHO identify the unknown virus as SARS-CoV-2.

After the identification of the virus, speculation about vaccines started worldwide. Every country started their conquest of finding a cure and made it its prime target. After a long time, it was seen that the whole world is taking something seriously other than politics and terrorists.

At first, WHO did not expect a vaccine to become available in less than 18 months. By April 2020, approximately 80 companies and institutions in 19 countries started their research on vaccines. A large amount of money was allotted to companies to boost up their resources and facilities. In India, seven companies were in the race of developing a vaccine, in which Serum institute and Bharat Biotech were the frontline runners. Worldwide, Pfizer Inc and BioNTech were the prominent leaders.

Many are wondering that is it so easy to produce a vaccine, the answer is No. Any company has to take utmost care during research and development. A potential vaccine has to go through many phases and trials before being distributed to the public. Many volunteers take part in the trial phase of the vaccine and if any single person develops any side effect then the vaccine production is stopped.

On 11 August, Russia surprised the whole world by announcing that it has developed the first vaccine named Sputnik V. To increase public trust, it was first given to President Putin's daughter. However, it was not recognised by many countries and lost trust. However, it is scheduled to be distributed to the public from December first week.

After the Russian vaccine, many start questioning the credibility of other vaccines. Many asked that diseases like Cancer and AIDS are still incurable and their effective vaccine is not available to date so how is it possible to produce a vaccine for a new disease in such a short period of time. The storage of the COVID vaccine is also not easy as it seems. It requires cold storage with a temperature less than -70°C which is not available in many countries.

The distribution of vaccines is also under question. Many countries with a good economy have ordered for large no of dosages leaving poor countries with very less options.

The supply details of Pfizer, BioNTech vaccine are:-

- European Union 200 million doses (option: 100 million)
- Japan 120 million doses
- US 100 million doses (option: 500 million)
- UK 30 million doses

From the above data, it can be seen that poor countries with fewer facilities and storage options will find difficulty in obtaining vaccines and will not get a fair chance to save their population. So, many countries have approached to WHO to control the distribution and pricing of vaccines so those poor countries are also benefitted.

In December, the UK has approved the Pfizer vaccine and vaccination has been started on 8 December. A UK citizen, Margaret Keenan (90 years) become the first person in the world to be given the Pfizer COVID-19 jab as part of a mass vaccination program. This brings new hope in the world in getting rid of COVID-19.

In India, the government is planning to approve three vaccines by end of this year and vaccination can be hopefully started next year. The AIIMS Director Dr Randeep Guleria said that there is good data available that the vaccines are very safe. "Safety and efficacy of vaccine are not compromised at all. Around 70,000-80,000 volunteers have received the vaccine and no significant serious adverse effects were seen. The data shows that in the short-term vaccine is safe," news agency **ANI** quoted Guleria as saying.

Despite many difficulties and contradictions, we hope that the vaccine will be effective and everyone around the globe can be vaccinated properly. Like the whole world getting rid of Smallpox by working together, we pray that COVID-19 is soon eradicated from the world and we can start living happily and peacefully again.

Dhrub
BPharm

COVID-19

Who knew that there would come a time,
when a single problem could become a conundrum worldwide.
Pretty sure adults, teens, and children,
none oblivious of the topic that I'm trying to rhyme.

So what are you doing during this quarantine?
I know this phase seems terrifying,
wash your hands, stay at home, be with loved ones
And I promise you, with social distancing you'll be doing just fine.

This pandemic is nature's text to humanity
or a public post for the world to see.
Captioned in bold – "do not mess with me".
Well, mother nature message received.

The greatest lessons of all time,
is never brought upon by mankind.

But the mother of all,
when neglected can be everyone's downfall.

So time to give her a call,
and may Lord help us if we consider to seezone her warnings,
like those daily Good Morning WhatsApp messages.
Fingers crossed there won't come a time when she blocks us all.

So what are you doing this quarantine?
I'm pretty sure most of you are cribbing about this lockdown.
Sitting at home, oh! What a horrendous thing.
But let us value the shelter above us, food to eat and of course family time.

There are people working day and night away from home,
in the midst of this virus that can cost their lives,
doing whatever they can to save us all
WE, the people sitting at home just criticize.

This is nature's lesson to us.
Never neglect even the smallest things in life.
After all, it's the small things in life.....
(Go ahead and finish that line)

Shreya Gantayet,
BPharm.

An Ode to the Recluse

Never thought the good old days would slip by so quick,
And each passing day would feel like a long-forgotten relic
Guilt and poor choices fuel the melting of my life's wick,
Will it burn out before the pieces of the puzzle finally click?

Tried reaching out to you but it was just another mirage,
The sins of my past and my burden of shame sing in perfect harmony with a barrage
And with your voice they spun for it the perfect camouflage
Maybe you were just another piece in my ever-growing collage,
Sick and tired of the darkness behind my tattered visage.

The ghostly sea of whispers guides my constant escape from this world,
Sailing to a place of infinite ecstasy, the constant cries of the world below swirled

But that joy was but for a moment: for at the top I faltered and twirled
And the cold hands of reality grabbed me and hurled,
My mind back to my anguished body all battered up and curled.

I want to do nothing more than lay down and rest,
When all my life's spent being put to far too many a test
I've lost the longing for discovering life's treasure chest,
With the dying embers of my childhood's zest
That cannot be summoned even at life's behest.

When the future looks bleak and has lost all of its seasoned meaning,
And all the happiness has left at sweet Death's keening
When surviving's the new name for living
And all those expectations seem so overwhelming,
Why don't you put this poor soul out of its suffering?

Adrian Rex Coutinho
BPharm

Reminiscence of my life

The days that went past
Had lots of memory hidden
And if remembered will last
forever, in my heart and soul.

No worry no hurry and
had lots of time to play the band.
And if remembered will last
forever, in my heart and soul.

When I belonged to this earth for first
I had no ideas of it but begged for its thirst
And if remembered will last
forever, in my heart and soul.

My life got into clutches of exams and studies
But when I think of it, I've no remedies
And if remembered, will repent for it
forever on my heart and soul

Let's make a new start from today
which will give fruits a fine day
And when remembered in future, will last
forever in my heart and soul.

Hariharan
BPharm

Forgotten boy

It comes in fragments
broken like a mirror
memories of you
all together
its the space
between your lips
its the way your ring
glints in the rain
I put them together
but I can never
picture your face
even as I recall
the exact shade of your eyes
under twinkling lights
I cannot recall how we met
only that you hate
the taste of meth
I cannot remember
the colour of your shirt
only that it smelt like
cigarette smoke
you always tasted
like sharp mint gum
laughing quietly
against my neck
now I slowly forget
how I felt

standing at your door
jar of jam cracked
on your porch
what were we even
waiting for?
your hair was long
and silky soft
but was it really
blonde or brown
the ants have come
and gone
just like the scars from cut glass
I still smell Dettol
when I think of you
heaps of cotton soaked through
maybe it wasn't jam
that was so red against the glass
I barely remember bandaged hands
this is it
the last memory
I can't think of you anymore
so I throw the fragments away
rather carelessly
because I know they will
come back to me

P Pranathi
BPharm

Things on my bucket list

I wish to do more than travel the world.
I wish to become myself more than anything else,
the journey I chose is to find me;
not to dream, dance or die peacefully
not to see beauty, seek perfection or settle down
but to live, laugh, wander and see the dark side of dawn.
My bucket list doesn't have a mansion on hills,

it has fed the needy on my bills.
To see reality and cruelty is first on my list,
to change it is the path carved on my fists.
I fear for I know that reality is scary,
But pal, facing my fears is the thrill and that'll be my story.

Udisha Singh
BPharm

Reminiscence

Once upon a time,
Not a long time ago.
I believed in fairy tales, tooth fairies
and a hut far away in a forest filled with goodies.
I longed to meet little red reading hood, Hansel, Gretel
and all those animals in those Panchatantra stories

So today as I sipped on my third cup of coffee,
My good friend nostalgia hit me.
With those weekend trips in the car.
Watching the moon race and try catching the stars.
Running around carefree in beaches or parks.
Believing in superheroes.
Why, thank you tony stark!
Last but not the least being scared of the dark.

Now all that's changed
is nothing yet everything.
For I'm still scared of the dark
but learned to be my own little spark and strive to glow
in the dark.

Now all that's changed
is nothing yet everything.
Time will continue to flow
I'll be here sipping on coffee and reminiscing.

Shreya Gantayet
BPharm

Council Reviews

Academic Council

Skanda N - He always brings positivity to the council that inspires the CRs, and his experience brings a fresh perspective to our work. His attention to detail and determination to see the council succeed and grow is a huge asset. No matter what task he is tackling, he always brings invaluable insight and motivation to the event. It means so much to know that we have somebody on our side who we can turn to when the going gets tough. This council's future is sure to be bright with team members like him! Thanks for everything!

Vignesh Balaji E - He is probably the most positive person we know. Even when you are not supposed to be positive, like a hurricane is about to hit or something, he somehow remains calm and positive. This positivity adds so much value to our entire team. Whenever we think of the term "most valuable player," his name comes to mind. He turns up to the events in good form, with a positive attitude, making it a real pleasure to work with him. It is an honour for us to have a CR of that calibre. Thank you for what you do!" All the best!!

Ruchira Samaddar - Extremely passionate and unwavering in the work ethic. We know we can depend on her to approach every task with fervour and finesse. Her participation in countless undertakings has played a pivotal role in our productivity, and we have the utmost respect for you. Thank you for your valuable contributions!

K Rajeswar Reddy - We thank him for his contributions!

Akhil Kantimahanti – Everyone in this council is busy with other things as well along with the council work, yet whenever we see a council member ask for help, he has been the first person to volunteer. His commitment to helping out makes problem-solving easier, more impactful, and simply more enjoyable. Thank you for always carrying that calm aura around!

Vidhi Chauhan – Her strategy, trust in our team, and encouragement were the secret recipe for the council's success. Despite challenges, she pushed us to think smarter, work harder, and pull out all the stops to reach this milestone. Thanks for that!

Aieshel Serafin Johnson - We thank her for being part of the team!

Swathi Nayak Ammunje - Success is sweet. But it is sweeter when it is achieved through coordination, cooperation, and collaboration. Whenever we asked for commitment and utmost support, she gave us dedication and hard work. Thank you for delivering such great teamwork.

Ritik Tatia - With CRs like him, even the impossible becomes possible. No challenge is too great, no mountain is too high. We know that we can always rely on his dedication and commitment. Someone who keeps their word and can be trusted to do all that is asked of them. Thank you so much for that!

Anna Sherin George - An individual who prioritizes the team before self deserves utmost appreciation. And she is one such individual. Having her in the team is a matter of privilege for us! Thank you for everything!

Rahil Anwar - His dedication to this council has been actually beyond imagination, he makes a very good team! His hard work as a team was really fruitful. Three cheers to the team!

Ashish A - Thank you for being a part of our council's success. We greatly appreciate and value his hard work and success.

Vidyasagar - Thank you for coming together as a team and making things possible! We had always believed in him and he never disappointed us. We could not have cracked it without his teamwork!

Shruti Chaudhary - Her hard work and creativity are an inspiration to all the fellow CRs!

Ashish Ranjan - We appreciate him for more than just his work. We also want to celebrate his character and the effect he had on others.

Rajeswari Subramaniam - A great addition to our team. Her willingness to deliver high-quality work is really admirable. We highly acknowledge her efforts. Thank you!

John George Patani- A council, no matter how well designed, is only as good as the people who live and work in it! Thanks for the hard work!

Mithun Kumar Sharma - His contribution to our council proves what we already knew, that he is a strong team player and a connoisseur of excellence.

Cultural Council Testimonials

Anushka Bhayana (First Year BPharm) – This fresher is someone you can always count upon. Give her a job half an hour ago and you can consider the work to be done. You can discuss “The Office” with her and also about dogs anytime! She has a lot of potential and will be very successful in taking up higher leadership roles in college.

Arijita Nanda (First Year BPharm) – A dramatist at heart and has always been on her feet for a responsibility. An intelligent and creative person who had been an asset in the council.

Madhuja Sen (First Year BPharm) – This amazingly talented dancer is full of potential. Hope to see her in future council as well. She is also blessed with a beautiful voice.

Heta Patel (First Year PharmD) – Our fashion icon who is quite creative with all fashion relative stuff.

Sneha Bhat (First Year PharmD) - She is a hard worker and has a melodious voice. She had been a great addition to this team.

Anshuman Shettigar (Second Year BPharm) – The soft-spoken guy who has a bunch of ideas. His way of speaking always lightens up even the most serious conversations. I hope he gets to contribute to the council in the future as well.

Aarya Shrestha (Second Year BPharm) – A chill person who will never say no to any work. Just run after him a little and you can always expect the work to be done and with excellence.

Ishika Dubey (Second Year BPharm) – Our very own “expressions queen”. You might find her shy but her skills can make anyone run for their money.

Shreya Jain (Second Year PharmD) – A leader in making I must say. Her determination to do work is something that is commendable.

Akanksha (Second Year PharmD) – Akanksha has been an asset forever. Her photography skills along with her art and craft make her stand out from the rest of the crowd.

Samrah Naaz (Second Year PharmD) – She has been a very keen council member and hope to see her grow in the future.

Dutta (Third Year BPharm) – You cannot describe his talents enough. He is an artist and always ready for the responsibility. This year he was the one who helped us with our graphics and also designed the logo for the Cultural Committee.

Saksha Shetty (Third Year BPharm) – You will not find a dancer like her in the college. You hear “taki-taki” and one can imagine this graceful dancer up on her feet. This jolly person is someone without whom the council would be incomplete.

Karen Martin (Third Year PharmD) – A multitalented person without whom the council would have been a dry one. A bubbly yet responsible girl and has a lot of potential in herself.

Roopa Acharya B (Third Year PharmD) – She is the nightingale of the council. A bunch of talents with also a flair for art. Her valuable contribution to the decoration team has been spot on.

Saad Khan (Third Year PharmD) – He is a singer. He is the one who has never flinched from giving a helping hand since his first year in any event of the college. Do not take his shyness as his personality. This guy can really step up when a responsibility in council.

Bisruta Chowdhury (Fourth Year BPharm) – This was her second year in the council and she has been of immense support. She is an avid reader and one can always rely on her novel suggestions.

Snigdha Hiremath (Fourth Year BPharm) – Our very own chirpy singer. Her flair for western music leads her and her team to win countless competitions. An asset to her class and the college.

Sanjay Kurain Mathew (Fourth Year PharmD) – A person with a quick wit and a writer who helped us with all the creative writing stuff. He never shies away from giving suggestions.

Raashida Farheen (Fifth Year PharmD) – What can be told about her. The most senior of all and this year was her fifth year in the cultural council. She has been singlehandedly handling so many decoration teams of our college than one can count. An amazing mentor to many juniors. The Cultural Committee will always be grateful for her contribution.

Akshay V R (First Year MPharm) – Our very own alumnus and former member of The Cultural Committee. A person with an amazing voice has been an important asset to the council.

Sharanya P (First Year MPharm) – A painter and an artist like no other. Her creations can leave anyone awestruck. A bunch of talent.

Surjo Narayan Motilal (Joint Cultural Secretary, Third Year BPharm) – Our very own Delhi guy. My BPharm Joint Secretary, Surjo has been a part of the council since his first year and has grown with the council. His way of leadership and handling even the toughest situations is commendable. He is an outspoken person and is kind at heart. You can always count upon him and will never get disappointed. I am proud to have him as my Joint Secretary and I wish him all the luck for his next year in MAPS.

Shruti Ayyalasomayajula (Joint Cultural Secretary, Third Year PharmD) – My PharmD Joint Secretary, Shruti is someone who has considered The Cultural Council as her family past three years. Her calmness made us sail through this year. Her creativity, ideas, and talents make the entire MAPS proud. A responsible person with a kind soul. I am proud to have her as my Joint Secretary and I wish her all the luck for her next year in MAPS.

Editorial Board

Pranathi - Pranathi is the most hardworking and jolly person I have met. She took on all the work with a smile on her face and made everyone so happy with just her presence.

Aarthika – She was a fresher to college who had so much enthusiasm and excitement to write and learn. She grew so much throughout the year and I feel so honoured to have witnessed it.

Dhrub – Dhrub showed up on time for all the work and did everything happily. It was lovely to have known him.

Sakshi – Sakshi is a cheerful girl who did all her work exceedingly well. I wish her the very best with her future endeavours.

Somak - Somak is always overflowing with ideas and happiness. He was always reachable whenever needed. We hope he continues spreading his positivity.

Sohaib - Sohaib's writing always left me in awe. He has so much potential and we all loved having him in our team.

Anisha - Anisha is always punctual to our meetings and is extremely reliable and hard working.

Jenice - Jenice contributed to the team with so many fresh ideas and her smile always lightened the mood.

Sports Council

Sanal – Sanal is a very hard-working and prompt joint secretary. He has always put the council first and I really appreciate all his hard work.

Ishika – She is cool-headed, never stresses out, and never says no to anything. Her approach to exemplary work is unbeatable. She has a creative mind and made all the events of the council picture perfect.

Shubham - The only time I remember seeing him was when I handed him over the badge as our fourth year CR. He was never really seen for any of the meetings, but I am glad he was well involved in the WhatsApp group and always passed on his suggestions.

Manas - Talk less and work more is the principle that Manas works on. For him, it takes no time to complete a task that too with precision.

Ananthu - He is a very quick learner and a dedicated member who is always on time for all the meetings and is much focused as well.

Bhavini – Bhavini is the backup of the council, she will be on her toes when things go unplanned and always ready for extra work.

Girija - She is versatile and can switch to any work based on the situation.

Venetia - She is smart, observant and thinks out of the box. She is a team player and acts according to the situation.

Amit - He is very talented and his work speaks louder than his words and is very punctual.

Tanay – He is always punctual to meetings, and exceptionally obliging. He is a guy of appreciable character and one upon whom you could blindly rely on. It was truly gratifying to work with him.

Daksha - She is a super bubbly, active and very energetic girl always ready to help in any work.

Reema – She is a cute, sweet, and graceful girl who never fails to accomplish her target had a nice time working with her.

Ayushi – She is a pleasant girl to work with, and one who is extremely considerate, polite, and cooperative. I hope she continues to serve MAPS in the coming years, and wish her all the luck for it.

Nitish – He is an extremely benevolent despot who is always ready to help and does the tasks assigned to him to his best, and certainly a good team player.

Deepak - He is a calm and composed guy, who knows where and when to give his input. It was great working with him and I hope he continues being a MAPS member in the future too.

Rakshan - He would be busy with football training but whenever required he was always there.

Stephanie - She is a very obedient and smart girl. Working with her is always a very pleasant and wonderful experience.

Rishith and Abhija – They were very reliable juniors doing all the work effortlessly.

Sridhar - He has always been a helping hand. He always puts the right amount of energy into any given task.

Shambhavi – She is a cheerful girl who was always dedicated and ready to help.

Maria – She is mostly quiet, but once she gets josh to do something, there is a different side of hers you get to see. She is fun to work with and extremely humble in nature.

Farhan - He diligently does all the work assigned to him without any problems.

Pranam - He is a very responsible person who displays true team spirit.

Community Development Committee

Freya: Freya and I started our journey in CDC together. Altruistic, innovative, and artistic, Freya has been a valuable asset to CDC and also its longest-serving member. If you have any doubts regarding our events or how things are done, then she is your go-to person.

Lipin: Lipin is a person of integrity and he possesses all the qualities of a good leader. He is resourceful, empathetic, and dependable. He has been extremely instrumental in turning CDC's vision into reality.

Sephy: Sephy is calm and composed. She is responsible and thorough in her work. She is surely an attentive listener as she was tasked with taking down the minutes of every meeting this year.

Rupali: Rupali is "The Flash" when it comes to work. You ask her to do something and she does it right away, irrespective of the deadline. Her extensive experience in social welfare organizations and her close attention to detail makes her an indispensable part of the council.

Keerthana: Keerthana is a team player with a can-do attitude. She is the person you can count on when no one else steps in. She is versatile, reliable, and has proven to be an important asset to CDC.

Abhipsa: Abhipsa is a kind-hearted spirit who is very committed to her work. She is always eager to help and has pitched really innovative ideas that could help students and the community as a whole.

Nikita: Nikita is CDC's very own designer. She constantly stuns us with her artistic capabilities. She is punctual, sincere, and dedicated. She has the potential to take CDC to great heights.

Disciplinary Council

Trisha Das: She is a promising fresher who is willing to give her best in all college events. Really appreciate your enthusiasm, all the best for your future council roles.

Bhavya: He is a Patiala boy in the house!! His inputs are indispensable, a diligent worker of our council. He has been an asset to our team.

Jay Damani: Jay bhaiya! Thank you for putting it all together for the council introduction video. He is our council's backbone and the one who makes everything look aesthetic. His contribution to the team has been invaluable.

Adresha Saha: She is a very pleasant and committed member of the disciplinary council, and is always ready to take up impromptu tasks and does justice to them.

Aditi: She is the silent worker of the committee. She completes all the work assigned to her, on time, and always!

Richi Rohit Bhol: He is the shy boy who does all the work with a smile on his face. I hope to see you in council next year too.

Cicily Rose Jacob: She is elegant with her working style and finds the simplest solutions for any given situation. Good luck, keep shining!

Dimple: She is a beautiful girl with a beautiful mind. She is always there to stand with the council and made sure decorum was maintained. I hope to see you as part of the committee next session as well.

Mariya Johnson: She was a great help when it comes to any sort of work. It was amazing working with a team player like her.

Nidhi Shaji Varghese: She is a bubbly girl whose energy lights up the entire room. She is very helpful and very supportive. I thank you for being part of the disciplinary committee.

Mirza Faisal Baig: He is a very committed and hardworking member of our committee. I hope to see you in the council again.

Bhoomika Arun Naik: She is a very helpful and supportive team member. She is punctual and that is what makes her an extremely efficient worker of our committee.

Shadbhav Srivastava: He has sincerely done all work assigned to him. His support has served the disciplinary committee, great.

Arnab Ray: His presence and service have contributed to the council. He is reliable and responsible. I hope to see you in council next year as well.

Basheer Arbaaz N: This may be his first year in MCOPS, but he has proved to be the most hardworking and responsible person of our council. His presence was an asset.

Student Exchange Committee

Sruthi - She was the Joint Secretary for the year and she has been an amazing support. She is sweet, resourceful, creative, and fun to work with. She is the one who added colours to the council. Thanks for having my back. I wish you all the very best.

Rupal – She is reliable, hardworking, and a versatile member of the SEC. She actively takes part in all the meetings and activities. She comes up with great ideas and ways to get maximum participation from the students.

Shivangi - She is the most enthusiastic member of the committee. She is always ready to take up any work given and does it with a charming attitude.

Semanti - Taking a positive approach in everything is a talent in itself and she has nailed it. She is humble and honest at work.

Shivani - She is smart, observant, and thinks out of the box. She is a team player and acts according to the situation.

Munira - She is a very obedient and smart girl. Working with her is always a very pleasant and wonderful experience.

Yashika - She is very systematic and prompt, has encouraged her class throughout and I am going to give her credits for their participation this year.

Akhil - He has a lot of enthusiasm to work for the committee. He has always been behind my back to give him any work and this determination will lead him to more and more accomplishments.

Art Corner





Shreya Jain



Elsa Anna George
First Year PharmD

The following artwork is done by Delaram Ayazi of First Year PharmD.



Kalakriti 2021

An online cultural event organised by the cultural committee
2020-21

WINNERS LIST

SPOT PHOTOGRAPHY

1. Akankasha – Second Year PharmD
2. Rajeshwari – First Year BPharm
3. Aromal – Fourth Year PharmD

MIMICRY

1. G V Sai - Fourth Year BPharm
2. Ishika Dubey and Anshuman Shettigar – Second Year BPharm
3. Ritik Tatia – Fourth Year BPharm

PAINTING

1. Shreya Jain – Second Year PharmD
2. Sharanya P – First Year MPharm
3. Nikita Baldewa – Second Year PharmD

DEBATE

1. Bisruta Chowdhury and Akshara Kumar – Fourth Year BPharm
2. Arjita Nanda and Chelsea George – First Year BPharm
3. Subbulakshmi Somasundaram and Yashika Sakhrani – Second Year BPharm

HINDI POETRY

1. Rishav Bhattacharjee– Fourth Year BPharm
2. Flydon Melrick Picardo – Third Year BPharm
3. Mrunal Desai – Research Scholar

EXTEMPORE

1. Flydon Melrick Picardo – Third Year BPharm
2. Ruchira Samaddar – Second Year MPharm
3. Keerthi Priya B - Research Scholar

ENGLISH POETRY

1. Shreya Gantayet – First Year BPharm
2. Udisha Singh – First Year BPharm
3. Pinnapathi Pranathi – Second Year BPharm and
4. Hariharan Sridhar – First Year BPharm

INDIAN CLASSICAL DANCE SOLO

1. Manasa – Third Year BPharm
2. Madhuj Sen – First Year BPharm
3. Nisha Acharya – Third Year BPharm

INDIAN NON – CLASSICAL DANCE SOLO

1. Saksha Shetty – Third Year BPharm
2. Madhuj Sen and Yukti Bhargav – First Year BPharm
3. Anjana Shetty – First Year BPharm

WESTERN DANCE

1. Prastuti Baruah – First Year BPharm
2. Saksha Shetty – Third Year BPharm and Anjana Shetty – First Year BPharm
3. Andrea Crasta – First Year BPharm

CARTOONING

1. Nikita Baldewa – Second Year PharmD
2. Santanu Kamath P – Third Year BPharm
3. Anvesh S K – Second Year PharmD

MONOLOGUE

1. Ishika Dubey – Second Year BPharm
2. Trisha Das – First Year BPharm
3. Nishant Choudary – First Year BPharm

INDIAN CLASSICAL SINGING SOLO

1. Manasa – Third Year BPharm
2. Soumyadeep Bose – Fourth Year BPharm
3. Raksha Kamath – Third Year BPharm

INDIAN NON – CLASSICAL SONG SOLO

1. Roopa Acharya – Third Year PharmD and Soumyadeep Bose – Fourth Year BPharm
2. Manasa – Third Year BPharm
3. Reema Mathias and Shekar Panday – Third Year BPharm

WESTERN SONG SOLO

1. Snigdha Hiremath – Fourth Year BPharm
2. Jenice Crystal Buthello – Second Year PharmD
3. Jyoty Jabu – First Year BPharm

Alumni testimonials

Just like how everyone starts when the topic about their “Life at Manipal” comes up, I am going to say the same thing-Manipal is not a place, it is an emotion.

It is about the Tallest Embassy building that Grace all our insta stories, to the snacks we eat from the smallest Annan/Akka shop at a corner. It is about the late-night coffee before the sleepless exam nights, to the early morning booster dose to just survive the class or hospital rounds. It is about planning for a weekend getaway to a far-off place and ending up just having a late brunch at Hadiqa. In short, it is always the extremes, and it made me be who I am today. The people, the places, the scenery and even the lifeless buildings have life when we start living at that place.

In short, even though I have done a six-year course, I would solemnly swear that it just feels like yesterday, and I would not miss the chance to do it once again. Yep, all that six years again... And that is Manipal for me. My Second Home.



Sara Mathew

I cannot believe it is actually over but looking back, I had the most amazing and memorable experience in MCOPS. I give credit to all my professors and friends for helping me give my very best personally as well as academically. The amount of gratitude I have for all those who were involved in the campus placement is so much that it is hard to put it into words.

Ritik Tatia

Manipal with the name itself has so many memories attached to it. Be it attending classes or going to chill out with friends after a long hectic day. Manipal has been an amazing journey and has taught me how to deal with people and most importantly stand up for myself. Those four years of my life were the best that I will always cherish!!



Krupa Ann Jacob

Acknowledgement

The year was a strange one due to the prevalent pandemic and lack of events, the task of publishing a magazine sounded difficult but the students of MCOPS came up with content as soon as we asked for it. It was a combined effort of all of us. I would like to thank Dr Mallikarjuna Rao for this opportunity and Dr Rekha Shenoy, our faculty advisor for guiding us in every step.

Aditi Dhawan
Editor