

# PHARMA DARPAN 2014-15



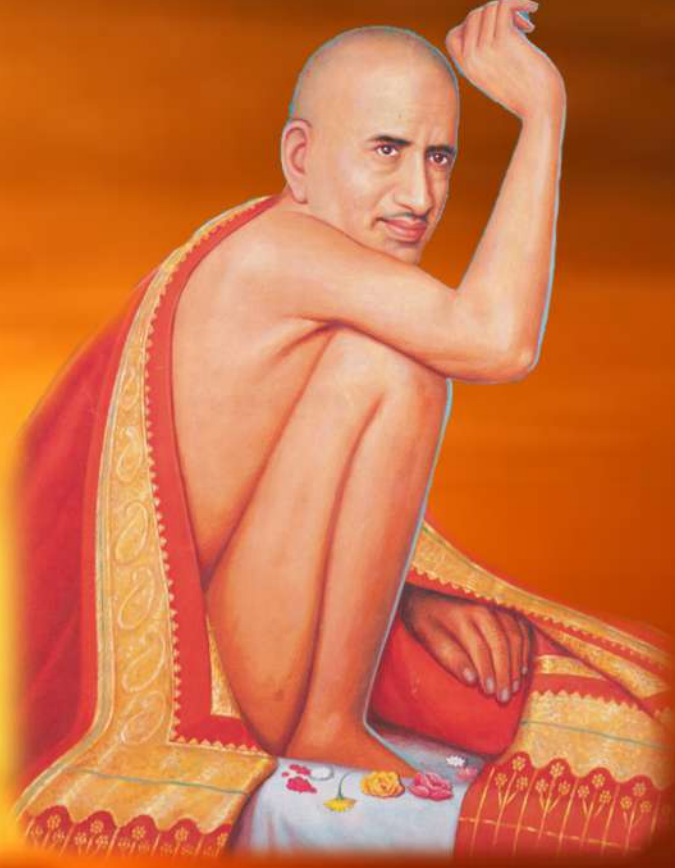
Shree Gajanan Maharaj Shikshak Prasarak Mandal's

**Sharadchandra Pawar College Of Pharmacy**

At: Dumberwadi (Otur), Post: Khamundi,  
National Highway No.61, Tal: Junnar, Dist: Pune, Maharashtra

Estd. 9th Aug 1990

# BLESSINGS



परमपूज्य

श्री गजानन महाराज

(शेगाव, महाराष्ट्र)

झुकवूनि मस्तक तुझ्या पाऊली  
नाम घेतो तुझे गजानन माऊली  
वरदहस्त लाभो तुझा सकलासी  
सुखे ठेवा सदैव आम्हा लेकरासी

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**Estd. 9th Aug 1990**

# SHARADCHANDRA PAWAR COLLEGE OF PHARMACY

IMPARTING EXCELLENCE IN EDUCATION & RESEARCH

## PHARMA DARPAN

College Magazine

Academic Year 2014-15

### VISION

“To develop a center for academic excellence and get recognized globally in the field of value-added based pharmaceutical education building competent pharmacist imparting quality pharmacy education to them”.

### MISSION

“To ensure achieving of the potential and growing needs of higher technical education, inspiring pharmacy students from both rural and urban areas with updated technologies, methodologies, well acquainted knowledge and training skill-sets, serving needs of pharmacy discipline and society in future”.

A brief statement of mission mentioned here is applied to the B. Pharmacy program. A few important keywords are identified and defined in order to formulate program educational objectives (PEOs).

### PROGRAM EDUCATIONAL OBJECTIVES (PEOs).

The program is intended to impart pharmaceutical education. The highlights are: a) **International standards, M1:** To produce qualified and competent pharmacists of international standards through outcome-based and self-learning strategies. b) **Pharmacists of highest caliber, M2:** To promote innovation-oriented and problem-based research capabilities in the young pharmacists to foster the progress of the society. c) **Upholding human values, M3:** To inculcate strong ethical values and good professional behavior, so as to adapt and absorb emerging changes in the field of

#### 1.1 Programme Educational Objectives (PEO's)

Process of defining Program Educational Objectives (PEOs) of the B. Pharmacy attends the following expansive aspects.



*“How our graduates becomes Life Long Learners absorbing updated pharmacy knowledge”*

*“What values our graduates should have, to foster the progress of society”*

*“How our graduates would play a leadership role in multidisciplinary healthcare team”*

**PEO 1:** The budding pharmacists shall well familiar with the armaments of **scientifically updated knowledge**, research aptitude, scholastic temperament, developing proactive and technically sound professionals, enduring **competitive world of industry** and **higher studies** like M. Pharm., Pharma. MBA, MS, etc.

**PEO 2:** The students shall infuse with the **ethics, moral values** and veracity of human touch and sense of responsibility towards **social deliberations**.

**PEO 3: Contribution** of students for the cause of community and societal needs to mitigate **social obligation** and benefits through pharmacy education.

**PEO 4: Life-long learning** of pharmacy education by the students with more relevant current and contemporary needs including hands on laboratory experience to compete successfully in **local, national and global pharmaceutical field**.

**Estd. 9th Aug 1990**



## **Editorial Board** **Members**

1. Dr. Ganesh Y Dama
2. Dr. Harer S.L
3. Mrs. Bidkar SJ
4. Mr. Adsul Sudhir
5. Miss Monika Kute
6. Mr. Kale Srikant

## **EDITORIAL**

*The edition of the annual college magazine is brought to you mark Sharadchandra Pawar college of pharmacy's 11 years of excellence.*

*This statement has proved to be true in our case. Sharadchandra Pawar College of pharmacy's 11 years of establishment has shown that it has come a long way in fulfilling the expectations of many through its Academic excellence. Every year which has passed, has always added to its growth. To re-live some such memories of the past years, efforts have been made to show the enthusiasm of the students in various fields.*

*The magazine continues to expand its reach to achieve its vision of being a truly representative of the Sharadchandra Pawar College of pharmacy.*

*The Editorial Board hopes to build on this ethos just as much during the upcoming academic years.*

# CURRICULUM ACTIVITY

## 1. ENVIRONMENT FIELD TRIP

Sharadchandra Pawar College of pharmacy Otur arranged the environment field trip for Second year B. Pharm students at Maharashtra Shasan Junnar Vanvibhag, Dingore. It is an environmental field work which is a part of EVS syllabus. This forest is located near to Dingore village. Mainly it is divided in three parts such as Charakvan, Nakshatrvan and forest area. A total number of fifty five students were taken for the field work. The purpose of the visit was to study the forest ecosystem. After

reaching the destination different groups were formed. The students were enthusiastic about eagerly collecting samples of various parts of medicinal plants which is helpful information to them. Forest contains various medicinal plants which are we labeled with their name and uses, these boards give various helpful information to our students. After the study food was served to students. The event went well and it was a great learning experience for the students.



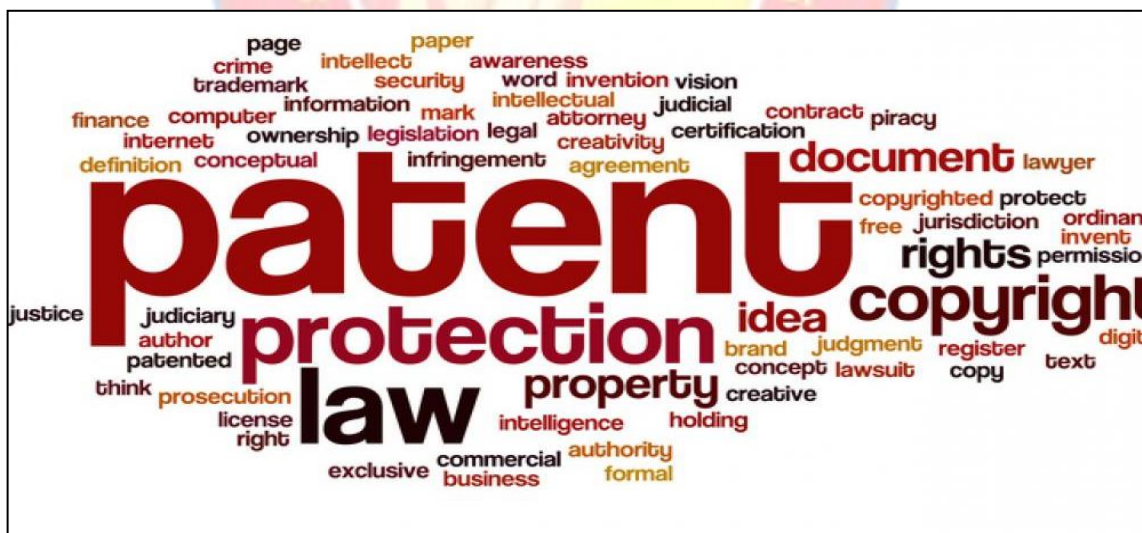


# CURRICULUM ACTIVITY

## 2. INTELLECTUAL PROPERTY RIGHTS (IPR) - AN OVERVIEW

Sharadchandra Pawar College of Pharmacy organized one day seminar on Intellectual Property Rights (IPR) - An Overview. Mr. Santosh Tiwari who is Director, presently working as a Patent officer at Pune. Principal Dr. Ganesh Dama sir presented the keynote address of the program wherein he explained the background of seminar. Mr. Tare H. L. has given brief introduction to resource person in presence of teaching faculty members and students of Final year B Pharm. Mr. Santosh Tiwari has discussed about Intellectual Property Rights, about Patent meaning, remedies for patent filling, Infringement, difference between other

patent with Indian Patent. They also elaborated the information regarding World Trade Organization (WTO), TRIPS agreement and TRIMS. TRIPS also provides that the term of protection. He discussed about various upgradations and new things arises in the field of IPR. Mr. Tiwari informed to the students about ongoing patent cases of various projects also various challenges for patent agreement. Comparison of all rules & regulations, patent filling & different in the fees structure of Indian & US patents. Session was end up with vote of thanks by Mr. Tare H. L.



## 3. SOFT SKILL DEVELOPMENT, COMMUNICATION AND PERSONALITY DEVELOPMENT

A Three month's training program was organized on the topic of "Soft Skill Development, Communication and personality Development". It was

organized over the Final Year B. Pharm. students in the month of August to October 2014. The training program was delivered by Mrs. Afreen Mokashi, a resource



# CURRICULUM ACTIVITY

person from Planet Angel English Medium School, Junnar, Pune. Inauguration of the program was done at the hands of Principal, Dr. G. Y. Dama sir & Director of the Planet Angel English Medium School. Key note address was given by Principal, Dr. G. Y. Dama Sir and further opening of session was performed by Mrs. Afreeen Mokashi. The training was provided for 6 hours every Saturday continued for consecutive three months. It

was covered with the English language grammar, Vocabulary, Reading comprehension, Communication, Presentation skills, personality development, and organizational skills, Listening skills, effective and appropriate communication. Event was concluded with vote of thanks by Prof S. J. Bidkar to the Management, Principal, teaching & non teaching staff, students.

## 4. ONE DAY SEMINAR ON GPAT PREPARATION & GUIDANCE

Dr. C. Bothiraja, Associate Professor, Poona College of Pharmacy, Pune, Maharashtra was invited as a speaker on 04<sup>th</sup> Oct., 2014 for delivering seminar on the topic “GPAT Preparation & Guidance” for Final Year & Third Year B. Pharmacy students. Dr. C. Bothiraja has delivered many lectures regarding of GPAT preparation at various institutes. First Session of Seminar, Prof J. S. Bidkar introduces the Speaker. Dr. G. Y. Dama, Principal, Sharadchandra College of Pharmacy welcome the speaker with

introductory speech. Dr. C. Bothiraja Sir has started his talk in very simple language and explained the Importance of GPAT & Other Competitive Exam, Pattern, how to categories the question, precaution to be taken in GPAT examination. This One Day seminar was ended with Vote of thanks by Mr. Harer S. L. to the Management of SGMSPM's Sharadchandra Pawar College of Pharmacy, Principal Dr. G. Y. Dama sir, all Teaching and Non-Teaching staff, for their support to organize this seminar.



# CURRICULUM ACTIVITY

## 5. ANIMAL HOUSE VISIT (2014-15)

The students of SGMSPM's Sharadchandra Pawar College of Pharmacy, PUNE, gave a visit to Laxmi Biopharm Pvt. Ltd. Alephata, Pune (Animal House) as syllabus includes in pharmacology practicals. Laxmi Biofarm located in Alephata, Pune. It is jointly established by Dr. Shyam Kumraj & Dr. Arun Gadge in 2009. Mr. Kiran Deokar is working as manager. The farm exports animals like Rat, Mice, Rabbit, Guinea pig etc. to all over India for research purpose, pharmacology bioassay practicals & clinical testing. The animal house trainer

also gave animal handling training to our students & detailed information of animal house maintenance. This tutorial will outline recommended techniques for handling rats, mice, rabbits and guinea pigs. The adoption of these techniques will help to minimize stress for the animals and help reduce the risk of bite injuries to the handler. It is important that animals are aware of the handler's presence before attempting to restrain them, particularly if the animal is initially asleep. This will reduce stress for the animal and help to avoid bite injuries.





# CURRICULUM ACTIVITY

## 6. CELEBRATION OF WORLD SCIENCE'S DAY

International Science's Day is celebrated annually on 28<sup>th</sup> February in premises of Shri Gajanan Maharaj Shikshan Prasarak Mandal's Sharadchandra Pawar College of Pharmacy. All the teaching and nonteaching Staff gather together for celebration of World Science's day. All the staff shares their views with each other regarding the social, economic, cultural and political achievement of Scientist. 28<sup>th</sup> February is celebrated as National Science Day (NSD) in India. On this day SGMSPM organized interschool Science Exhibition. Many students presented their

talented projects in exhibition. National Science Day is being celebrated every year to widely spread a message about the Importance of science used in the daily life of the people. To display all the activities, efforts and achievements in the field of science for human welfare. Every year on this day Student of SPCOP visit at GMRT science exhibition situated at khodad, Tal.-Junnar, Dist.-Pune. At the time of celebration few teaching and nonteaching staff delivers speech on importance of Science.





# GENERAL ACTIVITY

## 7. NATIONAL VOTERS DAY

Sharadchandra Pawar College of Pharmacy was celebrated “Voters Day” on 04<sup>th</sup> March 2015. Principal, Dr. G. Y. Dama addressed college students about the relevance and importance of celebrating this day and encourage them to participate in the electoral process. The session began by educating the students about the importance of voting and how each vote matters in democracy, how the electoral voting sustains the democracy. The program was conducted in presence of

Secretary, Shri Gajanan Maharaj Shikhan Prasarak Mandal, Mr. Vaibhav Tambe, Thasildar of Junner Panchayat & Otur circle officer Mr. Munde. All college staff members and students had taken Voters Pledge, to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections. The session ended with a promise to exercise the right to vote to push the country ahead by appointing a responsible authority.

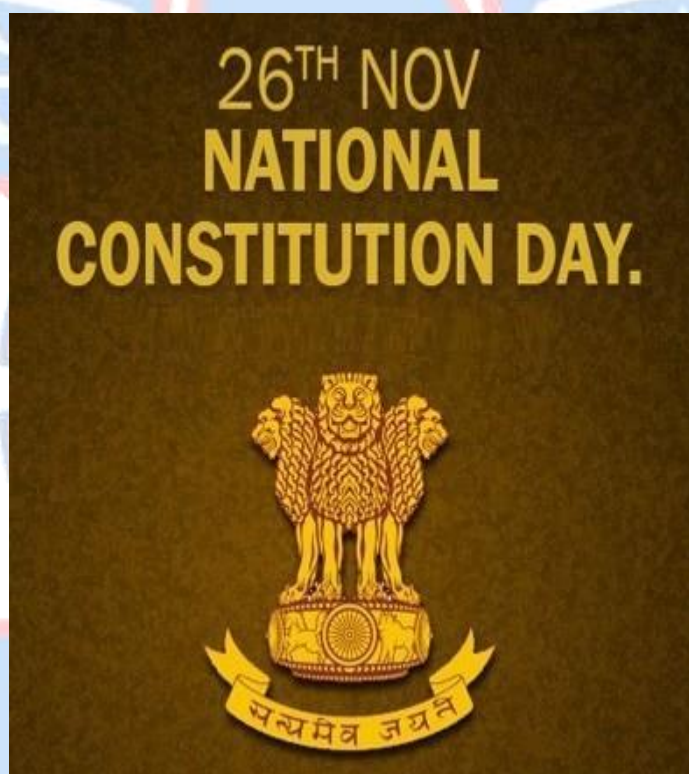


# GENERAL ACTIVITY

## 8. CELEBRATION OF CONSTITUTION DAY

Constitution's Day is celebrated annually on 26<sup>th</sup> November in premises of Shri Gajanan Maharaj ShikshanPrasarak Mandal's Sharadchandra Pawar College of Pharmacy. All students, teaching and nonteaching staff gather together for celebration of Constitution's day. All the staff shared their views with each other

regarding the social, economic, cultural and political achievement of Sanvidhan rules for equality. At the time of celebration few teaching and nonteaching staff delivered speech on importance of Constitution. In this way Constitution's day was celebrated in SPCOP.



## 9. CELEBRATION OF MAHATMA GANDHI JAYANTI

SGMSPM'S Sharadchandra Pawar college of pharmacy, Otur celebrate the national festival, as Gandhi Jayanti on 2<sup>nd</sup> october 2014. This day is celebrated in the honor of the birthday of the Father of the nation, Mohandas Karamchand Gandhi, popularly known as Mahatma Gandhi or Bapuji. Internationally this day is celebrated as the International Day of Non-Violence as

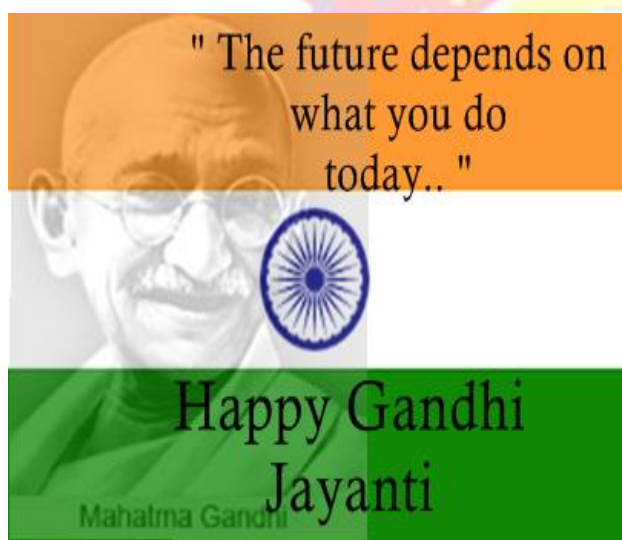
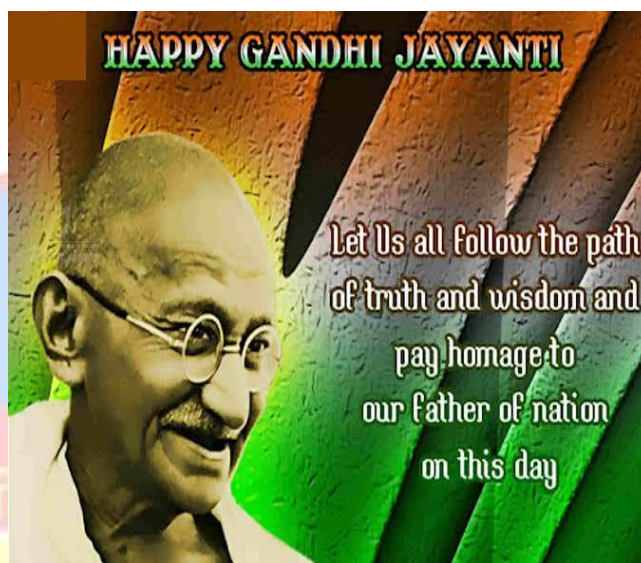
Gandhiji was the preacher of non-violence. He is a symbol of peace and truth. The Celebrations commenced with garlanding of Ganghiji's Portrait by Students and faculty members. At the starting of the Programme Dr.G.Y. Dama sir, Principal of sharadchandra Pawar College of Pharmacy, spread the timeless message of non-violence and satya of great leader



## GENERAL ACTIVITY

mahatma Gandhi. All the students actively participated in this event. Sir explained

about significance of cleanliness and hygiene in our day today life.



### 10. INDEPENDENCE DAY CELEBRATION

On 15<sup>th</sup> August 2014 69<sup>th</sup> Independence Day Celebration was held in SGMSPM's Sharadchandra Pawar College of Pharmacy college premises. The celebrations began with the hoisting of the flag by the Secretary of Shri Gajanan Maharaj Shikshan Prasarak Mandal, Mr. Vaibhav Tambe Sir, followed by the national anthem. 'Jan Gan Man'.

Independence Day is celebrated by every citizen of India irrespective of caste, creed and religion. Respected Principal Dr. Dama sir shared his thought with everyone to be good citizen of India by showing sincerity and punctuality in development of our nation. All must work hard and should not postpone their duties. He gave us an informative speech how our freedom



## GENERAL ACTIVITY

fighters sacrificed for our Freedom. He shared the information and importance of independence in our life. The event

concluded with the principal's address that too, made the students realize their role as responsible citizens.



### 11. CELEBRATION OF MAHARASHTRA DAY

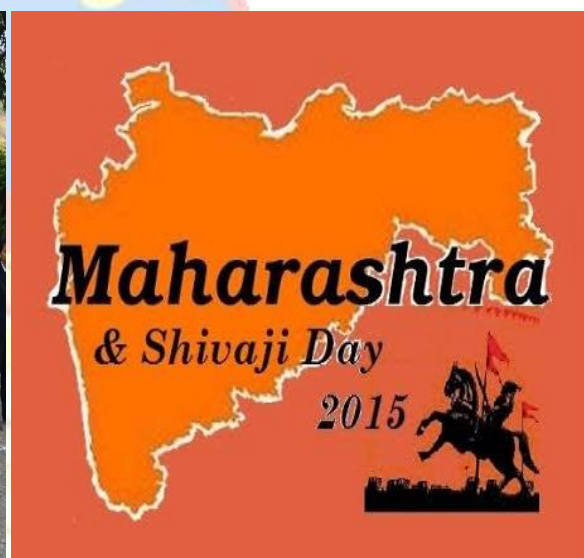
Maharashtra Day is celebrated annually in premises of Shri Gajanan Maharaj Shikshan Prasarak Mandal's Sharadchandra Pawar College of Pharmacy. All the students, teaching and nonteaching staff gather together for celebration of Maharashtra day.

Maharashtra day and was celebrated on 1<sup>st</sup> may, 2015. The assembly was conducted by the teachers Incharge in marathi giving importance of Maharashtrian culture. Cultural Incharge Mrs. Bidkar S.J. presents the keynote address of the program where in the explained the

## GENERAL ACTIVITY

background and purpose of arrangement of the program Our honorable Principal Dr. G.Y. Dama Sir shared his views and deliver the lecture on “Maharashtra Day”. He explains Maharashtra day is being celebrated every year to widely spread a

message about the Importance of state culture used in the daily life of the people. To display all the activities, efforts and achievements in the field of for human welfare. In this Way Maharashtra’s day was celebrated with the Social awareness.



### 12. CELEBRATION OF WOMEN’S DAY

International Women’s Day is celebrated annually on 8<sup>th</sup> March in premises of Shri Gajanan Maharaj Shikshan Prasarak Mandal’s Sharadchandra Pawar College of Pharmacy. All the ladies staff shares their views with each other regarding the social,

economic, cultural and political achievement of women. International women’s day is all about unity celebration, reflection, advocacy and action whatever that looks like globally at a local level on that day women share their thoughts



## GENERAL ACTIVITY

regarding implementation of the innovations that shape their future societies. At the time of celebration few teaching and nonteaching ladies staff

deliver speech on empowerment of women or gender equity issues in society. In this way women's day was conducted with delicious food.



### 13. REPUBLIC DAY CELEBRATION

On 26<sup>th</sup> January 2015 66<sup>th</sup> Republic Day Celebration was held in SGMSPM's Sharadchandra Pawar College of Pharmacy college premises. The event witnessed a fair turnout of students despite the chilly weather. The function started at 8.00 a.m. the celebrations began with the hoisting of the flag by the Secretary of Shri Gajanan Maharaj Shikshan Prasarak Mandal, Mr. Vaibhav Tambe Sir, followed by the national anthem. Republic

Day is celebrated in the honor of the date when the Constitution of India came into effect. The chief guest then addressed the gathering and motivated them to serve others and live a life of humility. He insisted on self introspection and narrated how he was keen on making an impact on the society at large. The event concluded with the principal's address who too, made the students realize their role as responsible citizens.





# GENERAL ACTIVITY

## 14. NATIONAL YOUTH DAY CELEBRATION

To commemorate the birthday of Swami Vivekanad, maker of Modern India, national Youth Day is celebrated with great joy, enthusiasm every year in India on 12<sup>th</sup> January. On the occasion of Swami Vivekananda's 152<sup>th</sup> birth anniversary, in premises of Shri Gajanan Maharaj Shikshan Prasarak Mandal's Sharadchandra Pawar College of Pharmacy celebrated "National Youth Day" with students. The 152th birth anniversary of Swami vivekanand is celebrated all over the country giving

message to the youth the way of life and ideals that will make India a better country in future. Sharadchandra Pawar College of Pharmacy observed the national Youth Day with the primary aim of sensitizing the students about the philosophies, principles and ideas of Swami Vivekanand. The students were motivated to good citizens of India, thus contributing to the development of the country. The programme was well received by all the faculty and the students attended.



## 15. CHAITNYA MAHARAJ PALKHI

On the occasion of Ashadhi Ekdashi every year Shri Gajanan Maharaj Shikshan Prasarak Mandal's Sharadchandra Pawar College of Pharmacy took this wonderful opportunity of presenting this traditional Chaitnya Maharaj palkhi. Shri Chaitnya Maharaj palkhi starts from Otur & ends with Pandharpur. The soothing bhajans and songs mesmerized mesmerized whole

college campus. The participation of all students in this Palkhi event gave a message of social awareness and a feeling of oneness. This program was conducted in presence of Secretary, Shri Gajanan Maharaj Shikhan Prasarak Mandal, Mr. Vaibhav Tambe Sir and Principal, Dr. G. Y. Dama Sir.

# CULTURAL ACTIVITY

## 16. FRESHER'S PARTY CELEBRATION

The Fresher's Party was an event organized by second year seniors for the new comers. This is to welcome the fresher. Fresher's party generally consist of dance programs, speeches, drama, etc and also food. They are to introduce the freshers to their senior as well. It generally happens after few days of the beginning of college of the first year. "Welcome Party" in Sharadchandra Pawar College of Pharmacy College is an event for which every FRESHER eagerly awaits from their time of admission. The 28th of August 2014 was as a memorable day in the life of every fresher of B. Pharm. First year batch 2014-15 at Sharadchandrapawar college of Pharmacy. The celebration started at sharp 11.00am Nilam Garden, Dingor by our anchors Dipak Waghmare & Varsha Waghmare with the warm welcome of all

the dignitaries present in the function. Event started with key note address by honourable Principal Dr. G.Y. Dama sir. He guided the newcomers about all the rules and regulations of college. He instructed to freshers about discipline within the campus. He explained overall scope of pharmacy in various fields like marketing, production, research, business. He also motivated students for further education in India as well as out of India. Various activities like dance, fashion show, mimicry, singing, etc were conducted by the second year, third year and final year students for first year B. pharm students. The entire event was covered by the Second Year B. Pharm. team with the guidance of Principal Dr.Dama sir & Cultural Incharge Mrs. Shital J. Bidkar with their excellent photography skills.





# CULTURAL ACTIVITY

## 17. ANNUAL FEST CELEBRATION

लयभारी' the Annual Fest 2014-15 has been organized in Sharadchandra Pawar college of Pharmacy, Otur as a part of curriculum. Apart from the academic activities the students are also involved in various extra-curricular & Co-curricular activities organized at inter college as well as Intra collegiate level. Student council committee or Gymkhana committee is in charge for organizing, co-coordinating & education of all these activities. This year Annual Fest, 'LAY BHARI' has been conducted in Sharadchandra Pawar college of Pharmacy, during 18th Feb to 20th February 2015. All the students of Champion of champion, champion of cultural & champion of sports are awarded by special trophies. This year Principal Dr.

Dama sir invited a Famous Marathi HASYASAMARAT, Mr. Deepak Deshpande for prize distribution ceremony. Prize distribution ceremony was held on 20th February 2015. For this function President of SGMSPM, Mr. Vishal Tambe Sir, Secretary of SGMSPM Mr. Vaibhav Tambe Sir, API Mr. Muzavar Sir, Mr. PSI Shirsath Sir were also present. The entire event was covered by the Third Year B. Pharm. Gymkhana committee members with the guidance of Principal Dr. Dama sir & cultural Incharge Mrs. Shital J. Bidkar with their excellent photography skills. Anchoring of programme has been done by Mr. Bidkar Jayant S.



# CULTURAL ACTIVITY

## 18. DANDIYA CELEBRATION

Garba Night celebrated during Navaratri festival. Students understood the importance of unity while SPCOP is organizing such kind of event. Sharadchandra Pawar college of Pharmacy has conducted Dandiya Celebration on 27<sup>th</sup> September 2014 at SPCOP ground. The chief guest of the event was Honourable secretary of Shri Gajanan Maharaj Prasarak Mandal, Mr. Vaibhav Tambe Sir. All the students of SPCOP took part in the celebration. In and around 220 students

participated in the same event including teaching and nonteaching staff of SPCOP. All students enjoy each and every moment of Dandiya celebration. It was finished in very healthy and peaceful environment. By conducting such events in campus premises, we can set example for society that there is always UNITY in DIVERSITY. We can make ourselves stronger by coming together. At the end of the programme delicious refreshment and D. J. has been organized for the students.



## 19. FAREWELL CEREMONY

A farewell ceremony was arranged in honour of the outgoing students of Sharadchandra Pawar College of Pharmacy College on 2<sup>nd</sup> April 2015. Farewell party was organized for the Final Year B. Pharm students at MTDC Resort, Malshej Ghat, Dist. Thane. Principal Dr. Dama G. Y. sir wished good luck to the final year students for their future. He also

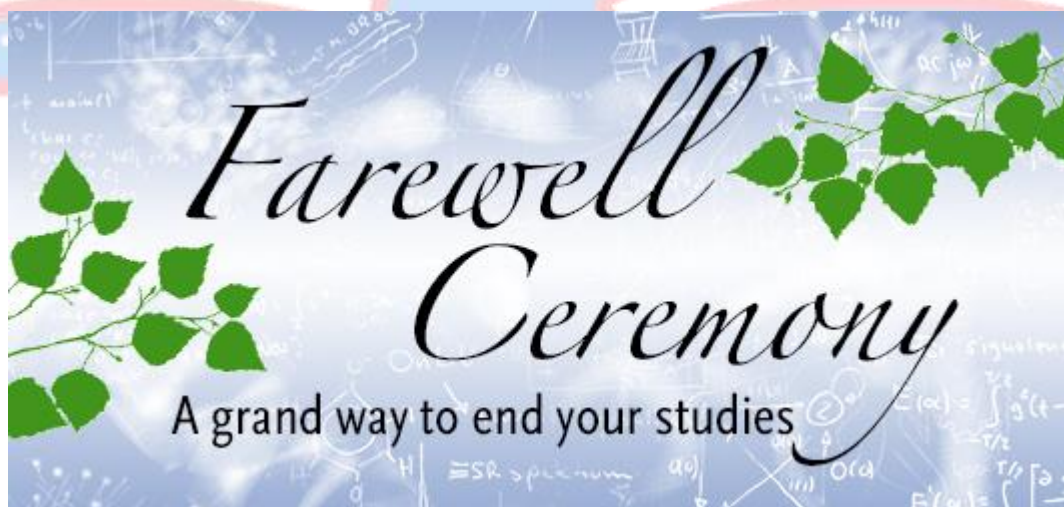
expressed his hope that students will continue holding best positions in upcoming university exams. Sir motivated students by sharing his own experience in his life. College has awarded Best outgoing students from Degree. Best outgoing student has Miss. Shweta Khillari was awarded by Best Outgoing Student of the year 2014-15 of SPCOP has been



## CULTURAL ACTIVITY

selected on the basis of their Academic ranking throughout four years, research contribution, cultural as well as sports participation, sincerity or punctuality and overall behavior with teaching faculty and students. Token of love and appreciation was given to the students by the college in Memento distribution ceremony.

Refreshments for students & staff were arranged at the venue of the function. At last D.J. has been provided for full enjoyment of students. Thus, an environment of enthusiasm was experienced by every student and was memorable event to all in the college.



### 20. CELEBRATIONS OF GANESH UTSAV

Ganesh Chaturthi is one of the major festivals of India, which is largely celebrated in the western Indian state of Maharashtra. This festival is celebrated with much fervour and joy. After worship the festival ends with the immersion of the idol in the water body. In order to let the students stay rooted with Indian culture, Sharadchandra Pawar college of Pharmacy celebrates various festivals on campus. Ganesh Festival is one of it. On 29th Aug. 2014 on the occasion of 'Ganesh Chaturthi' with full enthusiasm SPCOP staff and students installed the 'Ganesha idol' in the institute for 5 days. The multi-

talented students of SPCOP started preparations for decorations before 2 days only, glittery papers, beautiful flowers, attractive decoration pieces, witnessed student's enthusiasm. On fourth day Pooja has been organized in a traditional manner. These 5 days were filled with grand 'aartis', delicious prashad and lots of blessing from 'Ganpati Bappa'. On 5th day, traditionally dressed SPCOP students and staff with 'Fhetas' participated in Ganpati immersion rally. In the sound of 'Dhol' and 'Taasha' SPCOP immersed its Ganesh idol.

## CULTURAL ACTIVITY



### 21. TEACHERS' DAY CELEBRATION

The Teachers Day was celebrated in a grand manner on 5<sup>th</sup> Sept. 2014 at Sharadchandra Pawar College of Pharmacy, Otur. It was organized by our general secretary Mr. Sudhir Adsul & Team third year B.Pharm to show their gratitude towards teachers. They celebrated teacher's day by conducting the lectures of juniors. All teaching & non-teaching staff gathered in seminar hall at 3 p.m. The Dr. G.Y. Dama sir the principal

of the college he delivered a speech on the life & vision of Dr. Sarvapalli Radhakrishnan & importance of good relationship between the teacher and students. Some students also gave speech about the day. The programme was ended with felicitation of all the teaching & Non-teaching staff by giving pen & Rose. The programme ended up at 5 p.m. with the sense of satisfaction to all.





# CULTURAL ACTIVITY

## 22. CELEBRATION OF SHIV JAYANTI

The Shiv jayanti is state festival of Maharashtra which was celebrated in Sharadchandra Pawar College of Pharmacy, Otur on 19<sup>th</sup> February 2015. The celebrations commenced with the garlanding of Shivaji maharaj portrait by students. Participated as chief guest and Principal Dr .G.Y .Dama Sharadchandra pawar college of Pharmacy delivered a speech to students during assembly, which emphasised on the life of Shivaji Maharaj and his great achievements. He also said that Chhatrapati Shivaji was one of the bravest, most progressive and sensible

rulers of India. Later, some students of Pharmacy college shared incidence from Shivaji's life and how he is ideal of our nation. Some students recited a poem on shivaji maharaj. Various cultural programs & student lectures took place during this function. In 2015 Annual Gathering was conducted on 19<sup>th</sup> of February, so Shiv Jayanti also celebrated during gathering schedule. Students performed various cultural programmes on the occasion of Shiv Jayanti. All students of SPCOP actively participated in the Shiv Jayanti Programme.



# CULTURAL ACTIVITY

## 23. ALUMNI MEET REPORT -2014-15

Alumni meet is a gathering of passed out students of an institution and it is a place where the institution feels proud on seeing its successful alumni. During their meet, the alumni community shares their experience in the outside world, which they faced after stepping out of the institution. This year in Sharadchandra Pawar college of Pharmacy, Alumni meeting held on 21<sup>st</sup> February 2015 in the alma mater with immense pleasure and heartfelt happiness. Every year Alumni Meet is organized in SGMSPM's Sharadchandra Pawar College of Pharmacy to provide platform for interaction with Alumni of this college. Alumni meet was organized to establish an organization through which Alumni of this college can keep in touch with the

students, faculty and staff and the activities of the college. Dr. Dama G.Y., Principal, SPCOP, Otur, addressed the gathering and gave a brief report on the achievements of the campus including achievements of present students & teaching faculty. Alumni from various fields like Business, Production, Marketing, Pharmacovigilance, were shared their knowledge with present students of SPCOP which will be a valuable in their future carrier development in pharma field. The entire event was covered by the Third Year B. Pharm. Gymkhana committee members with the guidance of Principal Dr. Dama sir & cultural Incharge Mrs. Shital J. Bidkar with their excellent photography skills.





## **CURRENT SITUATION OF DIABETES IN INDIA**

*Mrs. Gaikwad Asmita.V*

*Department of Pharmaceutical Chemistry*

*Assistant Professor, SPCOP*

Diabetes has emerged as a major healthcare problem in India. According to Diabetes Atlas published by the International Diabetes Federation (IDF), there were an estimated 40 million persons with diabetes in India in 2007 and this number is predicted to rise to almost 70 million people by 2025. The countries with the largest number of diabetic people will be India, China and USA by 2030. It is estimated that every fifth person with diabetes will be an Indian. Due to these sheer numbers, the economic burden due to diabetes in India is amongst the highest in the world. The real burden of the disease is however due to its associated complications which lead to increased morbidity and mortality. **World Health Organisation** estimates that mortality from diabetes, heart disease and stroke costs about \$210 billion in India in the year 2005. Much of the heart disease and stroke in these estimates was linked to diabetes. WHO estimates that diabetes, heart disease and stroke together will cost about \$ 333.6 billion over the next 10 years in India alone.

Rapid urbanization and industrialization have produced advancement on the social and economic front in developing countries such as India which have resulted in dramatic lifestyle changes leading to lifestyle related diseases. The transition from a traditional to modern lifestyle, consumption of diets rich in fat and calories combined with a high level of mental stress has compounded the problem further. In India, the lack of proper healthcare infrastructure, rampant ignorance and absence of clear cut guidelines mean that approach to the management of diabetes is *ad hoc*. The lack of awareness among patients and General Practitioners (GPs) is a key factor in the poor care. There are practically no nurse educators or diabetic counselors, no podiatrists (foot experts) and very few dieticians which means that the treating doctor has no support and.

November 14, which is popularly known for Children's day, Cha Cha Nehru's birthday, is known as World Diabetes Day. The bad news is that India which has many dubious distinctions in the social indicators has now emerged diabetes capital of the world .About 50.8 million people are now suffering from the looming epidemic of diabetes, followed by China with 43.2 million. There are 285 million diabetes cases worldwide, accounting for seven per cent of the world's population. According to the recent World Diabetes Congress of the International Diabetic Congress Federation held at Montreal recently, another eight

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million cases would be added to the existing diabetes cases in India by next year (2010) which works to seven per cent of country's adult population. The Congress noted that the by 2030, over 8.4 per cent of the country's population will suffer from diabetes, due to the increasing life expectancy and urbanization, the congress report added.

What is baffling is that a developing country like India where communicable diseases like TB, Aids, Diarrhoea etc are rampant. Non communicable diseases like diabetes which was the domain of developed countries, thanks to rapid development of IT sector which is leading to sedentary life styles. If we look at the data that is available within India, surprisingly South India which is well developed compared to north dominates in diabetes cases as explained the table below.

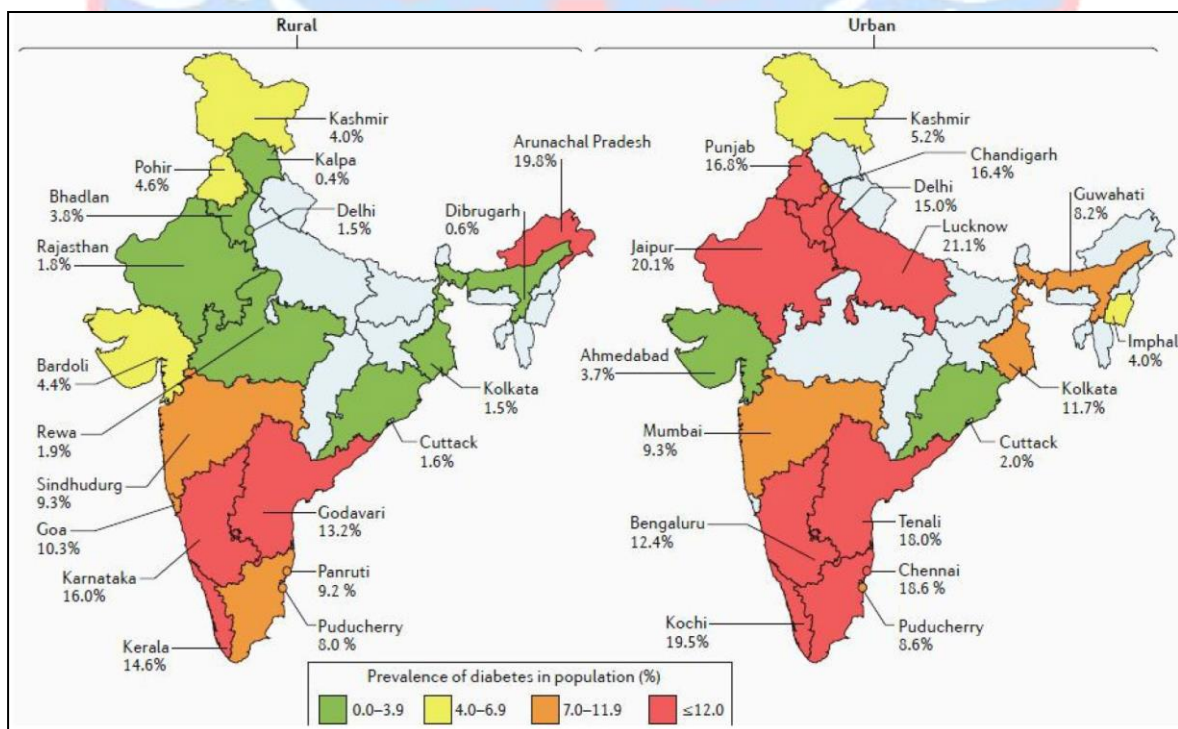


Figure: The prevalence of diabetes mellitus in rural and urban populations in INDIA in 2014

The World Diabetic Congress cautioning India's policy makers " Evidence suggest that in more affluent parts of the country, the rural prevalence is higher than in less affluent rural areas, indicating that increasing economic growth will raise diabetes prevalence in India even more than these possibly conservative estimates have indicated".



## **HYPNOTHERAPY: A BRIEF INTRODUCTION**

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### **What is Hypnosis?**

Healing by trance state (or an altered state of awareness) is among the oldest phenomena known to man and is found, in one form or another, in virtually every culture throughout the world.

Hypnosis is a state of mind, enhanced by (although not exclusively) mental and physical relaxation, in which our subconscious is able to communicate with our conscious mind. The state of mind referred to may be brought about either by oneself, unaided (self-hypnosis) or with the help of another person. If this other person is a trained professional, who utilises the resultant state of mind to encourage beneficial change to occur, the process is referred to as “Hypnotherapy”.

### **What is Hypnotherapy?**

Psychological therapy and counseling (sometimes referred to as the “talking cure”) is the treatment of emotional and psychological disorders, unwanted habits and undesirable feelings, using psychological techniques alone. The aim of all such therapy is to assist people (usually referred to as clients) in finding meaningful alternatives to their present unsatisfactory ways of thinking, feeling or behaving.

There are many forms of psychological therapy but Hypnotherapy is distinctive in that it attempts to address the client’s subconscious mind. In practice, the Hypnotherapist often (but not exclusively) requires the client to be in a relaxed state, frequently enlists the power of the client’s own imagination and may utilise a wide range of techniques from story telling, metaphor or symbolism (judged to be meaningful to the individual client) to the use of direct suggestions for beneficial change. Analytical techniques may also be employed in an attempt to uncover problems deemed to lie in a client’s past (referred to as the “there and then”) or therapy may concentrate more on a client’s current life and presenting problems (referred to as the “here and now”). It is generally considered helpful if the client is personally motivated to change (rather than relying solely on the therapist’s efforts) although a belief in the possibility of beneficial change may be a sufficient starting point.

Regardless of the techniques employed, perhaps the most important thing is that a client should expect to feel comfortable and at ease with their therapist. This is of particular

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importance in Hypnotherapy, in which the value of the treatment is greatly enhanced when there is confidence in the practitioner. For this reason it is recommended that a single session only is initially booked, leaving the client subsequently free to decide if they wish to proceed with more.

Unlike many other psychological therapies, Hypnotherapy is generally considered to be a fairly short-term approach in which beneficial change, if it is to occur, should become apparent within a relatively few sessions.

In actual practice, most Hypnotherapists will combine hypnotic procedures with other appropriate counseling and therapeutic techniques. Should there be any doubt about the combination of skills utilised in individual cases, the therapist should be asked directly for a further explanation of their preferred methodology.

### **Who may benefit from Hypnotherapy?**

Again, the answer to this question is “virtually everyone”. Given that hypnotherapy can be utilised to access a person’s inner potential and that probably no one is performing to their actual potential, then this answer is literally true. However, it is not just potential which Hypnotherapy is well placed to address but also one’s inner resources to effect beneficial change. In this regard, it is the innate healing capacity of our own body that may be stimulated by Hypnotherapy. Consequently, the list of problems which may be amenable to Hypnotherapy is far too long and varied to catalogue but certainly includes: stress, anxiety, panic, phobias, unwanted habits and addictions (e.g. smoking, overeating, alcoholism), disrupted sleep patterns, lack of confidence and low self-esteem, fear of examinations and public speaking, allergies and skin disorders, migraine and irritable bowel syndrome (IBS). Additionally, it has proved of value within surgery, where normal anesthetics have not been practical, in the wider sphere of pain management and in the areas of both sporting and artistic performance enhancement. As an adjunct to other counseling techniques, it can also assist in helping to resolve relationship difficulties and be useful within anger management strategies.

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