



# THE PHARMA LOGUE

*e-magazine*

BY SCHOOL OF PHARMACEUTICAL SCIENCES  
SHRI GURU RAM RAI UNIVERSITY, DEHRADUN

## MAJOR EVENTS

- ALUMNI MEET
- LAUGHTER YOGA
- VASANT PANCHAMI CELEBRATION
- SPORTS WEEK CELEBRATION
- CULTURAL WEEK CELEBRATION



1<sup>ST</sup> EDITION JAN-MARCH 2024



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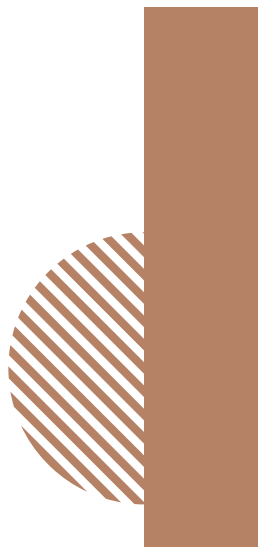




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# Message From *Chancellor*



## SHRI MAHANT DEVENDRA DASS JI MAHARAJ

*Chancellor, SGRR University*

It gives me immense pleasure to know that the **School of Pharmaceutical Sciences, SGRRU, Dehradun** is publishing its first e-magazine "**The Pharmalogue**".

To move forward we look for physical, psychological, intellectual and spiritual strength. Strength is accomplished by knowledge, not only by education. At **SGRRU** we impart knowledge and knowledge makes the world to go around.

It is said that coming together is a beginning, keeping together is progress and working together is success. **Shri Guru Ram Rai Education Mission** is a place where people come together, keep together and work together.

I like to assure our stake holders that we will continue to impart our dedicated services to take our institutions to even greater heights in year to come.

I take this opportunity to thank and congratulate the editorial board for its brilliant work in bringing up this magazine.

May God bless you in your every future endeavor.

Wish you all a very happy reading!



# Message From *Vice Chancellor*



## **PROF. YASHBIR DEWAN**

*Vice Chancellor, SGRR University*

I wish to express my enthusiastic support for the upcoming launch of "**The PharmaLogue**" an online first magazine that will showcase the achievements, contributions, and creativity of our esteemed students, faculty, and staff members.

As we prepare to unveil this exciting initiative to the world in April 2024, I am filled with pride and anticipation for the impact it will have on our university community. "**The PharmaLogue**" will serve as a platform to highlight the exceptional work and talents within our **School of Pharmaceutical Sciences**, as well as celebrate the collective successes and milestones of our dedicated individuals.

I commend the **Sanjeevani Council** for spearheading this endeavor and for their efforts in inviting submissions of creative works from our students, faculty, and staff. By encouraging participation and sharing diverse perspectives,

"**The PharmaLogue**" promises to foster a sense of unity and collaboration within our department and university at large.

I wholeheartedly extend my blessings and support for the successful launch of "**The PharmaLogue**" I am confident that this e-magazine will not only showcase the excellence of our **School of Pharmaceutical Sciences** but also inspire future generations to strive for greatness.



# Message From *Registrar*



## **DR. AJAY KUMAR KHANDURI**

*Registrar, SGRR University*

I would like to extend my warmest congratulations to the **School of Pharmaceutical Sciences, a constituent institution of SHRI GURU RAM RAI UNIVERSITY** on the momentous occasion of launching very own e-Magazine **"The PharmaLounge"**. My heartfelt appreciation to all the contributors, editors, designers and everyone who have contributed their time and expertise to bring this project to fruition. Your dedication and passion have truly made this e-Magazine a reality.

The launch of this e-Magazine marks a significant milestone in the journey of **School of Pharmacy**, showcasing not only the depth of knowledge and expertise within its faculty but also the vibrant intellectual, creative spirit & talents of SGRR student community.

Greetings on this remarkable achievement and I look forward to seeing the e-Magazine thrive and contribute to the advancement of **School Pharmaceutical Sciences** at **SHRI GURU RAM RAI UNIVERSITY** and beyond.

My best wishes for continued success.



# From the *Dean's Desk*



**PROF. DIVYA JUJAL**

*Dean-SPS, SGRR University*

Dear Readers,

It is with great pleasure that I present to you the inaugural edition of our e-magazine '**The PharmaLogue**' from the **Department of Pharmaceutical Science at Shri Guru Ram Rai University**.

The goal of this newsletter is to provide a platform for sharing knowledge, fostering collaboration, and promoting excellence in pharmacy practice and education. As healthcare professionals, educators, and researchers, we are constantly seeking to expand our understanding and improve our ability to care for patients. '**The PharmaLogue**' will showcase groundbreaking research projects to community outreach programs, each story will exemplify our unwavering commitment to advancing pharmacy education and improving patient outcomes.

In this first edition, you'll find a rich tapestry of articles, interviews, and features highlighting the cutting-edge research, innovative practices, and remarkable contributions of our faculty, students, and alumni in the field of Pharmacy.

I extend my heartfelt gratitude to everyone who has contributed to making **Pharmalogue** a reality, especially the team of Sanjeevani Council. It is the dedication and interest of the student community which drives such initiative forward and makes it a continued success. Your dedication to advancing the field of pharmacy is truly inspiring.

I hope that you find this newsletter both informative and engaging. On behalf of editorial team, I welcome your feedback and suggestions for future editions.

Thank you for your continued support and commitment to excellence in healthcare through Pharmacy Education.

Best Wishes.



# Message From *HODs*



## PROF. (DR.) G. GNANA RAJAN

*HoD, Dept. of Pharmaceutics, SPS,  
SGRR University*

I am happy to learn that the school of Pharmaceutical sciences is bringing out the issue of e-magazine Phamalogue 2024. Best wishes for your e-magazine venture! May it be a platform where creativity flows freely, ideas find their voice, and stories resonate deeply with your readers. Here's to innovative content, engaging articles, and captivating visuals that inspire, inform, and entertain. May your e-magazine become a beacon of knowledge, a source of inspiration, and a community hub for all who engage with it. Wishing you success, growth, and fulfilment on this exciting journey ahead!

## PROF. (DR.) MANISH KUMAR MISHRA

*HoD, Dept. of Pharmaceutical Chemistry,  
School of Pharmaceutical Sciences,  
Dy.CoE, SGRR University*



Congratulations on the launch of your new magazine! May each page be a canvas of creativity, each article a beacon of inspiration, and each reader captivated by your compelling content. Embrace this journey with enthusiasm, integrity, and a commitment to excellence. I'd also like to thank everyone involved in the editorial board for working so hard to give life to our ideas. Thank you to everyone for their precious time. Wishing you a successful launch, a loyal readership, and a bright future ahead. Cheers to a magazine that will inform, entertain, and leave a lasting impact on all who engage in its pages





# Message From *HODs*



## PROF. (DR.) NEERAJ KUMAR

*HoD, Dept. of Pharmacology,  
SPS, SGRR University*

I have great pleasure in conveying my best wishes to School of Pharmaceutical Sciences for our e-magazine "Pharmalogue" which brings the students and teachers of various disciplines on a common platform to share and display their ideas and creative talents. I also applaud the coordination and efforts behind the team to bring out this issue. I wish them all success and career ahead.

## PROF. (DR.) YOGESH JOSHI

*HoD, Dept. of Pharmacy Practice,  
SPS, SGRR University*



I am extremely delighted with the launch of our school magazine. This is an exciting opportunity for the students to spotlight their talents and creativity. Their contributions in the form of articles, poems, and stories will not only enrich the magazine but also reflect the vibrant spirit of our inside. I encourage each of you to participate wholeheartedly and make this magazine a true representation of our collective brilliance. Let's celebrate our diversity and passion for learning through this wonderful platform.



## DR. CHANDRA SHEKHAR TAILOR

*HoD, Dept. of Pharmacognosy  
SPS, SGRR University*

It gives me immense pleasure to wish good luck to organizing and editorial team of "The Pharmalogue" an e-magazine of the School of Pharmaceutical Sciences. It is the talent and outcome of our students which is reflected through this. This is one of the best platforms for our students to present multifaceted personalities and innovative ideas. Our magazine is balanced collection of technical activities, departmental activities, academic achievement etc. At last I would like to wish e magazine team without whom this would be dream only. I respect their efforts and really proud of them. I hope u will enjoy and benefitted Pharmalogue 2024.



# History & *Achievements*



## THE REMARKABLE HISTORY FROM 1997 TO TILL DATE

The future of the pharmaceutical industry in India appears promising, with large multinational companies increasingly entering the market, creating a dynamic environment that is driving up demand for pharmacy graduates and postgraduates.

So to meet the need for qualified pharmacy professionals, the institute started the Division of Pharmaceutical Science in 1997. A significant milestone in the university's journey was the incorporation of the institution of Pharmaceutical Sciences under the University Act No. 03 of 2017. Formerly known as the Department of Pharmaceutical Sciences and operating under the auspices of the Shri Guru Ram Rai Education Mission since 1997, the school has remained steadfast in its commitment to academic excellence while adapting to societal and technological advancements. Presently, this division is running the M.Pharm, two-year PG course, Doctor of Pharmacy (Pharm.D.), Pharm.D. PB, B.Pharm. (four-year degree course), and M.Sc. (pharmaceutical chemistry), two-year PG course, D.Pharma. These courses are approved by PCI (Pharmacy Council of India), AICTE (All India Council for Technical Education), the Ministry of Education (MoE), the Ministry of Health and Family Welfare, and the Government of India.

The establishment of the PharmD and PharmD PB programs under Uttarakhand Technical University in 2015 marked a pivotal moment in the university's evolution. This laid the foundation for its transition into a deemed university in 2017, solidifying its status as Shri Guru Ram Rai University.

The Division of Pharmaceutical Science is housed in a standalone building that comprises lecture rooms, an auditorium, a departmental reference library, an administrative office, faculty offices, a museum, an animal facility, a botanical garden, and a variety of state-of-the-art laboratories. These include Pharmaceutics I & II, Pharmaceutical Analysis, Pharmacognosy, Human Anatomy & Physiology, Pharma technology, Pharmacology, Pharmaceutical Chemistry I & II, Industrial Pharmacy, and Microbiology with an adjacent aseptic chamber.

With the blessings of Shri Guru Ram Rai Ji Maharaj, the mission founded the Shri Guru Ram Rai Institute of Technology and Science (formerly known as the Shri Guru Ram Rai Institute of Management) in July 1994 as a nonprofit, autonomous organization with the goal of providing high-quality professional education. The campus spans 80 acres and is divided into various professional course divisions. SGRRITS serves as a premier example of technological, managerial, and applied science courses. The institute offers a range of programs, including Doctor of Pharmacy, M.Pharm, B.Pharm, M.Sc., MBA, MCA, BBA, BCA, and other diploma, undergraduate, and postgraduate courses in life sciences.

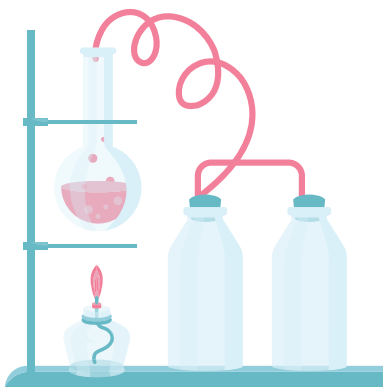
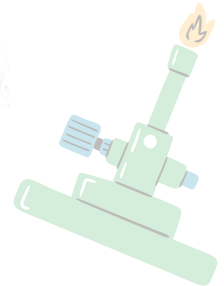
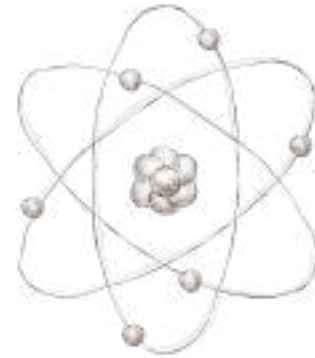




**Franz Diffusion Cell**

A Franz Diffusion Cell is a laboratory equipment used to explore the movement of substances through biological membranes mainly those of the skin. It has two compartments separated by a membrane, thus resembling the barrier property of the skin. Controlled diffusion of molecules from a donor chamber into an acceptor chamber with appropriate media mimics the skin function. The setup allows researchers to determine parameters like the permeability, absorption, and release rates of drugs, cosmetics and other topical formulations.

In Pharmaceutical and Cosmetic industries among others, this apparatus is widely employed for formulation development as well as drug delivery and regulatory studies on product safety and efficacy, respectively.



**HIGH PERFORMANCE LIQUID CHROMATOGRAPHY**

High Performance Liquid Chromatograph is a powerful analytical instrument used to separate, identify and quantify components in a mixture. It is based in the principle of pumping a sample through a column containing a solid phase with which different components interact differently as per their chemical nature resulting in separation. HPLC has greater high resolution, sensitivity and flexibility, making it indispensable in many sectors including Pharmaceuticals, Environmental Analysis as well as Food Chemistry.

In research across industries worldwide, its use for complex mixture and accurate quantification has been paramount to development programmes and regulatory compliance; applied for Q.C. (quality control) purposes.



# Sanjeevani Council



The Department of Pharmaceutical Science of Shri Guru Ram Rai University, in a pioneering move, has set up the Sanjeevani Council acting as an institutional assembly. The main goal of this ambitious initiative is to serve as a catalyst for the creation of new ideas, cooperation and top-notch work within the department. Consisting of eminent and dedicated student members as representatives the Sanjeevani Council becomes a vibrant space for the generation of new ideas, communication and strategic planning. The council accomplishes its goal by utilizing a comprehensive strategy which involves addressing existing issues, exploring new trends, and taking the pharmaceuticals science to the next level.

The Sanjeevani Council is designed for its interdisciplinary approach and upon collective expertise to create a revolutionary reform of pharmaceutical education and research. It promotes an environment of innovation and teamwork in the hope that it will infuse students with the necessary skills to succeed in a dynamic field where things change rapidly. This Sanjeevani Council the focal point of the department, showcases the university's dedication to the concepts of excellence, leadership, and transformative education in the pharmaceutical sciences.

## LITERARY ADVISOR

As the editorial team, we've worked diligently to curate content that reflects the diverse expertise and interests within our department. "The PharmaLogue" is a culmination of events, motivational messages, pictures and opinion pieces. This magazine aims to showcase the efforts we put to create something remarkable.

The launch of this magazine marks an exciting milestone for us, and we can't wait to see where this journey takes us. Thank you to everyone who has contributed to making this vision a reality, and let's continue to support and uplift each other as we embark on this new chapter together.



**DR. ARCHANA GAHTORI**



**MRS. SHAFFI K. TANGRI**





# Sanjeevani Council

## Members



### PRESIDENT'S MESSAGE

Dear fellow students,  
"Welcome to the vibrant community of our college! As your Student Council President, I'm thrilled to launch this magazine as a platform for voices, ideas, and inspiration. Together, let's embrace every opportunity, conquer every challenge, and celebrate every success. Remember, each of us has the power to shape our college experience and leave a lasting impact. Let's support each other, strive for excellence, and make unforgettable memories. Here's to a journey filled with growth, resilience, and endless possibilities. Let's write our story, together."



**AYUSH KUMAR**  
*President, Sanjeevani Council,  
School of Pharmaceutical Sciences,  
SGRR University*



**RAJAT RAWAT**  
*Editorial Secretary, Sanjeevani Council,  
School of Pharmaceutical Sciences,  
SGRR University*

### EDITORIAL SECRETARY'S MESSAGE

Dear Readers,  
"Embrace the power of your potential!  
As Editorial Secretary for our new e-magazine, I urge you to seize every opportunity, cultivate creativity and ignite passion within our college community. Let's embark on this journey together, fuelled by determination and innovation. Our voices and our stories will inspire, uplift, and unite. Together, we'll create something extraordinary. "Let's make our mark!"



**AYUSH KUMAR**  
President



**KARAN MAHAJAN**  
Vice President



**UNNATI VARSHEY**  
Secretary



**DIVYANSH TYAGI**  
Joint Secretary



**RAUNAK KUMAR**  
Treasurer



**TARUN**  
Joint Treasurer



**RAJAT RAWAT**  
Editorial Secretary



**AGRIM PRAKASH**  
Editorial Team Member



**KESHAV KISHAN**  
Editorial Team Member



**SACHIN PANWAR**  
Cultural Secretary



**ASHISH SINGH**  
Joint Cultural Secretary



**ANUSHKA**  
Joint Cultural Secretary



**MITALI ARORA**  
Sports Secretary



**AKSHAT MANRAL**  
Joint Sports Secretary



# LAUGHTER *YOGA*



**"Laugh Your Way to Wellness: Unleash Joy, Energize Your Spirit!"**



Through a thrilling concert of holistic health, Shri Guru Ram Rai University had organized a stimulating laughter yoga session, graced by our esteemed alumni Dr. Harish Rawat. In an atmosphere of tranquility of the university garden, Dr. Rawat, a distinguished graduate of the Department of Pharmaceutical Science, a man of vast experience in Laughter Yoga, steered a life-changing Laughter Yoga session.



**Registrar-SGRRU (Left), Dr. Harish Rawat (Middle), Dean-SPS (Right).**

Through a brilliant narration of Laughter Yoga art, Dr. Rawat in an easy to follow steps taught participants how to blend laughter with yogic breathing techniques. It was more than just a workout. It helped us to unite and celebrate with an incredible sense of joy.

As they laughed, both stress evaporated, and a wave of positivity and well-being was left in its wake. Dr. Harish Rawat's relentless dedication to the well-rounded personality of the students is comparable to the philosophy of the university which is to cultivate both the mind and body.



**Dr. Harish Rawat**

The laughter yoga event is a demonstration of the university commitment to holistic education which promotes holistic well-being of the community.



# ALUMNI MEET 2024



The Alumni Meet at School of Pharmaceutical Sciences was a great event that brought back the nostalgia but also inspired the innovativeness. Valued alumni from different professional areas met to reunite, reminisce, and explore the possibilities of joint initiatives. The occasion consisted of interactive panel discussions facilitated by the renowned academician, industrialist from the alma mater, provided the audience with priceless information about the dynamically changing pharmaceutical industrial landscape. Participants were blown away by the accomplishments of the alumni featured in the stimulating keynote addresses and energizing presentations.



Networking sessions enabled meaningful dialogues which created lasting friendships and possible partnerships. The obvious feeling of admiration and shared devotion to further advance pharmaceutical science and practice made the event even more important. When alumni depart, they not only take with them the memories they cherished but also a newfound pride in their alma mater that they are willing to share and contribute to the continued success of the school.





# ALUMNUS MESSAGE



## Dr. Arun Sundriyal

Batch 1997 - 2001

Senior Director, Clinical Operation

Area Head North & South Asia

Thermofisher Scientific Company, Singapore

Hi everyone, this is Arun Sundriyal!

I am the student of first pharmacy batch, which was started in 1997. So, it is 27 years long time. I am happy to see our department has continue to grow. Congratulations on the launch of the magazine! Embrace the journey ahead with curiosity and enthusiasm. Stay connected, share your experiences, and inspire each other. Remember, your contributions shape the future of pharmacy. Here is to continued success and innovation in the field. Best wishes from a proud alumnus!

07:24 PM · 04/12/24 ·



## Dr. Sujeet Verma

Batch 2003 - 2007

Research Team Manager

Fall Creek Farm and Nursery,

West Coast, Oregon, USA

Respected teachers and dear students, Greetings from Dr. Sujeet Verma and I am from the batch of B.Pharm 2003-2007. I am delighted to be a part of this first magazine "The PharmaLogue" and to connect with you all after so many years. I have found memories of my college days at SGRRU and where I learned a lot from my teachers and faculties and all the diverse curriculum. I made many lifelong friends and had a lot of fun. Some of the events that I will never forget are annual function, cricket tournaments and the tours and the trips. Best wishes to all the current students and congratulations for the very first magazine!

09:46 PM · 04/13/24 ·





# ALUMNUS MESSAGE



## Mr. Lalit Dutta

Batch 2000-2004

Project Manager - Sun Pharma Handling  
Domestic Market, Gurgaon

Dear esteemed faculty and current students, it is an honor to express myself as a proud graduate of this remarkable institution. As an alumni, I reflect on the transformative journey this college provided, shaping not just our academic progress but instilling values that guide us through life. The memories of late-night study sessions, passionate discussions, and lifelong friendships still resonate. Today I encourage each of you to embrace every opportunity, challenge, assumptions, and cultivate a thirst for knowledge. Glad to know that our department is launching its own e-magazine "The PharmaLogue." Best wishes to all the students and the team for the efforts to make our department proud.

08:32 PM · 04/12/24 ·



## Ms. Tanya Sehgal

Batch 2015 - 2019

Gold Medalist (2019-2021)

M.Sc. Diagnostics & Precision Medicine  
Dublin City University, Dublin, Ireland

If I not had SGRRU, and its amazing guides, my life would not be the same! Shri Guru Ram Rai University is such a place I wish I could go back to! It has left an indelible imprint on my heart and that each and every moment spent here, be it in or outside the classroom, will be cherished for a lifetime. The place, the staff and the administrative team have nurtured me with lots of love and care and also at the same time guided me through every thick and thin. I am so humbled and would not hesitate in saying that, "I am a part of SGRRU like SGRRU is a part of me."

I don't have enough words in my vocabulary to express my emotions about this place. six GOLDEN years of my life that I spent there will be the most precious ones in my whole life and the memories I made there will be cherished forever.

SGRR University happened to me like a dream.

Thanks for everything.

01:35 AM · 04/14/24 ·



## Mr. Shailendra Kumar Pandey

Batch 2000-2004

Project Manager - Sun Pharma Handling  
Domestic Market, Gurgaon

The journey to success is important, not just the destination.  
The setbacks and bad things that happen to you make you stronger and sharper. It makes your success a lot more worthwhile.

06:47 PM · 04/10/24 ·



## Dr. Harish Rawat

Batch 1998 - 2002

International Laughter Yoga Guru  
Founder - Lot Of Laughter Yoga Foundation  
Board Member of Yoga Ministry Of Canada  
Guinness & Limca Book of World Record Holder

SGRRU Pharmacy Students,  
Prepare to delve into the pharmacy world with our new e-magazine! It's your chance to ignite your knowledge, creativity, and passion. Challenges lie ahead, but they're part of your exciting pharmacy journey. Embrace them, learn, and evolve into exceptional pharmacists!

Here's a tip: try laughter yoga! It may seem odd, but it's proven to reduce stress, enhance focus, and boost memory. Take breaks with classmates and laugh—it's beneficial!

This magazine is your platform to learn, share, and inspire. Don't hesitate to explore, question, and enjoy the ride! The best pharmacists have insatiable curiosity and a good sense of humor.

Cheers to a groundbreaking launch and a journey brimming with laughter, learning, and breakthroughs in pharmacy!

07:04 PM · 04/09/24 ·



# VASANT PANCHAMI CELEBRATION



MAA

FEB 14, 2024

## SARASWATI PUJA



On the sacred occasion of Saraswati Puja, the Department of Pharmaceutical Science at Shri Guru Ram Rai University joyously unveiled the Maa Saraswati Pratima. With great pride, the esteemed Dean of Pharmaceutical Science led the inauguration ceremony.

This beautiful statue of Maa Saraswati, the embodiment of knowledge and creativity, now graces our department, serving as a powerful symbol of our commitment to academic excellence and holistic education. Placed prominently, it serves as a constant reminder to students and faculty alike to seek wisdom and explore their creativity.

The presence of the Maa Saraswati Pratima reflects our deep respect for knowledge and its vital role in shaping the future of pharmaceutical science. It stands as a source of inspiration, reminding us of our unwavering dedication to nurturing intellectual curiosity and fostering a community of lifelong learners.



# SPORTS WEEK



## Embracing Excellence: Celebrating Sports Week at Our College



Sports Week, a much-anticipated event at our college, is not just about competition; it's about fostering a culture of sportsmanship, teamwork, and physical fitness. Held annually, Sports Week provides students with a platform to showcase their athletic abilities, learn important life skills, and lasting friendships. Sports activities play a vital role in college life, contributing to holistic development and well-being. Beyond the physical benefits, participation in sports fosters discipline, resilience, and time management skills. It promotes teamwork, instilling values of cooperation and mutual respect among participants. Moreover, sports help in reducing stress and enhancing mental well-being, contributing to overall academic and personal success. Our university recognizes the importance of sports in student life and actively promotes sporting activities through various events conducted during Sports Week.



From games like basketball, kabaddi, and volleyball to indoor games like badminton, carrom, and chess, a diverse range of sporting events are organized to cater to the interests and talents of our students. During the recent Sports Week, our college witnessed an impressive display of talent and sportsmanship across various events. Students showcased their talents in athletics, cricket, table tennis, tug of war, and many more disciplines. Among the notable achievements were the outstanding performances of our students in various athletic events.

Abhinav, a second-year B.Pharm student, emerged as the champion in the 200m and 100m race, showcasing his swiftness. Tushar Kumar Chauhan and Tiwari Mohit Vinod, both third-year B.Pharm students, displayed exceptional skills in carrom, securing the top positions. Aparna, a third-year Pharm.D student, exhibited her strategies in chess, securing the runner-up position.



Neeraj, a second-year B.Pharm student, demonstrated his endurance and speed by securing the first runner-up position in the 400m race. These remarkable achievements reflect not only the individual talents of our students but also the collective commitment and support of our university towards promoting sports and physical fitness. Through events like Sports Week, we aim to nurture a culture of excellence and sportsmanship, empowering our students to achieve their full potential both on and off the field. As we celebrate the successes of our students, let us continue to embrace the spirit of sportsmanship and healthy competition, making Sports Week an integral part of our college experience.





# CULTURAL WEEK



## **\*\*Celebrating Diversity and Talent: Highlights from Cultural Week at Our College\*\***

Cultural Week, held in March 2024, was a vibrant celebration of diversity and talent at our college. Throughout the week-long event, students from various backgrounds came together to showcase their creativity and passion in a wide array of cultural activities.

From intricate Rangoli designs to captivating Poster Making, students exhibited their artistic skills with finesse. The winners, Mitali Arora, who secured the first place in Poster Making adorned our campus with her remarkable creations, adding to its beauty and charm.

The Debate competition facilitated thought-provoking discussions on pertinent topics, highlighting the intellectual thoughts and analytical thinking of our students. Anzla Shirin, M.Pharm 2nd Year showcased her exceptional debating skills, securing first positions in the competition.

The Quiz competition tested participants' knowledge across various disciplines. Aditya Narayan Semwal, Pharm.D & Ameer Hamza, B.Pharm emerged victorious.

The melodious strains of solo and group songs filled the air as students showcased their vocal talents in both solo and group song competitions. Participants from School of Pharmaceutical Sciences mesmerized the audience with their exceptional performances, earning well-deserved accolades.

Solo and group dance performances captivated the audience with their energy, creativity, and choreography. Students of Pharmacy Department left a lasting impression with their captivating performances, passion, skill in dance by securing second runner up position.



The significance of cultural events in college cannot be overstated. They provide students with a platform to explore and showcase their talents beyond academic pursuits, fostering personal growth and self-expression. These events also promote diversity and inclusivity, bringing students from diverse backgrounds together to celebrate their cultural heritage and differences.

As we reflect on the success of Cultural Week, we celebrate the talents, creativity, and unity displayed by our college community. The achievements of our students, including the winners mentioned above, highlight not only their individual talents but also the collective spirit and excellence of our college.

Cultural Week serves as a reminder of the richness and vibrancy of our college community and the importance of embracing diversity and talent in all its forms.





## Poster Making Winner

First of all I would like to thank my school for giving me this opportunity to represent my school on poster competition. The theme of poster competition is "Face of Uttarakhand" so I decided to make the poster on Bhu kanoon. In which I have shown 4 principles that is :

1. Preserving cultural heritage
2. Enhance employment opportunities
3. Guarding Uttarakhand land
4. Conservation of Nature resources

**Mitali Arora**

Pharm.D 4th Yr



## Athlete winner - 200m & 100m

"Talent without working hard is nothing" is my favorite inspirational saying. You'll never reach your full potential if you don't think you're the greatest. You will therefore be unstoppable if you have faith in yourself

**Abhinav**

B.Pharm 2nd Yr



## Quiz 2nd Runner Up

I'm thrilled to share that I've secured the third position in the quiz! It's been an exciting journey of learning and discovery. Huge thanks to everyone who supported me along the way. This achievement fuels my passion for knowledge even more, and I'm eager for more opportunities to grow and excel. Let's keep the quest for knowledge alive!

**Aditya narayan semwal** Pharm.D 4th Yr(L)

**Ameer Hamza** B.Pharm 2nd Yr (R)



# Our *Pride*



## Group Dance

We are thrilled to share that dance group from our department i.e. School of Pharmaceutical Sciences has secured the second runner up in the university during the recent Cultural Week celebrations. It was an exhilarating experience to showcase our talent and passion for dance on such a prestigious platform. We would like to extend our heartfelt gratitude to our college for providing us with the opportunity to represent and showcase our skills. This achievement wouldn't have been possible without the dedication and teamwork of each member of our group. We are immensely proud of our collective effort and grateful for the recognition we've received. Thank you to everyone who supported and cheered for us. This win is not just ours but a testament to the spirit and talent of our college

**Aastha , Anjali mamgain , Anupriya ,Aprova,**  
**Chitra , Divyanshu ,Himani,**  
**Pallavi lavi , Sachin ,Shourya**



## Group Song

It was an incredible journey filled with harmonious melodies and memorable moments. We extend our sincere appreciation to our college for providing us with the platform to showcase our musical talents. Special thanks to our mentors and music directors for their guidance and support throughout the rehearsals. This achievement is a testament to our dedication, teamwork, and passion for music. Each member of our group contributed their unique talents, and together, we created something truly special. We are grateful for the opportunity to represent our college and are proud of what we have accomplished together. Thank you to everyone who supported us along the way.

**Aarushi , Abhay kapoor, Abhinav,**  
**Anushka , Shyan , Srishti**



# PHARMA ANVESHAN 2024



**Celebrating Innovation and Collaboration: Pharmacy Anveshan 2024**

On 6th March 2024, our college had the honour of hosting the prestigious event 'Celebration of Pharmacy Anveshan 2024' on the occasion of National Pharmacy Education Day. This significant event, sponsored by the Pharmacy Council of India (PCI), commemorates the birth anniversary of Prof. Mahadeva Lal Schroff, father of Pharmacy Education in India. The theme of this year's event, "Leveraging Synergism: Industry-Academia Partnership for Implementation of National Education Policy, 2020," underscores the critical role of collaboration between academia and industry in shaping the future of pharmacy education and practice. It highlights the importance of aligning educational strategies with industry requirements to foster innovation and excellence in pharmaceutical research and development.



Moreover, our college's successful organisation of Pharmacy Anveshan 2024 highlights our leadership in fostering dialogue and collaboration within the pharmaceutical community. It underscores our dedication to providing students with opportunities to engage with industry experts, gain real-world insights, and contribute meaningfully to the advancement of the pharmaceutical field. In conclusion, Pharmacy Anveshan 2024 was not just a celebration but a testament to the collective efforts and commitment of our college and stakeholders towards advancing pharmacy education and practice. As we reflect on the event's success, we reaffirm our commitment to fostering collaboration, innovation, and excellence in pharmacy education and practice.



The event was graced by esteemed dignitaries, including Dr. Shivanand Patil, State Member of PCI and Director of SDBIT, Dehradun, along with other notable resource persons from leading pharmaceutical companies. Their presence underscored the significance of the event and provided valuable insights into industry trends and best practices. The celebration served as a platform for knowledge sharing, networking, and collaboration among stakeholders in the pharmaceutical sector. Through panel discussions, keynote addresses, and interactive sessions, participants explored strategies to bridge the gap between academia and industry and enhance the quality and relevance of pharmacy education. Our school's role as hosting this event reflects our commitment to academic excellence and industry engagement. By bringing together academia, industry professionals, and regulatory bodies, we aim to create synergies that will drive innovation and excellence in pharmacy education and practice.







In the vibrant collage of our college's i.e. School of Pharmaceutical Sciences' student body, there are stars that shine with exceptional brilliance, and Akhil Maindola is undoubtedly one such luminary. A maestro of both the keyboard and flute, Akhil's journey through the realm of music has been nothing short of extraordinary.

His prowess as a musician was showcased when he clinched the second rank in the esteemed state instrument competition for keyboard, a testament to his unparalleled talent and dedication. But Akhil's journey didn't stop there; he ventured further, representing our college with pride on the national stage in the cultural competitions held in Odisha.

Akhil's affiliation with Akashvani, the national radio broadcaster, adds another dimension to his accomplishments. As a member of Akashvani in Dehradun, he has not only honed his skills but has also graced the airwaves with his melodious performances. His live shows on Akashvani have garnered widespread acclaim, captivating audiences with his soul-stirring music.

What sets Akhil apart is not just his musical prowess but also his commitment to excellence. His registration with the central government through Akashvani stands as a testament to his dedication to his craft and his aspirations to reach greater heights in the realm of music.

Akhil Maindola's achievements resonate beyond the realms of our college; they serve as a source of immense pride and inspiration for our entire community. His journey is a testament to the boundless potential that resides within each of our students and the nurturing environment that our college provides for their growth and development.

As we celebrate Akhil's remarkable achievements, we also celebrate the spirit of excellence that defines our college. He is not just an individual achiever but also a beacon of inspiration for all aspiring musicians within our midst. Akhil Maindola truly embodies the ethos of our institution, where talent is nurtured, and dreams are realized.

~ AKHIL MAINDOLA



## ARTFUL IMPRESSION



My favourite hobby has never changed since I was young, and that is art. Ever since I was little I loved to create, craft and draw things. When I first started painting, I struggled with creating realistic images and choosing the right colors. I also found it difficult to let go of my perfectionist tendencies and allow myself to make mistakes. However, as I continued to paint and experiment with different techniques, I learned that mistakes are an essential part of the creative process. Each mistake provides an opportunity to learn and grow as an artist, and it is through these mistakes that we are able to create something truly unique and beautiful.

~ MITALI ARORA



Certainly! Both anti-ragging and stop racism movements aim to eradicate harmful behaviors and attitudes from society. Ragging refers to bullying or harassing of someone often in the name of initiation or tradition. Ragging often involves physical, emotional, or psychological abuse, leading to serious consequences such as trauma, depression, and even suicide. racism movements address discrimination, prejudice, and bias based on race or ethnicity. Racism manifests in various forms, including hate speech, systemic inequalities, and racial profiling.

Both anti-ragging and stop racism movements advocate for dignity, respect, and the fundamental rights of individuals, aiming to build a society free from harassment, discrimination, and injustice.

(Stop racism bez different people have different beauty their is no Beauty standard nothing else it's just things in your mind which harm other people )

~ SONALI BISHT



## THE FESTIVAL OF DEMOCRACY

According to Cambridge Dictionaries, 'Festival' is a planned series of unique events, typically taking place in one location, or one particular day or period that includes unique ceremonies, foods, or social activities. And based on this definition I chose my title of the article as the 'The Festival of Democracy' as currently we all are celebrating or in some parts going to celebrate this festival of our respected and beloved Country, i.e Elections for Lok Sabha. Elections procedure provides us the authority or power to elect the person or party or alliance which can run the government of the nation and represents our constituency in law making and other essential and important duties. Just like festivals help to boost an energy in the living beings and help to create a joyful environment, similarly Election process also gives us the opportunity to generate the right and more powerful government which works not only for economical development but also cultural, environmental, military, heritage, and all other developments. For every festival there are some norms or ways attached to celebrate that effectively and efficiently with full enjoyment, similarly this festival also has some conditions or demands to make it successful and efficient. To make it successful it is the prime duty of every voter to cast their vote and promote the new voters to be responsible citizens and contribute to the nation's progress as it is one of the primary duties which should not be ignored by any one. By casting our vote we don't only performs our duty but also get the ethical authority to ask or criticise the government at any instance, as in democracy the government is responsible and answerable for their every actions or policy, therefore to make this great and largest democracy of the globe to be successful, make your shoulders ready to carry this important duty.

~ AGRIM PRAKASH



# OUR *TALENTS*



## **MORE THAN JUST A COLLEGE GRADUATE**

Our economy changes daily, and with it, the talents, skills, and experience needed to be a part of that growth cycle changes with the same. The practical world is competitive, and it can be a tough learning curve for recent graduates. Turning into a professional is not just about getting a college degree. It is about building relationships, having internship experiences, succeeding and failing in projects/experiments and learning from them, and networking with others. In 2020 - when the whole nation was facing the challenges posed by the pandemic - there was a 35% rise in the number of students seeking internships. We have so many websites to apply for internships in India i.e Internshala, Letsintern, Twenty19, HelloIntern, LinkedIn and Youth4work. These platforms offer a wide range of internship opportunities across various industries and fields. Through this you can have an access to the easiest road you can take to have first-hand insights into your potential career field without a long-term commitment. This coagulates your decision of choosing your career field and helps you build career goals proactively. A college degree is important to make you capable enough to get you a fulfilling and well-paying job but the skills you develop as an intern in various organizations make you marketable in the job market. You can develop good work ethics, aptitude and flexible skills through internships, which is what employers as well as the entrepreneur mindset look for. These are some reasons why you should do internships while being in college. You have time to know yourself, your skills and where you belong. Not only this, internships also help you groom yourself. So, reflecting about the importance of internships for your CV or the necessity of internships for your future job, doing one will only add skills and experience to your career.

~ NANCY MITTAL



**GUEST LECTURE ON ART OF WRITING & PUBLISHING IN ACADEMIC JOURNALS**



**BLOOD DONATION CAMP AT SPS,SGRRU**



**AWARENESS PROGRAM ON DRUG ADDICTION & DRUG ABUSE**

**फार्मसी प्रैक्टिस में उभरते और वर्तमान परिप्रेक्ष्य पर एक दिवसीय राष्ट्रीय कार्यशाला**

देहरादून। (संवाद) फार्मसी प्रैक्टिस में उभरते और वर्तमान परिप्रेक्ष्य पर एक दिवसीय राष्ट्रीय कार्यशाला का शुभारंभ हुआ। इस कार्यक्रम में अनेक फार्मसी प्रैक्टिस के विशेषज्ञों ने भाग लिया।



**ONE DAY NATIONAL WORKSHOP ON EMERGING & CURRENT PERSPECTIVES IN PHARMACY PRACTICE**



# HIGHLIGHTS



**WORLD PHARMACIST DAY**



**INDUSTRIAL VISIT OF B.PHARM  
3RD & 4TH YEAR**



## SEA BUCKTHORNS

### OVERVIEW

*Latin Name: Hippophae  
Rhamnoides L.*

*Family: Sea Buckthorn belongs to the Elaeagnaceae family, also known as the Oleaster family, which includes small trees and shrubs.*

*Common Names: Sea Buckthorn is also known as Sea Berry, Himalaya Berry, Sandthorn, Swallow Thorn, and Siberian Pineapple in different regions. In India (Hindi), it is locally known as Ames in Uttarakhand and Chharma in Himachal Pradesh.*

*The fruits of Sea Buckthorn typically mature in September.*

### GEOGRAPHY

*In India, seabuckthorn is primarily found in the cold desert regions of Uttarakhand, Ladakh and Himachal Pradesh. The high-altitude areas of Himalaya provide favorable conditions for its cultivation. The unique climate and soil characteristics of these regions contribute to the growth of high-quality seabuckthorn plants.*

### HISTORY

*Sea Buckthorn, a plant dating back 70 million years, has historical significance. In Greek mythology, it was fed to horses for shiny hair, inspiring its Latin name. Used in Chinese medicine for infections and detox, its survival compounds make it valuable.*

### YOU KNOW :

*“Hospital patients who can see fresh green trees from their rooms are reported to heal faster and spend less time in the hospital than those without. Patients with a view of trees spend 8% fewer days in the hospital.”*







## SEA BUCKTHORNS

### BENEFITS & NUTRITIONAL VALUE

*Seabuckthorn is packed with essential nutrients like vitamin C, essential fatty acids (omega-3, -6, -7, -9), antioxidants, minerals (potassium, calcium, magnesium, iron), and amino acids. It boosts immunity, aids collagen production, supports cardiovascular and brain health, and enhances skin health.*

*Its high vitamin C content surpasses citrus fruits. Rich in antioxidants like flavonoids, it combats oxidative stress.*

*Seabuckthorn is a nutritional powerhouse with diverse health benefits.*

### MEDICINAL APPLICATION

*Seabuckthorn, a traditional remedy, boasts therapeutic properties in various medical systems. Rich in vitamin C, it bolsters immunity against infections. Its omega fatty acids maintain heart health, regulate cholesterol, and manage blood pressure. Seabuckthorn oil is prized in skincare for moisturizing, anti-inflammatory benefits, aiding wound healing, and improving skin conditions. It's also used to alleviate gastric ulcers, aid digestion, and reduce gastrointestinal inflammation. Its anti-inflammatory attributes are explored for conditions like arthritis. Moreover, its nutrients show promise in eye health, potentially preventing eye-related disorders.*

### YOU KNOW :

*"Nearly 16 billion trees are lost every year due to forest management, deforestation, and variations in land use."*





# PICTURE GALLERY





# PICTURE GALLERY



# ACKNOWLEDGEMENT

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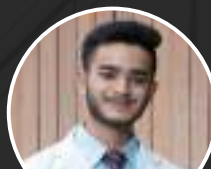
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