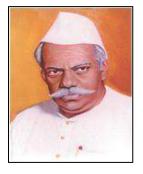


#### About

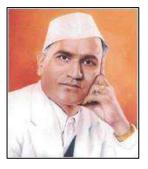
#### Maratha Vidya Prasarak Samaj, Nashik



Karmveer Raosaheb Thorat



Karmveer Annasaheb Murkute



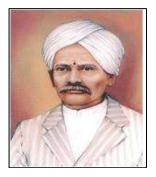
Karmveer Bhausaheb Hire



Karmveer D.R. Bhonsale



Padmshree Kakasaheb Wagh



Karmveer Ganpatdada More

The Maratha Vidya Prasarak Samaj is one of the most prestigious centers of learning in the State of Maharashtra. It has been over 100 years that it has stood the test of time to become legend of unparalleled stature. History says that the credit for the birth of M.V.P. Samaj goes to the young, enthusiastic and devoted team of social workers and educationists who were inspired by the lives of Mahatma Jyotiba Phule, Savitribai Phule and Rajashri Shahu Maharaj of Kolhapur. These young leading lights include Karmaveer Raosaheb Thorat, Bhausaheb Hire, Kakasaheb Wagh, Annasaheb Murkute, Ganpat Dada More, D.R. Bhonsale, Kirtiwanrao Nimbalkar and Vithoba Patil Khandalaskar, who laid the foundation of the Samaj. They were the men who envisioned a culture and knowledge centric society. The motto of the Samaj reads for the well-being and happiness of the masses to kindle the social cause. M.V.P. Samaj, a par excellence knowledge centre, registered under Bombay Public Trust Act, is proud of itself having pool of more than 1,66,996 students in 323 educational institutions. Under the jurisdiction of University of Pune, Maharashtra University of Health Sciences, MSBTE, M.V.P. Samaj spear heading and propagating education from primary to upper crest management and professional stream like Medicine, Physiotherapy, Nursing, Pharmacy, Engineering, Polytechnic, Architecture and Computer Science etc. The Samaj has strived to create a niche for itself in the world of education, by uplifting the standard of education in the society.



In our 109 years of journey we have developed many schools and colleges which are providing knowledge to lakhs of students every year in a very well mannered. Despite of such development there are few schools and colleges in the tribal area of nashik district which needs development, which needs all basic amenities so that the students can get knowledge in better environment and develop their future very well. The reason for such condition is that such schools are not government-funded and due to lack of funds these schools are not able to progress.

Our vision is to make all such schools and colleges very well developed with all the required amenities and for this we need helping hands which can help us in terms of fund or anything as per your capability. And together we can build bright future of such students and help them to become responsible citizen on India .





## From Sarchitnis's Desk

#### "Education is not preparation for life; Education is life itself."

This beautiful & profound statement encapsulates the value of education. Today, education is much more than that. It has been estimated that the entire body of knowledge is doubling about every three years. To keep pace with this explosive growth is quite impossible. I firmly believe that the key differentiators that matters is the ethos of the Institute. We are confident that our students will be meeting your requirements and contribute to your success, as has been out experience over past years.

As this junction of 109<sup>th</sup> anniversary of MVP Samaj's, our institution, Institute of pharmaceutical sciences, Adgaon focuses upon all round development of students by academic excellence and co-curriculum dynamics which stand out.

Being unique in itself, **"Pharmaspandan"** is an excellent platform for students and staff alike providing room to exhibit the talents in their selves. This helps the students in their development and also moulds them to get adjusted easily when they set their foot in the outside world on the path of becoming successful pharmacists.

I wish all the best to the students and staff members who have work hard towards the publication of the new edition of **"Pharmaspandan"** the annual college magazine.

#### Hon. Adv. Nitin Baburao Thakare

Sarchitnis, M.V.P Samaj, Nashik



#### MESSAGE

I am pleased to note that Maratha Vidya Prasarak Samaj's Institute of Pharmaceutical Sciences, Nashik is publishing its Annual College Magazine for the academic year 2022-2023. The institute is offering MSBTE's Diploma in Pharmacy programme, which is specifically designed to create professionals, who will make a mark in the pharmaceutical industry. On completion of the programme, the students can get registration as pharmacist and can run their own medical shops. Students can also go for higher academic degree courses like Bachelor of Pharmacy and Master of Pharmacy where they can specialize in a preferred field.

The institute is focusing to train the students in the basic and advanced knowledge of pharmaceutical sciences and is contributing to the health improvement of the society through quality education.

I appreciate efforts of the institute and extend my best wishes to magazine committee and institute for publishing this magazine, which will be beneficial to the students.

Dr. Vinod M. Mohitkar Director Director of Technical Education, Mumbai

#### About

#### **MVP'S Institute of Pharmaceutical Sciences, Adgaon**

The Maratha Vidya Prasarak Samaj's (MVP) Institute of pharmaceutical sciences is one of the Pioneer Institutes at Nashik, Conducting two years diploma course in pharmacy since year 1997 and Bachelor of Pharmacy from 2023.

#### LOCATION

MVP's Institute of Pharmaceutical Sciences is sited in Dr. Vasantrav Pawar Medical College Campus, Vasantdada Nagar, Adgaon, Nashik-3. It is 10 km away from Nashik Central Bus Stand. City bus and M.V.P. City bus facilities are available from each and every region of Nashik.

#### Our D. Pharmacy course is Approved By

- Pharmacy council of India [PCI], New Delhi.
- Directorate of Technical education [D.T.E.] Mumbai.
- The Government of Maharashtra.
- Maharashtra State Board of Technical Education, [M.S.B.T.E.] Mumbai.

#### Our B. Pharmacy course is Approved By

- Pharmacy Council of India [PCI], New Delhi.
- Directorate of Technical education [D.T.E.] Mumbai.
- Dr. Babasaheb Ambedkar Technological University, Lonere, Raigad

#### FACILITIES

- Well-equipped laboratories, computer lab with internet facility
- Established Library with scientific journals
- Well-designed spacious class rooms and experienced teaching faculty.
- Well-developed Medicinal Plant Garden
- Hostels for Boys and Girls with in house medical, Banking facilities
- Well-developed Medicinal Plant Garden
- Extracurricular and co-curricular activities for the personality development of students
- Conduction of Student's personality development programs.
- Industrial visits to well-known pharmaceutical companies and education tours
- Experienced teaching faculty
- Regular follow up of students performance by the college.



### From The Principal's Desk

Far from being just an academic unit, among many, our institution has long drawn together other parts of education and interdisciplinary scholarly culture, which is one of this institutions great distinction.

The moral and professional values are of prime importance at our college that definitely helps in the overall development of our students Thus, our sincere efforts are always to give the best to our students, so that we can expect the best from them.

Working like a closely knit family has been our motto from the beginning. Appreciating the efforts of all my students and the staff members I thank them for being a significant part in making of the **'Pharma Spandan'.** With this we strive to make a mark and make the students ready for the world.

Dr. Nitin N. Hire Principal MVP Samaj's Institute of Pharmaceutical Sciences, Adgaon

#### From The Staff Editor's Desk



'Pharma Spandan' has been an exceptional platform for showcasing talents of the staff and students. Such ventures provide students with opportunities to develop and enhance their managerial skills with hard work, unity and organizing skills in collecting and compiling articles as well as managing sponsorships and advertisements the magazine is only getting better. Our Honorable Sarchitanis Adv. Nitin Baburao Thakare sir and our Education officer Dr. Darekar Sir have given their guidance and helped throughout. I thank them for the same. I thank the principal of our college Dr. Nitin N. Hire for giving me this opportunity to serve as a chief editor of 'Pharma Spandan'. I also appreciate the efforts of students and staff of our college for the same.

#### Mrs. Komal S. Mande

Lecturer, Dept. of Pharmaceutics Staff Editor

## From The Student Editor's Desk



The **'Pharma Spandan'** is our small efforts towards changing the world. The **'Pharma Spandan'** was conceived through hunger for expression in language and literature. It is a voice which has a genuine chance to evolve and improve itself. With immense gratitude I thank the principal, staff members and all the students for their support and collective efforts in publishing of the **'Pharma Spandan'**.

Hoping the 'Pharma Spandan' inspires you towards cultivating a bright future.

Prachi Upadhyay Student Editor S.Y.D. Pharm

#### NASHIK DISTRICT MARATHA VIDYA PRASARAK SAMAJ, NASHIK

#### MANAGEMENT COUNCIL 2022-2027

Sr. No.	Name	Post
1.	Hon. Dr. Sunil Uttamrao Dhikale	President
2.	Hon. Shri. Vishwas Bapurao More	Vice president
3.	Hon. Shri. Balasaheb Ramnath Kshirsagar	Sabhapati
4.	Hon. Shri. Deoram Baburao Mogal	Upsabhapati
5.	Hon. Adv. Nitin Baburao Thakare	Sarchitnis
6.	Hon. Shri. Dilip Sakharam Dalvi	Chitnis
7.	Shri. Adv. Sandeep Gopalrao Gulve	Member
8.	Shri. Ravindra Shankar Deore	Member
9.	Shri. Dr. Sayajirao Narayanrao Gaikwad	Member
10.	Shri. Pravin Eknath Jadhav	Member
11.	Shri. Adv. Laxman Fakira Landage	Member
12.	Shri. Shivaji Jayram Gadakh	Member
13.	Shri. Amit Umedsingh Borse	Member
14.	Shri. Dr. Prasad Prabhakar Sonawane	Member
15.	Shri. Adv. Rameshchandra Kashinath Bachhav	Member
16.	Shri. Nandkumar Balaji Bankar	Member
17.	Shri. Krushnaji Ganpat Bhagat	Member
18.	Shri. Vijay Popat Pagar	Member
19.	Shri. Ramesh Pandurang Pingale	Member
20.	Smt. Shobha Bhagwat Boraste	Member
21.	Smt. Shalan Arun Sonawane	Member
22.	Prof. Dr. Sanjay Khanderao Shinde	Employee Member
23.	Shri. Chandrajit Dayaram Shinde	Employee Member
24.	Shri. Jagannath Madhukar Nimbalkar	Employee Member

#### **TEACHING STAFF- D. PHARMACY AND B. PHARMACY**



Dr. Nitin Hire Principal



Mrs. Jayprabha Dhumane Lecturer



Mrs. Vaishali Kholambe Lecturer



Mr. Amol Deore Lecturer



Mrs. Suvarna Wagh Lecturer



Mr. Vishal Kushare Lecturer



Mrs. Komal S. Mande Lecturer



# **Teaching Staff**



# **Teaching & Non-teaching Staff**



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F.Y. D. Pharmacy Staff and Students



S.Y. D. Pharmacy Staff and Students





# COCURRICULAR ACTIVITY AND ACHIEVEMENTS ACADEMIC YEAR 2023-24

Name of Event	Name Of Participants	Organized By	Date	Prizes
MSBTE approved state level workshop on experimental pharmacology	<ol> <li>Upadhyay</li> <li>Prachi</li> <li>Said Shital</li> <li>Mundhe</li> <li>Saurabh</li> <li>Vikharankar</li> <li>Parth</li> <li>Bothe Khushi</li> <li>Bhandari</li> <li>Janhavi</li> </ol>	MGV's Pharmacy College, Nashik	01/08/2023	Participation
Pharmacovigilance week celebration Video making competition	1.Chaudhary Himanshu 2. Upadhyay Prachi	Dr.Vasantrao Pawar Medical College Hospital& Research Centre, Adgaon, Nashik	20/09/2023	First
Pharmacovigilance week celebration Skit competition	<ol> <li>Chaudhary</li> <li>Himanshu</li> <li>Upadhyay</li> <li>Prachi</li> <li>Vikharankar</li> <li>Parth</li> <li>Mundhe</li> <li>Saurabh</li> <li>Said Shital</li> <li>Jagtap Payal</li> <li>Gajre Krutika</li> <li>Sable Nisha</li> </ol>	Dr.Vasantrao Pawar Medical College Hospital& Research Centre, Adgaon, Nashik	21/09/2023	Participation
Pharmacovigilance week celebration Poster presentation competition	1.Said Shital 2. Sable Nisha	Dr.Vasantrao Pawar Medical College Hospital& Research Centre, Adgaon, Nashik	20/09/2023	Participation
Pharmacovigilance week celebration	<ol> <li>Gajre Krutika</li> <li>Bothe Khushi</li> </ol>	Dr.Vasantrao Pawar Medical College	22/09/2023	Participation

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Pharma Spandan 2023-24 Essay writing 3. Jadhav Diksha Hospital& Research competition 4. Gavit Jagruti Centre, Adgaon 5. Jadhav Gauri ,Nashik Pharmacovigilance 1. Vikharankar 22/09/2023 Participation Dr.Vasantrao Pawar week celebration Parth Medical College **Slogan making** 2. .Mundhe Hospital & Research competition Saurabh Centre, Adagaon, Nashik State Level E Elocution 1. Morade Sara Shri Santkrupa 26/11/2023 Participation **Video Competition** Shikshan Sanstha College Of Pharmacy Ghogaon World AIDS Day 1.Bhusare Sakshi Civil Hospital Nashik 01/12/2023 First prize 2. Jadhav Gauri Celebration and Dr. Vasantrao Rangoli Making Pawar Medical Competition College Hospital& **Poster Presentation** Research Centre, Competition Adagon, Nashik World AIDS Day 1...Bhagwat Civil Hospital Nashik 01/12/2023 First prize Celebration Dhanashri and Dr.Vasantrao **Rangoli Making** 2...Aarak Sonali Pawar Medical Competition College Hospital& **Poster Presentation** Research Centre, Competition Adagon, Nashik 1.Vikharankar **KBHSS Trusts Institute MSBTE** approved 15/12/2023 Participation Parth state level oral paper Of Pharmacy presentation Malegaon competition 2023 **MSBTE Technical** 1.Bhusare Sakshi R G Sapkal Institute Of 06/02/204 Participation **Paper Presentation** 2. Bhandari Pharmacy, Nashik Janhavi Competition 1.Vikharankar **Two Days National** Gokhale Education 23/02/2024 Participation **Conference On** Parth Societys То **Emerging Trends In** 2.Mundhe Dr.M.S.Gosavi College 24/02/2024 **Drug Discovery &** Saurabh Of Pharmaceutical Development Education & Research,

2.Upadhyay Prachi

MET's Institute Of

Pharmacy, Nashik

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Nashik

1.Vikharankar

Parth

**MSBTE Sponsored** 

**Tech Quiz Competition** 

17

Consolation

Prize

27/02/2024

Pharma Spandan 2023-24 2024 02/03/2024 **Technical E-Graphical** 1.Bhagwat The Royal Gondwana Participation **Poster Presentation** Dhanashri College Of Pharmacy, Nagpur State Level E Poster 1.Bhandari Navsahyadri Institute 06/03/2024 Participation Janhavi Of Pharmacy, Competition 2.Jadhav Gauri Naigaon, 3.Jadhav Diksha Pune 4.Mundhe Saurabh Aldel Education Trusts 07/03/2024 **MSBTE Approved** 1.Chaudhary Participation **Online E Poster** St. John Insttiute Of Himanshu Presentation 2. Upadhyay Pharmacy & Research, Competition Prachi Palghar 3.Ahhirrao Jayesh 4.Bhagrae Nilesh 5.Gajre Krutika 6.Chaudhary Rina 7.Bhusare Sakshi 8.Bothe Khushi 9. Aarak Sonali 10.Bhor Samruddhi 11.Gavit Jagruti 12.Kharote Aarati National Level Video 1.Chaudhary KCT's Krishna College 12/03/2024 Participation **Making Competition** Himanshu Of Pharmacy, 2. Upadhyay Malkapur, Karad Prachi 3.Khope Viraj 4.Pagar Karan **Quiz competition** 1. Gauri Jadhav SSK College of 12/03/2024 Participation pharmacy, Wadzire, Sinnar, Nashik Quiz competition 1. Jayesh Ideal College of 12/03/2024 Participation Ahhirrao Pharmacy, Kalyan **Quiz competition** 1. Gauri Jadhav Supriya College of 13/03/2024 Participation 2. Burke Tejashri Pharmacy, Jalna 3. Jadhav Neha 4. Bhagwat Dhanashri

# **Professional Activities**

ACADEMIC YEAR 2023-24

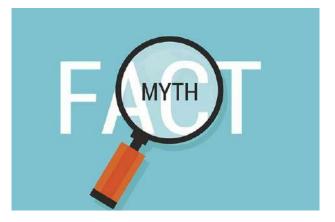
Sr. No.	Module Description	Duration	Staff Co-Ordinator	Resource Persons
1	State Level MSBTE approved Workshop on Demonstration of Routes of Parenteral Administration by Using Mannequins organized by M.V.P. Samaj's Institute of Pharmaceutical Sciences, Adgaon, in association with Dr. Vasantrao Pawar Medical College, Hospital, and Research Centre, Adgaon, Nashik	26 <sup>th</sup> September, 2023	Mrs. V. D. Kholambe Mr. A. B. Deore	Dr. Vijay S. Bayaskar Associate Professor, Department of Pharmacology, Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik
2	Field Visit to MVPs Institute of Pharmaceutical Sciences Industrial pharmacy Lab, Adgaon	2 <sup>nd</sup> November 2023	Mrs. K. S. Mande	Mrs. K. S. Mande MVPs Institute of Pharmaceutical Sciences, Adgaon
3	<b>Hospital Visit</b> to MVP's Dr. Vasantrao Pawar Medical college & Hospital, Adgaon	8 <sup>th</sup> December 2023	Mrs. V. D. Kholambe	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik
4	Visit to <b>Blood Bank</b> at MVP's Dr. Vasantrao Pawar Medical college & Hospital, Adgaon	8 <sup>th</sup> December 2023	Mrs. V. D. Kholambe	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik
5	Visit to <b>Sewage Treatment</b> <b>Plant</b> at Municipal Sewage Treatment Plant, Nashik	8 <sup>th</sup> December 2023	Mrs. V. D. Kholambe	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik

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6	Visit to <b>Effluent Treatment</b> <b>Plant Treatment Plant</b> at MVP's Dr. Vasantrao Pawar Medical college & Hospital, Adgaon	8 <sup>th</sup> December 2023	Mrs. V. D. Kholambe	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik
7	Industrial visit to Aushadhi Bhavan, Ayurved Seva Sangh Nashik	28 <sup>th</sup> December 2023	Mrs. K. S. Mande	Dr. Vijay Joshi, HR manager, Ayurved Seva Sangh Ayurvedic College, Mrs. K. S. Mande Mrs. S. A. Wagh
8	Workshop on Cardiopulmonary Resuscitation ( <b>CPR Therapy)</b>	14 <sup>th</sup> February 2024	Mrs. V. D. Kholambe	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik
9	Participation in <b>Multidiagnostic Health Camp</b> at by S. Y. D. Pharm Students		Mrs. J. R. dhumane	Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon, Nashik

# 7 Myths about Medicines That Pharmacists Can Dispel



Misinformed patients may be inadvertently harming themselves with medications. The recently outlined 7 myths relating to both OTC and prescription drugs, and then described how to dispel them.

It is helpful for pharmacists to know the most common medication misconceptions so that they can preempt any problems.

Myth No. 1: If pain or discomfort persists or worsens, it's okay to take more than the prescribed dose.

The recommended or prescribed dose of an OTC or prescription drug is not an arbitrarily conceived amount. Not heeding it could have dangerous consequences that may include accidental overdose or liver damage.

Acetaminophen, for example, is an analgesic commonly found in both Rx and OTC medications to relieve pain and fever, but it is also associated with liberal dosing among patients.

In 2011, the FDA asked manufacturers of prescription combination medicines to limit the amount of acetaminophen to a maximum of 325 mg per tablet, capsule, or other dosage unit in an effort to reduce the incidence of liver failure associated with high doses.

Although those guidelines do not apply to OTC medications, the maximum daily dose for single-ingredient Extra Strength Tylenol products in the United States was lowered from 8 pills per day (4000 mg) to 6 pills per day (3000 mg).

Pharmacists should strive to be resources for information about the safety risks associated with taking more medication than recommended or prescribed.

Myth No. 2: Once patients feel better, it is no longer necessary for them to take their prescribed medication.

Patients who do not fully understand the importance of medication adherence may be less likely to see their regimen through to the end of its prescribed course.

A 2013 survey from the National Community Pharmacists Association revealed that the most common forms of medication nonadherence included failing to refill a new prescription (20%) and taking a lower dose than instructed (22%).

Meanwhile, some of the most common reasons for nonadherence were forgetting to take the medication (42%) and believing that the medication was not needed anymore (16%).

Contrary to patients' popular belief, the absence of obvious symptoms does not necessarily mean that the bacteria or virus that caused the illness in the first place has been completely eliminated.

Some medications are dosed to be tapered over time, and pharmacists should emphasize that premature drug termination could be associated with adverse effects.

The proton pump inhibitors omeprazole (Prilosec) and esomeprazole (Nexium), for example, suppress the production of stomach acid, so stopping them early could cause the stomach to rebound and overproduce acid.

#### Myth No. 3: Natural supplements are safer than their prescribed counterparts.

Patients often confuse the term "natural" with "healthy"—a trend seen in nutrition as well as pharmaceuticals.

In light of this, patients should be reminded that the FDA standards for natural supplements are much weaker than the standards for approved drugs.

Potential adverse side effects may not even be listed on a natural supplement's label, and there is also potential for supplements to dangerously interact with certain medications.

Melatonin and coenzyme Q10 supplements, for instance, can decrease the anticoagulant effects of warfarin, and supplements such as cinnamon, chromium, and whey protein can exacerbate the effects of hypoglycemic drugs.

Pharmacists should take time to educate their patients about these and other potential drugsupplement interactions.

#### Myth No. 4: Antibiotics are the right remedy for all acute infections.

As many as 1 in 10 health care providers prescribe antibiotics for almost every patient they see with a cold or bronchitis—despite the fact that antibiotics can only treat bacterial

infections such as strep throat, not infections caused by viruses such as acute respiratory infections.

Patients commonly request antibiotics, but they should be made aware that taking them unnecessarily could cause the treatment to lose its strength and ability to effectively treat bacterial infections going forward.

This misconception among patients and some health providers contributes to the overuse and inappropriate use of antibiotics, which is exacerbating antibiotic resistance.

Antibiotic resistance constitutes one of the most challenging problems in modern health care.

#### Myth No. 5: Health care professionals don't need to know what vitamins patients take.

Nearly 63% of US adults take 1 or more vitamins or dietary supplements, and many perceive them to be risk-free and "natural" without any potential for adverse effects, results from a 2012 survey revealed.

Health care professionals should make sure they are asking patients about any vitamins they may be taking, so that they can warn these patients about potential drug-vitamin interactions.

Examples of vitamins with the potential for serious interactions include vitamins A and E, which increase the effects of anticoagulation and should therefore be closely monitored when taking warfarin, and magnesium, which can decrease antibiotic absorption and should be dosed separately by 2 hours before or 6 hours after taking an antibiotic.

#### Myth No. 6: Medications are best stored in the bathroom or near the kitchen sink.

Many patients believe that storing their medications in a convenient and often-visited place will help them remember to take them, but they should know that medications are almost always best stored in a dry place away from heat, direct light, or any source of dampness.

Some OTC products simply lose their potency when they are exposed to hot, humid environments. For instance, heat and moisture cause aspirin tablets to break down into acetic acid and salicylic acid, which can cause stomach irritation.

Pharmacists should also advise families to take careful precautions to improve medication safety in their homes.

#### Myth No. 7: It doesn't matter how a pill is ingested.

The Cleveland Clinic advises patients to take their oral medications with a full 8 oz glass of water to avoid throat irritation and other potential consequences.

Taking pills with any other liquid—in particular, alcohol—can interfere with the manner in which the body absorbs the medication.

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To add another layer of complexity, some medications must be taken with food, while others may have strange or even dangerous interactions with certain foods that patients may not be aware of.

Pharmacists should take time to describe drug administration instructions to patients and counsel them to follow them closely.

Mr. Amol B Deore, Lecturer

# Quick and Fascinating Facts about the Human Body



- **1.** The only part of the body that has no blood supply is the cornea of the eye. It receives oxygen directly from the air.
- **2.** The human brain has a memory capacity which is the equivalent of more than four terabytes on a hard drive.
- **3.** A new-born child can breathe and swallow at the same time for up to seven months.
- 4. Your skull is made up of 29 different bones.
- 5. Nerve impulses sent from the brain move at a speed of 274 km/h.
- 6. The human heart pumps 182 million litres of blood during the average lifetime.
- **7.** 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
- 8. Women's hearts beat faster than men's.
- **9.** Right-handed people live, on average, nine years longer than left-handed people.
- **10.** About two thirds of people tilt their head to the right when kissing.
- **11.** The average person forgets 90% of their dreams.
- **12.** The total length of all the blood vessels in the human body is about 100,000 km.
- **13.** On average, a person's respiration rate is one third higher in spring than in autumn.
- **14.** By the end of a person's life, they can recall, on average, around 150 trillion pieces of information.
- 15. We lose 80% of our body heat from the head.
- **16.** A feeling of thirst occurs when water loss is equal to 1% of your body weight. The loss of more than 5% can cause fainting, and more than 10% cause's death from dehydration.
- 17. At least 700 enzymes are active in the human body.

- **18.** Human beings are the only living things which sleep on their backs.
- **19.** The average four-year-old child asks 450 questions a day.
- **20.** Everyone alive on Earth could comfortably be placed into a cube with sides 1000 meters long.
- **21.** The scientific name for the belly button is the umbilicus.
- **22.** Teeth are the only part of the human body which cannot heal themselves.
- **23.** On average, a person needs seven minutes to fall asleep.
- **24.** Right-handed people chew most of their food on the right side of their mouth, whereas left-handed people do so on the left.
- **25.** Only 7% of people are left-handed.
- 26. The fragrance of apples and bananas can help a person to lose weight.
- **27.** If allowed to grow for their whole lifetime, the length of someone's hair would be about 725 kilometres.
- **28.** Out of all the people who can move their ears, only one third of them are able to move just one ear.
- **29.** During their lifetime, a person will on average accidentally swallow eight small spiders.
- **30.** The total weight of the bacteria in the human body is 2 kg.
- **31.** 99% of the calcium contained in the human body is in one's teeth.
- **32.** Human lips are hundreds of times more sensitive than the tips of a person's fingers.
- **33.** A kiss increases a person's pulse to 100 beats per minute or more.
- **34.** The total strength of masticatory muscles on one side of your jaw is equal to 195 kilograms.
- **35.** A person passes on 278 different types of bacteria to another person when they kiss them. Fortunately, 95% of them are not harmful.
- **36.** There are more than 100 different viruses which cause a cold.
- **37.** If someone kisses another person for a certain amount of time, this is much more effective in terms of hygiene than using chewing gum, as it normalises the level of acidity in your oral cavities.
- **38.** You can lose 150 calories per hour if you hit your head against the wall.
- 39. Human beings are the only animals which can draw straight lines.
- **40.** Human skin is completely replaced about 1,000 times during a person's lifetime.
- **41.** A person who smokes a pack of cigarettes a day is doing the equivalent of drinking half a cup of tar a year.
- 42. Women blink about two times less often than men.
- **43.** The structure of the human body contains only four minerals: apatite, aragonite, calcite, and crystobalite.
- **44.** A passionate kiss causes the same chemical reactions in the brain that skydiving and firing a gun do.
- **45.** Men are officially classified as dwarves if their height is below 1.3 m, whereas for women the measure is 1.2 m.
- 46. Fingernails grow about four times faster than your toenails.

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- **47.** People with blue eyes are more sensitive to pain than others.
- **48.** Nerve impulses in the human body move at about 90 m/s.
- **49.** 100,000 chemical reactions occur in the human brain every second.
- **50.** Everyone has dimples on their lower back, but on some people they are more pronounced than on others. They appear where the pelvis joins with the sacrum, so their appearance makes sense.
- **51.** The strongest muscle in the human body is the tongue.
- **52.** The human heart is approximately equal in size to that of a person's fist. An adult's heart weights 220-260 grams.
- **53.** At birth, there are 14 billion cells in the human brain. This number does not increase throughout a person's lifetime. After 25 years, the number of cells falls by 100,000 every day. About 70 cells die in the minute it takes you to read a page in a book. After 40 years, the decline of the brain accelerates sharply, and after 50 years neurons (that is, nerve cells) shrink and the brain gets smaller.
- 54. At birth, a child's body is made up of around 300 bones. But an adult has just 206.
- **55.** Your right lung can take in more air than your left.
- 56. An adult person performs around 23,000 inhalations and exhalations a day.
- **57.** The smallest cells in a man's body are sperm cells.
- **58.** There are about 40,000 bacteria in the human mouth.
- **59.** Each of us has around 2,000 taste buds.
- **60.** The human eye can distinguish 10 million different colours.
- **61.** The chemical compound in the body which causes feelings of ecstasy (phenylethylamine) is also contained in chocolate.
- **62.** The human heart pumps blood at such pressure that it would be able to raise blood up to the fourth floor of a building.
- **63.** A person burns more calories when they are asleep than when they watch TV.
- 64. Children grow faster in the spring season.
- **65.** It turns out that one man in every three hundred is capable of satisfying themselves orally.
- 66. A person uses 17 muscles when they smile, and 43 when they frown.
- 67. By the age of 60 most people lose half of their taste buds.
- 68. The rate at which a person's hair grows doubles during an airplane flight.
- **69.** One percent of people can see infra-red light and 1% can see ultra violet radiation.
- **70.** If you were locked in a completely sealed room, you would not die due to a lack of air, but from carbon dioxide poisoning.
- **71.** On average, a person says 4,800 words in 24 hours.
- **72.** The retinas inside the eye contain 137 million light-sensitive cells: 130 million are rod cells for black and white vision and 7 million are cone cells for helping you see in colour.
- **73.** Our eyes remain the same size as they were at birth, but our nose and ears never stop growing.
- 74. In the morning, a person is about 8 millimeters taller than in the evening.

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- **75.** The muscles which help your eyes to focus complete around 100,000 movements a day. In order to make your leg muscles do the same amount of movements, you would need to walk 80 kilometers.
- **76.** A cough amounts to an explosive charge of air which moves at speeds up to 60 miles per hour.
- **77.** According to German researchers, the risk of having heart attack is higher on Monday than on any other day of the week.
- **78.** Bones are about 5 times stronger than steel.
- 79. It is impossible to sneeze with your eyes open.
- **80.** A person would die quicker from a total lack of sleep than from hunger. Death would occur after ten days without sleep, whereas from hunger it would take several weeks.
- **81.** The brain uses over a quarter of the oxygen used by the human body.
- 82. Grouping human blood types can be a difficult process and there are currently around 30 recognized blood types (or blood groups). You might be familiar with the more simplified "ABO" system which categorizes blood types under O, A, B and AB.
- **83.** A large amount of the dust in your home is actually dead skin. Humans shed about 600,000 particles of skin every hour.
- **84.** The cornea is the only part of the body with no blood supply it gets its oxygen directly from the air.
- **85.** Teeth are considered part of the skeletal system, but are not counted as bones.
- **86.** There is anywhere between 60,000-100,000 miles of blood vessels in the human body. If they were taken out and laid end-to-end, they would be long enough to travel around the world more than three times.
- **87.** The acid in your stomach is so strong that it could dissolve metal. Luckily your stomach lining can tolerate it!
- **88.** Your sense of smell is closely linked with your memories. Certain smells can trigger very strong emotions and memories almost instantaneously.
- **89.** When listening to music, your heartbeat will sync with the rhythm.
- 90. In one year, a human heart would pump enough blood to fill an Olympic size pool.
- 91. Astronauts can grow up to two inches taller in space.
- 92. Every day the average person loses 60-100 strands of hair.
- **93.** The largest internal organ is the small intestine. Despite being called the smaller of the two intestines, your small intestine is actually four times as long as the average adult is tall.
- **94.** Scientists have counted over 500 different liver functions. You may not think much about your liver except after a long night of drinking, but the liver is one of the body's hardest working, largest and busiest organs.
- **95.** The adrenal glands change size throughout life. The adrenal glands, lying right above the kidneys, are responsible for releasing stress hormones like cortisol and adrenaline.

- **96.** The average person expels flatulence 14 times each day. Even if you'd like to think you're too dignified to pass gas, the reality is that almost everyone will at least a few times a day.
- **97.** Over 90% of diseases are caused or complicated by stress. It could also be increasing your chances of having a variety of serious medical conditions like depression, high blood pressure and heart disease.
- **98.** Humans can make do longer without food than sleep. Sleep deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days.
- 99. Your eyes are always the same size from birth but your nose and ears never stop growing.
- **100.** Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.

Mr. Amol B. Deore Lecturer Department of Pharmacology

## Pharmacy Fun Facts That You Probably Didn't Know



- **1.** Coca-Cola was invented by a pharmacist developed the syrup for Coca-Cola in Atlanta, Georgia in 1886.
- 2. Pharmaceutical companies generate an estimated \$300 billion in profit a year.
- 3. Penicillin was the first antibiotic used by doctors discovered by Alexander Fleming in 1928.
- 4. Pfizer and John and Johnsons are two of the best pharmaceutical companies in the world.
- 5. There is still no complete cure for Cancer, HIV, or Parkinson's disease.
- 6. Developing a new drug costs 2.6 billion dollars.
- **7.** The U.S. pharmaceutical industry began in 1818 and Robert Shoemaker, a glycerin maker, was the first large-scale pharmaceutical maker in the country.
- **8.** Big pharmaceutical companies spend truly huge amounts of money to pay off their lawsuits and fines.
- **9.** Only the USA and New Zealand in the entire world where pharmaceutical companies are allowed to create direct-to-consumer ads.
- **10.** Humira is the best-selling prescription drug in the world. It is used to treat rheumatoid arthritis and other related diseases made by Abbott Laboratories (ABT).
- **11.** Bayers, the pharmaceutical giant responsible for Aspirin, once marketed heroin as a non-addictive morphine substitute and cough suppressant.
- 12. The RX symbol might have Egyptian Origins
- 13. Pharmacy was separated from medicine way back in 1240 A.D.
- 14. The first drug reference book in England was created in 1618.
- **15.** The first hospital pharmacy in America opened in 1752.
- **16.** The most expensive drug costs more than \$70,000.
- **17.** Listerine is named after Joseph Lister who promoted using antiseptics at hospitals.
- **18.** Dr. Pepper was invented by a pharmacist in Waco, Texas.
- **19.** The first commercial drug was mass-produced in 1883.
- **20.** American's first licensed pharmacist opened a drug store that provided traditional medicine as well as Voodoo remedies.
- **21.** Agatha Christie was a pharmacy technician and used her experiences as inspiration for her mysteries.

- **22.** Lipitor is the best-selling drug of all time. It was introduced in 1997 and its patent expired in 2011, making about \$125 billion.
- **23.** According to the New Orleans Pharmacy Museum, Louis J. Dufilho Jr. of Louisiana became the first to pass the exam in 1816, and he is known as the first legitimate pharmacist in the U.S.
- **24.** The biggest pharmaceutical companies in the world spend most of their money on marketing, not on drug research or developing new therapies. The bulk of the money pharmaceutical companies spend goes into promotion.
- 25. Before he discovered electricity, Benjamin Franklin dispensed medicine as a pharmacist. He worked as a clerk in a local mercantile store, where he dispensed medicines, herbs and other cures.

**Prof. Komal S. Mande** Department of Pharmaceutics

# Charaka Samhita



Charaka-samhita is comprehensive text on ancient Indian medicine credited to Charaka, who was a practitioner of the traditional system of Indian medicine known as Ayurveda. Charaka is thought to have flourished sometime between the 2nd century BCE and the 2nd century CE. t is believed that his master, Punarvasu Atreya, had seven disciples - Agnivesa, Charaka, Bhela, Jatukarna, Parasara, Harita, and Ksharapaani. Each wrote his own samhita or text, and Agnivesa is said to have had the best version. The revised version of the same is what came to be known as Charaka Samhita.

Our understanding of Ayurveda and its teachings draws straight from the Charaka Samhita, a comprehensive guide that contains details of an overall ideology, approach, treatment methods and general advice for physicians.

Its contents are divided into 120 chapters in eight specific Sthanas or partitions. They are:

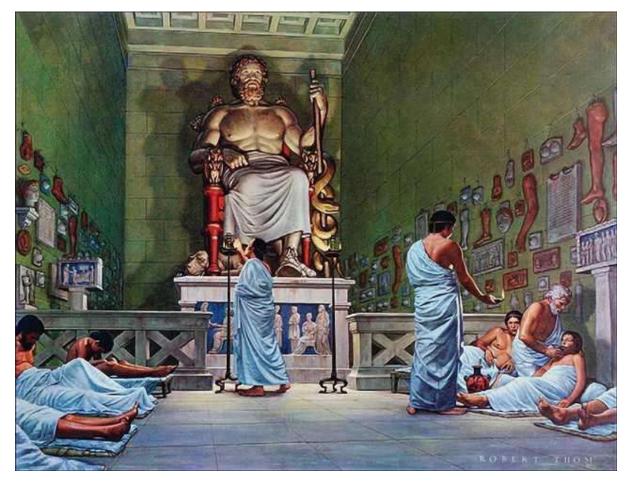
- **1. Sutra Sthana** (30 chapters) General guide on the core philosophy and beliefs of Ayurveda, and the requisite approach towards treatment
- 2. Nidana Sthana (8 chapters) Eight primary diseases and their causes
- **3. Vimana Sthana** (8 chapters) Ideological advice for practitioners on taste, recommended diet and training
- 4. Sharira Sthana (8 chapters) Explanations of the anatomy of the human body
- 5. Indriya Sthana (12 chapters) Diagnosis and prognosis
- 6. Chikitsa Sthana (30 chapters) Specialized treatment methods
- **7.** Kalpa Sthana (12 chapters) Methods on how medicines must be prepared for accurate treatment
- 8. Siddhi Sthana (12 chapters) Overall health advice

The final two chapters are attributed to Dridhabala, who is said to have been active around the 4th century CE.

#### Second Year D. Pharm

# **A Brief History of Medicine**

Explore a brief history of medicine through the ages.



If you're thinking of applying to medicine it's probably useful to have an idea of where it all started!

So when did the practice of medicine begin? And who were the first doctors? While there are no straightforward answers to these questions, there is evidence from primitive societies that 'treatments' were attempted for common conditions, although often superstition and religious beliefs would be intermingled with these. We do know that from ancient Egyptian times (from around 3000 BC) there were 'doctors' and in this context, the medical practitioner Imhotep (around 2600 BC) produced a written work chronicling over 200 different medical conditions.

Hippocrates (born 460 BC) is widely credited as being the father of modern medicine. One of his huge contributions in advancing the field was the insight into the fact that diseases could have natural (rather than supernatural) causes. Also of enormous significance was his oath of conduct for physicians which are still used worldwide today. Famous doctors from the Roman world include Galen who dissected primates and attempted to extrapolate findings to the human body, although with limited success. Advances in public health were also important during this period, including some of the first sewage systems.

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In medieval times, medical practices virtually unrecognizable today were commonplace. For example, bleeding those who were ill was seen as helpful in a wide range of conditions as was the administration of laxatives. Predominant in this time was the notion that the church had a duty to care for the sick with many hospitals being built.

However, the term 'doctor' itself didn't arise until the 14th century in Britain and was typically used to refer to theologians and those who could 'teach'. Leonardo da Vinci, working in the 15th century contributed greatly to our understanding of human anatomy, with detailed sketches produced after careful dissection of human corpses. An important discovery in the 17th century was made by the well-known physician William Harvey – that the heart pumps blood round the body. The idea of the four humors in the body – blood, phlegm, yellow bile, and black bile still predominated, however, with much illness attributed to an imbalance in these.

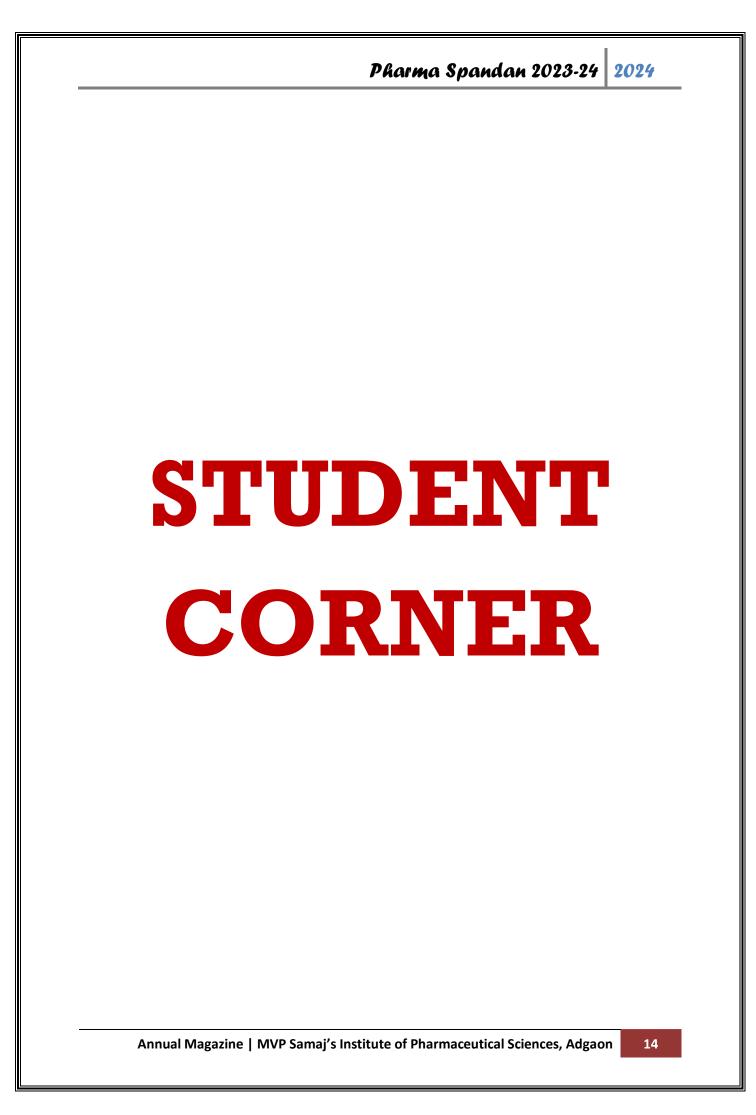
Moving forward, the 19th century saw many advances, although to the current day thinking many common practices of the era seem barbaric. This was the age of the first uses of anesthetics, of the 'germ theory of disease', the first vaccines, and also the first woman to be awarded a medical degree.

Right at the turn of the last century blood groups were identified, paving the wave for improvements in transfusion. The introduction of vaccines for conditions such as diphtheria, tuberculosis, and vitally the development of antibiotics has revolutionized medicine. With the decrease in conditions that had previously decimated populations came the rise in diseases more rooted in lifestyle – diabetes, heart conditions, and cancer.

The genetic, and laterally genomic, era along with the developments in reproductive technologies (the first 'test tube' baby was born in 1978) promises to again revolutionize health care, although this may come at a high economic cost.

Mr. Amol Deore Department of Pharmacology

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#### We are the pharmacists...

From any disease we heal you, **Everyone having valuable life** So the life we can deal you ! We are the pharmacists... We medically kindly cure you, Are you struggling with your pain? The quick Recovery We assures you! We are the pharmacists... We play with the medicaments, Physician can only describes your disease And we are the ones who give legal treatment We are the pharmacists... Working for one community really hard, Protecting you all from the decades And savings you all by being lifeguard! We hearty proud our self... We handling this profession, For serving you all better For this Healing Mission!

> F. Y. D. Pharm Bharati Zalte

# **Art Section**

#### Pharmacy

नाम सुनकर भी डर जाते है हम ,नही पता कैसे याद करेंगे हम, उसका नाम है ......"pharmaceutical chemistry " 🖋

"Pharmacognosy" भी बहुत अजीब है, drugs का classification और T.S. लेते लेते ही दिन जा रहे है... दिन मै पढा नही जाता और रात को पढा हुआ सुबह उठकर याद नही आता ..,

"Pharmaceutics" की formulation बनाते वक्त लगता है कुछ ऐसा बना ले की पढा हुआ सब याद आ जाये ...

बचपन बार बार याद दिलाती है "social pharmacy" बताती है हमारे बचपन मै लिये हुअे vaccines "Human anatomy " पढते पढते सालो लग जाये पर ये कभी याद न आये ...

Assignment और practical करते करते साल बित जाये पर ये पढा हुआ याद न आये ..

और ये सबकुछ सहने के बाद भी .....

We are proud to be pharmacists 🌯 💉

#### Poem by , S. Y. D. Pharm

Krutika Gajare

# Photography is also an Art.....



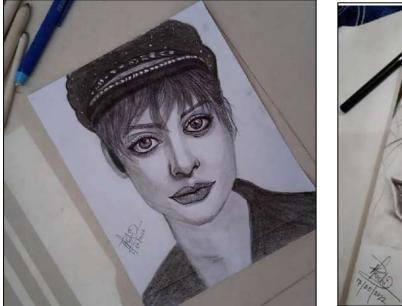


# <image>



Pharma Spandan 2023-24 2024

#### Natures Trail by Dhanashri Bhagwat







#### Sketches By Prachi Upadhyay, S. Y. D. Pharm

# Tree Plantation at MVPs Institute of Pharmaceutical Sciences, Adgaon on occasion of Azadi ka Amrit Mahotsav







# Meri maati Mera Desh Oath Reading at MVPs Institute of Pharmaceutical Sciences, Adgaon on occasion Amrit Kaal



Meri maati Mera Desh at MVPs Institute of Pharmaceutical Sciences, Adgaon on occasion Amrit Kaal



# INDUSTRIAL VISIT at Aushadhi Bhavan, Ayurved Seva Sangh, Nashik





#### **Medical Store Visit**



### Hospital Visit at Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon



# 2024



#### Students at Posters and Rangoli competition for World AIDS Day Celebration at DR. VPMCH&RC

Together We Gan Stop HIV and

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S. Y. D. Pharm

27

MSBTE approved State Level Workshop for demonstration of various routes of parenteral administration at Dr. Vasantrao Pawar Medical College, Hospital & Research Centre by Pharmacology Department





# Republic Day Celebration at MVPs Institute of Pharmaceutical Sciences, Adgaon



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#### Sewage Treatment Plant Field Visit

# Blood Bank Visit at Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon



### Workshop on demonstration of CPR and AED for F. Y. D. Pharm at Dr. Vasantrao Pawar Medical College, Hospital & Research Centre by Department of Anaesthesia







Nashik, Maharashtra, India 2VP2+4MV, Hindustan Nagar, Vasantdadanagar, Adgaon, Nashik, Maharashtra 422207, India Lat 20.035713° Long 73.851911° 14/02/24 12:28 PM GMT +05:30

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GPS Map Camera

#### Second Year D. Pharm students Participated in Quiz competition



Second Year D. Pharm students Participated in Multi Diagnostic Health Camps Organized by Dr. Vasantrao Pawar Medical College, Hospital & Research Centre









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# MVPs Institute of Pharmaceutical Sciences at Shashivarna Event Celebration.



#### Freshers Party Event 2023-2024



# Annual Day Event 2023-2024

