

INCESSANT

...Continuing Without A Pause



Manipal College of Pharmaceutical Sciences



Padmashree Awardee Dr T M A Pai
1898-1979

INCESSANT

...Continuing Without A Pause



Manipal College of Pharmaceutical Sciences

Manipal Association of Pharmacy Students (MAPS)



Messages



The Indian Pharmaceutical sector has been growing by leaps and bounds recently extending its solid support to community health. Students of Manipal College of Pharmaceutical Sciences have a great role to play when they enter their professional field and it is, therefore, necessary that they make good use of the facilities in the College to acquire the required knowledge and skills. I do believe they are shaping themselves in the right direction in this regard. My best wishes for their successful professional career.

Dr Ramdas M Pai
President & Chancellor
Manipal University



Each academic year in an educational institution will have its own academic and co-curricular activities to be highlighted in its annual report and magazine of the Manipal College of Pharmaceutical Sciences will inspire its students to move forward with greater interest in their academic and extracurricular activities to develop their skills and talents for ensuring a satisfying professional career. I wish them a bright future.

Dr H S Ballal
Pro Chancellor
Manipal University



Inspite of the innumerable magazines and innumerable messages, I would like to write with a new enthusiasm and interest each time. Apart from academic qualifications, it is out character and attitude that help us in building our career. Though you all are pharmacists, each time one of you will be distinctly different depending upon your approach to life. Don't be afraid in treading the unknown path. Only then, you will be able to give your best. I wish to see each one of you reaching the pinnacle in your career with zest. My best wishes to all of you in all your endeavours in the years to come.

Dr K Ramnarayan
Vice Chancellor
Manipal University

Messages



INCESSANT, the college magazine of MCOPS provides a medium of expression for budding pharmacists at MCOPS. Besides showcasing the annual achievements, the magazine also chronicles the jokes of the previous year, new ideas and literary-flair.

Pharmacists have made great directors, writers, communicators and business men. In these days of pharmaceutical business and evidence based and informed medicine, communicating with the business partner and patients at the practice area have become more important than ever before. It is not enough for one to possess the knowledge and charge with psychomotor skills, but he/she needs to translate these into actions at the real situations in the profession of pharmacy with confidence and mutual trust.

INCESSANT has improved in its look and feel with the passage of years. Let me congratulate the editor Mr Shobhan Ojha and his team for their commendable job in bringing out this edition of INCESSANT. I feel it is worth reading and preserving with us for long to cherish the past memory.

I wish all the best.

Dr C Mallikarjuna Rao

Principal, MCOPS



I am happy to write a message for the students of MCOPS, Manipal University. This year, MCOPS has attained the first rank among all the pharmacy colleges of India. This happy situation has risen through the concerted efforts of all us- primarily, you the students, faculty and staff. Now the onerous task for us to stay on top henceforth. While the academic performance is very important, co-curricular activities are also required for all-round development. The making of a college magazine is not an easy task. Through your joint effort you have brought out a beautiful magazine- Incessant. I heartily congratulate the editor Mr Shobhan Ojha and his team for their excellent work.

Prof (Dr) M Sreenivasa Reddy

Vice Principal, MCOPS



I am happy to note that the editorial board of Manipal Students Affairs Council of Manipal College of Pharmaceutical Sciences is bringing out the magazine "INCESSANT-2015" and it is my pleasure to give this message. The entire team of the editorial board has really worked hard to make their dream come true by bringing all the activities of the college held during 2014-15 in the print form. I strongly believe that the students' activities have been showcased effectively and efficiently. This issue, not only educates every reader, but also gives them satisfaction and fun. My hearty congratulations to the entire team and I wish them all the best.

Prof (Dr) C S Shreedhara

Secretary, MAPS, MCOPS

The Chief Editor Speaks



“To be or not to be” once said Shakespeare.

This exactly was the thought running through my mind, as I packed my bags for Manipal, all set for a fresh academic session. Little did I anticipate the exciting turn of events that would follow?

Having been a part of the editorial board since my first year, I had seen it function closely and to say that it has been a part of my identity, here in Manipal, would not be an exaggeration. This, however, did not lessen the anticipation or the anxiety of stepping into the shoes of the chief editor, and as I filed my nomination for the post, I could only imagine the plethora of task ahead of the editorial board.

The board has always been a bunch of enthusiastic creative individuals, and this year was no different.

We started off with a T-shirt designing competition in August. The winning design by Jefry Jose(4th PharmD), went on to become the college T-shirt which was shown much love and appreciation from both, staff and students alike, taking care of the fund collection ritual.

The editorial notice board was adorned with many interesting and informative ideas; all throughout the year, ranging from creating awareness about language day to educating people about men’s health relates issues via No shave November. I would like to thank Manas, my technical advisor and Nishma, the joint editor, for coming up with new ideas every few weeks, and keeping the notice board alive.

The months that followed were spent brainstorming about the content of the magazine and convincing people that they could write and oh so beautifully. A couple of new features which have been added to the magazine would not have been possible without the overwhelming support of my fellow core council members.

A special vote of thanks to my team; Sushant, Aditi, Naval, Tanvi, Khushboo and Vinita who stood by me through thick and thin, helping in whichever way they could. From organizing photo-shoots at the drop of a hat notice, to persuading their classmates to pen down for the magazine, they have gone out of the way and worked incessantly to make INCESSANT a dream come true.

I hope they come back again to serve the editorial board in its future endeavors and wish them best of luck.

I would like to show my gratitude to our staff advisor Dr. Jayesh Mudgal sir, without whose constant motivation the magazine would have not been the reality it has turned out to be.

One of the biggest challenges we had was to come out with a magazine and on time. As the deadlines approached, the pressure soared high. It would not have been possible without the constant support of everyone mentioned above. I would like to thank my parents and my friend Ramakrishnan. They helped me keep my head on my shoulders; and were there when I needed them the most.

It was a roller coaster ride with many ups and downs, but at the end of the day all is well that ends well. We have tried our best to capture your moments and paint your memories with the bitter sweet ink of nostalgia.

Hope you have a nice time going through the pages of INCESSANT 2015.

Shobhan Ojha
Chief Editor

The President Speaks



Someone had rightly said, “Born in XYZ city, but brought up in Manipal”. These are probably some of the lines that can best describe my amazing, life changing experience called Manipal. And it is with a great sense of pride that I say that Manipal College of Pharmaceutical Sciences has been a very welcoming home for the past four years.

To begin with, this year saw a major revamp in the functioning of the Student Council, with the founding of MAPS- The Manipal University Association of Pharmacy Students, which led to the restructuring of the administrative posts as well as the induction of two new committees- the Community Development Committee (CDC) and the Student Exchange Committee (SEC). Genesis, the grand inaugural affair was held in September wherein the office bearers were formally invested with the duties. This was soon followed by Sanskriti. While most students relaxed during the winter break at home, there were few who stayed back and participated in the first-ever “Winternship” project started by the members of the SEC. The month of February was one of the liveliest in MCOPS with back to back spectacular events – Pharmaquora 2015 for the budding, career oriented pharmacists and Athlos-2015, where the strongest, fastest and sharpest were pitted against each other in this sports fest. The annual day was celebrated with much fanfare on February 14th and meritorious students and faculty members were duly felicitated.

Without further ado, I'd like to thank Bittu Paul for his ceaseless support. None of our college spirit would exist without the hard work put in by Pooja, Ahad, Ram, Mitali, Sana, Manasa, Astha and the members of their respective councils for the various events conducted round the year. I am also very grateful to our Chief Editor Shobhan, Joint Editor Nishma and the entire Editorial Board for coming up with such a memorable magazine, a product of their incessant hard work and brainstorming. My heartfelt gratitude towards the entire Pharmaquora 2015 team- Benita, Adithya, Niraja, Arbind, Akshay, Srija, Rohan, Divya, Lakshmi, Raghuvir, Roshni and Ashwitha for bearing me while I was hyperventilating throughout the event! I would like to extend a special thanks to Madhav Jain and Hrishika Maharishi for their unwavering support, through good times and bad. Last but not the least; I'd like to sincerely thank my batch-mate Chandani Priya for her kindness, patience and tolerance as a roommate all through these four rollercoaster years.

With this year having gone by in a flash, I am left with a bittersweet feeling – hesitant to let go of familiar surroundings and faces, but also looking forward to what lies ahead. I have much to thank this college for, and I am fortunate enough to have been under the tutelage of some of the finest and most approachable teachers who have taught me things beyond the four walls of the classroom. My best wishes to everyone and may MCOPS continue to produce generations of honest, ethical and successful pharmacy students.

Shweta Bhatt
President

The Vice President Speaks



“The most successful people are those who are good at Plan B”

It was an immense pleasure to be a part of the council 2014-2015 as the vice president of MCOPS. Being the vice president at such a crucial juncture was a great learning experience.

I had a great bunch of other members in the council without whom I couldn't have made this year go to such a peak of success. Council has done a unique job this year by conducting all the regular events like SANSKRITI, ATHLOS and PHARMAQUORA with zeal and enthusiasm

The responsibilities of the council members were first tested during council inauguration; GENESIS which marked thrilling performances by our talented fresher's. A team handled by Shweta and supported by Pooja did an excellent job. Together with Mitali as cultural secretary, Ahad as sports secretary, Shobhan as Editor, every task was completed to perfection.

I thank the cultural secretary Miss Mitali Gaurav for her extensive support in the cultural events held throughout the year and I congratulate her on the grand success of Sanskriti and annual day, I would also like to thank the joint cultural secretary Miss Sana Sheikh and all other cultural council members for their coordinational support.

We had a lot of sports events this year shouldered by our superb sports secretary Mr Zabiuddin Ahad and the joint sports secretary Mr Ramakrishnan and the efficient sports council members who have been enthusiastic throughout the year. MCL and ATHLOS was a grand success.

The class representatives worked really hard for the Grand success of PHARMAQUORA, without them it couldn't have been a success.

This year we had two new councils; SEC (students exchange council) and CDC (community development committee). SEC conducted an internship program in December that was really helpful for a lot of students. AIDS awareness marathon was conducted by CDC captured a lot of attention.

It was a great privilege in working with the alumni and placement cell, initiated by our university this year to connect with the alumnus and to provide job opportunities has been a great learning experience.

Last but not the least, I would like to thank Dr C Mallikarjuna Rao, the Principal of MCOPS; Dr Sreenivasa Reddy, the Vice Principal of MCOPS for giving me an opportunity to show my talent as the vice president. I also thank my batch mates and my friends for supporting me. I also thank my parents and The God almighty.

Wishing the future council a successful year ahead...CHEERS!!

Bittu Paul
Vice President

The General Secretary Speaks



A leading step ahead, the courage of striving for excellence, a hope of working towards better things in life made a difference to all of us.

Working for the student council was an incredible experience throughout my first two years. For the first time being a part of it as the general secretary and also heading the newly born Student Exchange Committee was an exciting responsibility for me. Nevertheless to say, it has been a worthy year for the entire student council working round the clock to make it an ebullient and vibrant MCOPS atmosphere which

turned out to be extremely productive.

We all came together for Genesis and inaugurated MAPS successfully. The zeal continued with “Sanskriti”. “Pharmaquora 2015” organized by the academic council which turned out to be one of the most awaited and grand pharmacy fest ever. It would have definitely not been possible without the extensive support of Dr Jeyaprakash sir, the president, vice president and the whole academic council. Athlos- the annual athletic meet was conducted beautifully by the sports council. Aids day celebration and nutrition program organized by the youngest Community development committee was very informative. Celebration of the “awards and annual day” function added great beauty to this year.

Never to forget, MCOPS glimpsed the celebration of events like “National Unity Day”, “National Education Day”, “Matribhasha Diwas”, “Maulana Abdul Kalam Azad Birth Centenary” etc for the first time ever with participation from both the staff and students. They turned out to be appreciable attempts.

Initiation of Student Exchange Committee was a challenging task. After all, a great start demands an overwhelming end. For the first time ever in MCOPS, SEC initiated the “Winternship 2014-15” under the guidance of Dr Anup Naha which was very successful and totally accepted by the students. Group of 21 students worked under 12 extremely experienced faculties. Besides the in house internships, it was a great pleasure for me and my committee to take MAPS to a global level. Internships were set up in countries like UK, Malaysia, Australia and many more. On this note, I convey my heartfelt gratitude to Dr Vinod Bhat, the pro vice chancellor, MU, Dr C Mallikarjuna Rao, Principal, Dr Srinivasa Reddy, Vice-Principal, my committee faculty advisor Dr Anup Naha and all my committee members for believing in me and making SEC a success.

In spite of studies and the hectic schedule, organizing events for stress relief was fun for me throughout this year. This could not have been possible without the most adorable core council members like Shweta Bhatt, Bittu, Mitali, Manasa, Ahad, Shobhan, Sana, Ram, Nishma, Aastha and others in the student’s council. My love to the whole student council for making 2014-2015 of my academic tenure as the General Secretary, one of most memorable experience ever in my student life.

Pooja Yasaswi Vemuri
General Secretary / Secretary
Student Exchange Committee

The Sports Secretary Speaks



There is neither strength nor might, except that is from Almighty. So I praise and thank the Almighty for showering his blessings upon me throughout my journey as a sports secretary.

We torched the sports events of MCOPS with the spirit of Indian sport, cricket; “MCOPS Cricket League 2014-15” (MCL), which unmasked the hidden talents among the MCOPS students and the faculty members. The Winners title was bagged by the latest entrants to the MCOPS family – Sons of Pitches.

We have shown our presence in various intercollegiate events like Cricket, Basketball, Volleyball, Football, Throw ball, Badminton, Chess, Table tennis, Swimming, Athletics and Hockey by putting up the toughest fight we could, nevertheless we could not win the trophy, and hope this Vacuum will be filled in the coming years....!. It was our source of pride to represent Manipal University in All India Inter-university squash tournament and south zone Inter- university chess tournament and I thank Anuvrinda and Upamnayu Mondal for bringing this honour to us by participating in the respective sport.

With the motto of “LOOK UP, GET UP BUT NEVER GIVE UP” the annual sports meet of MCOPS – ‘ATHLOS 2014-15’ began with tossing the coin on the cricket field followed by an exciting journey tintured with various elements of sports. The events were played in sportsmen spirit, within the boundaries of fair play in full enthusiasm fighting to be the best. And, 2nd year team turned out to be the best and lifted the overall championship trophy donated by Dr Anup Naha and Mr Venkatesh Kamath. The Runner up trophy Donated by Dr C S Shreedhara was lifted by the PG’s team.

My words would be incomplete without acknowledging my fellow council members and people who stood beside me through my hard times during this long ride and helped me to pass on the “torch” to my successor, successfully.....

Mohd Zabiuddin Ahad
Sports Secretary

The Cultural Secretary Speaks



Till the beginning of this session, I used to look upon the post of Cultural Secretary and wished to hold it someday, never knowing that it'll come true. But as they say “with great power comes great responsibility”, and the responsibility of being the Cultural Secretary is not as easy as it seemed to be. I had expectations to reach and a benchmark to touch which was set by the previous secretaries. But with the kind of a council I had, made everything look achievable and made sure the year 2014-2015 was a successful year for the Cultural Committee of MAPS. And I was proud to head this ever enthusiastic group of people!!

The Cultural calendar started off with the inauguration of the Student Council “GENESIS 2014”, which had three parts: Inauguration of student council, Teacher’s Day celebration followed by cultural night, put up exclusively by the first years, where we saw some amazing talent and performances. Success of this event helped us a lot in our next, bigger and most awaited event “SANSKRITI 2014”.

SANSKRITI 2014 was a grand success! We saw first years coming up and participating in every competition and boy, did we have a tough fight. SANSKRITI is always enjoyed by everyone be it students or teachers. So, this time to make it more fun and competitive we introduced new competitions like Fashion Show, Face Painting, Duet Song, Duet Dance, Sanskriti Story and TV Show Quiz. And to our surprise the participation was more than what we expected! And each day was named and had a dress code to be followed during the full SANSKRITI week: DAY 1: Ethnic Day, DAY 2: Retro Day, DAY 3: Criss Cross Day, DAY 4: Magical black and DAY 5: Traditional Day, which added the “masala” to our cultural week.

Annual day was celebrated in the college on 14th February, with active participation from students of all the years. It saw coming together of the MCOPS family under one roof and enjoying as one. Prizes were distributed to various rank holders and PhD’s amidst a number of cultural performances by students as well as teaching/ Non-teaching staff of the college.

All this would not have been possible without my council, which was supportive and extremely enthusiastic, dedicated, hardworking and creative. Thank you so much guys!! You made my work easier; I loved working with you all. I would also like to thank my Joint Secretary, Sana for being so positive and number one to execute the plan, Ashwin for being my rescue man! Thank you for being there when I needed you the most! Sarvajeet Sir, Ateendra sir and Rahul sir thank you for your extended help. I would like to extend my gratitude to Dr. Jagadish PC, Dr. CS Shreedhara and Dr Anup Naha for their undaunted support and guidance. In the end I would like to thank all those who helped me directly or indirectly, thank you.

Lastly, I’m proud to be a part of this year’s student council. It has made me grow as a person and I will cherish these memories forever. It’s hard to say good bye and since time to part my ways with the council nears I realize how true that is. I wish the future council all the very best in their endeavors.

Mitali Gaurav
Cultural Secretary

The CDC Secretary Speaks



*“I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy.”*

- Rabindranath Tagore

“COMMUNITY DEVELOPMENT COMMITTEE”- The new-born committee of the MAPS (Manipal Association of Pharmacy Students) family, true to its name, has endeavored to extend the horizon of knowledge to enlighten the community. Getting to head this committee is a prodigious episode of my student life.

The sole purpose of establishing this committee has been to put forth the pharmacist, as a community worker. The team CDC, a group of eight students, under the guidance of Mr. Kanav Khara came together to work for the cause.

Commemorating the inception of this new committee, the first event- “A Nutritional Awareness program for pregnant and lactating women” was organized. It turned out to be an unprecedented success, thereby reviving our enthusiasm in organizing the subsequent events. The next stride of CDC was the event “AIDS free India- A Hope or Hype” for educating the fellow pharmacists and other healthcare professionals. Having worked effectively in a small scale, we next set out to volunteer for a larger event- a WHO initiative, Pulse Polio Immunization Program. The variety of events organized and the diverse populations targeted in these events highlight the numerous ways in which we pharmacists can play a role in community development.

The striking success of CDC can be attributed to the flawless team. A perfect blend of talent and hard work, the members complemented each other impeccably and made my job seemingly effortless. Mr Kanav Khara, the faculty coordinator for CDC, has an uncanny flair to keep us in good spirits all the time. CDC wouldn't have been a reality without his constant support and encouragement.

CDC has reached the first mile stone at the end of this fruitful academic year and there are many more to go. I wish great success to the upcoming team of CDC, to take forward the zeal for service to community.

Manasa Ch

Secretary

Community Development Committee

Council Photos



Academic Council



Cultural Council



Editorial Board



Student Exchange Committee



Community Development Committee



Sports Council

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Genesis Photos







Events' List

15 August	Independence Day
3-4 September	Nutritional Awareness Program
5 September	Genesis
8 September	Onam
25 September	Pharmacists' Day
2 October	Swachh Bharat Abhiyan
27-31 October	Sanskriti
31 October	Unity Day
11 November	National Education Day
30 November	Aids Walkathon
1 December	World Aids Day
17 December-16 January	Winternship
18-21 January	Pulse Polio Cycle I
25 January-26 February	Athlos
14 February	Annual Day
21 February	Mother Tongue Day
22-25 February	Pulse Polio Cycle II
26 February	Sports Day
6-10 April	Utsav

Independence Day



World AIDS Day Seminar



AIDS Walkathon



Athlos Athletic Meet Results

ORGANIZED BY: MCOPS MANIPAL

VENUE: MIT ATHLETIC GROUND

DATE:26-2-2015 SECTION: MEN

SL.NO.	EVENT	POSITION	NAME	CLASS
1	100 mts	1ST 2ND 3RD	RAMAKRISHNAN SUJAYENDRA AHAD	3RD YEAR 2ND YEAR 4TH YEAR
2	200 mts	1ST 2ND 3RD	RAMAKRISHNAN AHAD PARTH GOHIL	3RD YEAR 4TH YEAR 1ST YEAR
3	400 mts	1ST 2ND 3RD	RAMAKRISHNAN PARTH GOHIL DHAVAL PATEL	3RD YEAR 1ST YEAR 1ST YEAR
4	800 mts	1ST 2ND 3RD	DHAVAL PATEL PARTH GOHIL PRIYATAM RANJAN	1ST YEAR 1ST YEAR 2ND YEAR
5	1500 mts	1ST 2ND 3RD	DHAVAL PATEL ABU BAKAR SIDDARTH	1ST YEAR 1ST YEAR 3RD YEAR
6	3000 mts	1ST 2ND 3RD	SIVAKUMAR SIDDARTH ROHITH RAJ	PG 3RD YEAR PG
7	SHOT PUT	1ST 2ND 3RD	VICTOR O KONGWO KARTHIK MADDHALI K KARTHIK SUBRAMANYAN	2ND YEAR PG 3RD YEAR
8	DISCUSS THROW	1ST 2ND 3RD	VICTOR MANDEEP KARTHIK MADDHALI	2ND YEAR 2ND YEAR PG
9	LONG JUMP	1ST 2ND 3RD	SUJAYENDRA BRENDEN ASHLEY HARJOT KARLA	2ND YEAR 2ND YEAR 4TH YEAR
10	TRIPLE JUMP	1ST 2ND 3RD	PRASHAST AHAD UJJAL	4TH YEAR 4TH YEAR 3RD YEAR
11	JAVELIN THROW	1ST 2ND 3RD	KARTHIK SUBRAMANIAN VINAY PATIDAR OMER FAROOQ MOHIUDDIN	3RD YEAR PG 4TH YAEAR
12	HIGH JUMP	1ST 2ND	PRASHAST KARTHIK MODDIHALI TRIDIB HALDAR UDAY BHASKAR	4TH YEAR PG 2ND YEAR PG
13	4*100 mts RELAY	1ST 2ND 3RD	GROUP	4TH YEAR 1ST YEAR 2ND YEAR
14	4*400 mts RELAY	1ST 2ND 3RD	GROUP	1ST YEAR PG 2ND YEAR
15	4*100 mts MIXED RELAY	1ST 2ND 3RD	GROUP	2ND YEAR 3RD YEAR PG

DATE:26-2-2015 SECTION:WOMEN

SL.NO.	EVENT	POSITION	NAME	CLASS
1	100 mts	1ST 2ND 3RD	SNEHA ANUVRINDA CHINNU	2ND YEAR PG 3RD YEAR
2	200 mts	1ST 2ND 3RD	ANUVRINDA ATIRA POOJITHA REDDY	PG PG 2ND YEAR
3	400 mts	1ST 2ND 3RD	FIONA ALISHA SAMIKSHA	3RD YEAR PG 3RD YEAR
4	800 mts	1ST 2ND 3RD	VINITA KAKKAD TANYA SINHNA POOJITHA REDDY	4TH YEAR 3RD YEAR 2ND YEAR
5	1500 mts	1ST 2ND 3RD	VINITA KAKKAD GOPIKA JOSLINE	4TH YEAR 3RD YEAR 2ND YEAR
6	SHOT PUT	1ST 2ND 3RD	ALEKHYA LAVU SHANIA CHINNU	2ND YEAR 2ND YEAR 3RD YEAR
7	DISCUSS THROW	1ST 2ND 3RD	ALEKHYA LAVU ANUJA POOJITHA REDDY	2ND YEAR 3RD YEAR 2ND YEAR
8	LONG JUMP	1ST 2ND 3RD	SNEHA K R MANASA AKKINENI ATHIRA	2ND YEAR 2ND YEAR PG
9	TRIPLE JUMP	1ST 2ND 3RD	SNEHA K R MANASA AKKINENI SEEMA KUMARI	2ND YEAR 2ND YEAR 4TH YEAR
10	JAVELIN THROW	1ST 2ND 3RD	GOPIKA CHINNU ALEKHYA	3RD YEAR 3RD YEAR 2ND YEAR
11	HIGH JUMP	1ST 2ND 3RD	ANJANA POOJA SEEMA	4TH YEAR 3RD YEAR 2ND YEAR
12	4*100 mts RELAY	1ST 2ND 3RD	GROUP	3RD YEAR PG 1ST YEAR
13	4*400 mts RELAY	1ST 2ND 3RD	GROUP	2ND YEAR 1ST YEAR PG

ATHLOS 2014-15

25 Jan – 26 Feb

ATHLOS is the Annual sports Meet of MCOPS, conducted over a month, allowing the students to compete in large numbers representing their respective batches and also to encourage them to participate in sports, apart from their regular professional studies. Cricket, Football, Basketball, Volleyball, Throw ball, Badminton, Table Tennis, Carom, Chess, Swimming and Athletics were the sports included in the meet.

“Talent wins games, but teamwork and intelligence wins championships”

- Michael Jordan

ATHLOS 2014-15 started off on a fine Sunday evening with carom and chess competitions dated on 25 and 26 Jan 2015 which marked as a grand inaugural for the meet, this was the time when students were just back from their winter vacation but still turned out in good numbers and made this an encouraging beginning for the meet.

The schedule was packed with other sports during the month of February, and were played with the spirit of winning. There were few conflicts during various sports played but everything went smoothly due to the inner sportsman spirit among the crowd.

Finally the day came, 26Feb 2015 a big day for the sports council, MAPS. It was the final day of ATHLOS 2014-15. Athletic events, prize distribution and the valedictory function was scheduled on the same day.

The formal event began with the arrival of Dr Ullas Kamath Dean, MMMC Manipal, who was the chief guest for the day and Dr C Mallikarjuna Rao, Principal, MCOPS Manipal. The marching of various batches of MCOPS, led by their respective class sports representatives formally inaugurated the ceremony. This was followed by the torch lighting ceremony, held for the first time in the history of MCOPS and the torch bearers were Md ZabiuddinAhad, Ramakrishnan, Sneha, Upamanyu and Anuvrinda; who have represented MCOPS as well as Manipal University in various sports and brought laurels to the college.

A runner up trophy donated by Dr C S Shreedhara, secretary, MAPS was unveiled by the chief guest and the winner's trophy donated by Mr Venkatesh Kamath and Dr Anup Naha was also unveiled.

After the inauguration, all the athletic events took place in a sound and smooth manner. The day ended with the valedictory function and the second years were declared as the champions 2014-15 and the runners up were the PG team.

Athlos Winner's List

CRICKET (MEN)

1st: PG

Saurav Jha
M. Karthik
Venkatesh Kamath
Anuj Shah
Mahesh Patil
Sarvajeet Khare
Shiva
Vinay Patidar
Krishna
Sumit
Rizwan Pathan
Ramesh Babu
Vasif
Sandesh
Roshan
Chaitanya

2nd: 1st Year

Dhaval Patel
Rohan Patra
Vignesh Mohan
Parth Gohil
Sushant Suresh
Dibya Pallai
Utkarsh Chandra
Rahul Kumar
Rahul Rajpoot
Ankit Awasthi
Ratna Sagar Sunkara
Nikhil Papudesi
Nabeel Attarwala
Abhishek Jena

CRICKET (WOMEN)

1st: PG

Gopika Krishnan
Surbhi Priyadarshini
Anuvrinda Ch
Shruthi Khurana
Alisha Syeda
Sonia D'Souza
Athira Nair
Sayali Khanegaokar
Nikhila Rudrabhatla
Janhavi Dabir
Anshika Kaul

2nd: 1st Year

Adwaetha Nambiar
Amritha Anand
Arline Mendonca
Samridhi Kamath
Shoney Thomas
Christi Sajee
Spandana
Varsha Shree
Srujana
Pareeta Kotecha
Ashwini Raju
Hrishika Maharishi

FOOTBALL (MEN)

1st: 2nd Year

Avichal

Vijay
Ashley
Amit
Tony
Augustine
Vishesh
Abbas
Sanju
Sujendra

2nd: PG

Seyed Hanif
Karimzad
Sajjad Fazel
Saurav Jha
Sonu Samuel
Anwar Rizvi
Shiva Kumar
Anuj Shah
Zeinabbas Laddha
Karthik Maddhali
Varun Pradeep
Aviral Dube

FOOTBALL (WOMEN)

1st: PG

Anuvrinda Ch
Harsha Srivastav
Shruti
Hansika
Surabhi
Gopika
Zoya Ahmed
Kesia
Sanchari

2nd: 2nd Year

Zahra Bandali
Krishna Gandhi
Ashley ann Thalody
Poojitha Reddy
Sravani Velicheti
Sravani Pollepali
Manansa Akkineni
Sindhuja K

Volleyball

1st: 2nd Year

Sujay Rao
Akshay Rao
Himanshu Mishra
Prajyot Naik
Shrikar Reddy

2nd: 1st Year

Harneel Sidhu
Vignesh Mohan
Parth Gohil
Rohan Patra
Rathna Sagar
Sunkara
Dibya Pallai
Imran Ali Muraj
Moosa Gift

Avichal Khurana
Manideep G
Sanju Rajan
Priyatam Ranjan
Rathna Surendra
Yugal Kishor

THROWBALL

1st: 3rd YEAR

Pooja yasaswi Vemuri
Reshma Chatterjee
Gadde Rajitha
Sana
Anila Alexander
Samiksha Singh
Niraja Randive
Oendriela Das
Sushmitha
Keerthana Badrinath
Natasha D'Silva

2nd: 2nd Year

Alekya Lavu
Sindhuja Sarabhai
Shanya Sarabhai
Manasa Akkineni
Jyotika Mitra
Srinidhi K R
Anjana S
Sai Pooja S
Poojitha Reddy
Sneha K R
Anusha Ganesh

BASKETBALL (MEN)

1st: PG

Hanif
Alex

2nd: 1st Year

Harneel Sidhu
Dhaval Patel

Sandeep
Srikanth
Yogesh
Anuj
Aaron
Shiva
Thanesh
Pratik
Sushant

Vignesh Mohan
Shawn J Fernandes
Akash Shukla
Sidharth Sharma
Joshua
Moosa Gift
Ratna Sagar Sunkara

MEN'S DOUBLES

Meghashyam and Vasif (PG) 1st
Vishwajeet and Uday (PG) 2nd
Parth and Sushant (1st) 3rd

MIXED DOUBLES

Avichal and Anushka (2nd) 1st
Vinay and Thanmai (PG) 2nd
Akansha and Sujeet (4th) 3rd
Anu and Anuj (PG) 3rd

BADMINTON

MEN'S SINGLES

Prashast (4th Year) 1st
Sushant
Ahad (4th Year) 3rd
Avichal (2nd Year) 3rd

WOMEN'S SINGLES

Akansha (4th Year) 1st
Anu (PG) 2nd
Amritha (1st Year) 3rd

MEN'S DOUBLES

Ahad and Farooq (4th Year) 1st
Venkatesh Kamath and Suhaj (PG) 2nd
Asif and Sushant (1st Year) 3rd
Vinay and Vasif (PG) 3rd

WOMEN'S DOUBLES

Anu and Rupa (PG) 1st
Akansha and Kavya (4th Year) 2nd
Kavya and Saipriya (2nd) 3rd
Amritha and Adwaetha (1st Year) 3rd

MIXED DOUBLES

Akansha and Ahad (4th) 1st
Rupa and Venki (PG) 2nd
Anu and Vinay (PG) 3rd
Amritha and Sushant (1st) 3rd

TABLE TENNIS

MEN'S SINGLES

Parth (1st) 1st
Meghashyam (PG) 2nd
Vasif (PG) 3rd
Vishwajit (PG) 3rd

WOMEN'S SINGLES

Akansha (4th) 1st
Shreya (3rd) 2nd
Anushka (4th) 3rd
Divya (1st) 3rd

CARROM

MEN'S SINGLES

Siva (PG) 1st
Ahad (4th) 2nd
Priyatam (2nd) 3rd
Sujai (2nd) 3rd

WOMEN'S SINGLES

Sindhuja (2nd) 1st
Amritha (1st) 2nd
Shristi (2nd) 3rd
Divya (1st) 3rd

MEN'S DOUBLES

Priyatam and Sujai (2nd) 1st
Ahad and Bittu (4th) 2nd
Meghashyam and Karthik (PG) 3rd
Vinay and Sarvajeet (PG) 3rd

WOMEN'S DOUBLES

Spandana and Arline (1st) 1st
Akansha and Kavya (4th) 2nd
Adwaetha and Ashwini (1st) 3rd
Anukriti and Sanjana (1st) 3rd

MIXED DOUBLES

Sindhuja and Sujai (2nd) 1st
Akansha and Ahad (4th) 2nd
Priyatam and Srishti (2nd) 3rd
Jefry and Mitali (4th) 3rd

CHESS

WOMEN

Shania (2nd) 1st
Deepthi (2nd) 2nd
Sindhuja (2nd) 3rd
Srinidhi (2nd) 3rd

MEN

Suhas (2nd) 1st
Upamanyu (1st) 2nd
Himanshu (2nd) 3rd
Nandakumar 3rd

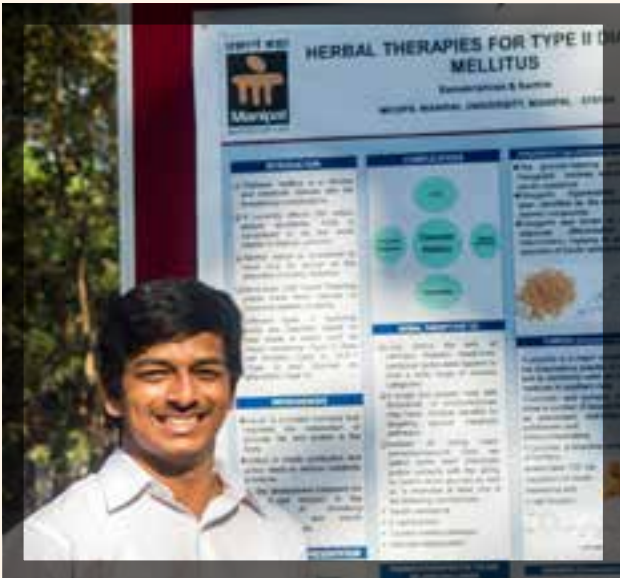
Sports Pictures



Sports Pictures



PharmaQuora: A PharmFest



Unity Day



Sanskriti: A Cultural Fest

Winner List

Event	1st Position	2nd Position	3rd Position
Indian Classical Vocal Solo	Songitha (1st BPharm)	Samriddhi (1st PharmD)	Gauri (4th BPharm), Srivalli (1st BPharm)
Indian Classical Dance Solo	Kankana (2nd PharmD)	Divya (PG)	Kavya (3rd BPharm)
Quiz	Janaki, Srikanth, Nishitha (PG)	Kunal, Sachin, Ranveer (3rd BPharm)	
Painting	Nihal Shaikh (1st BPharm)	Melissa Mascarenhas (3rd BPharm)	Lipi Bhattacharya (3rd BPharm)
Sanskriti Story	Padmanav Senapati (4th PharmD)	Nishma (2nd BPharm)	
Poetry (Hindi)	Vaishali (3rd BPharm)	Manas (4th BPharm)	Shristi Sinha (2nd BPharm)
Debate	Nikhila & Azmat (PG)	Sana & Bhavik (3rd BPharm 3rd PharmD)	Shreeya & Aniket (3rd BPharm)
Antakshri	Saurabh, Surbhi, Rishi (PG)	Neha, Ayushi, Jeena (3rd BPharm)	Swati, Preeti, Manish (4th BPharm)
Street Play	Sunil, Dhiraj, Seema, Manish, Karan, Manav, Jyoti, Prateek (4th BPharm)	Aniket, Tanya, Samiksha, Shobhan, Ranveer, Md Godil, Akash (3rd BPharm & PharmD)	Madhav, Akshay, Shravini, Priyatam, Tridib, Nishma (2nd BPharm)
Cartooning	Ahalya (2nd BPharm)	Sonu (PG)	Anuja (3rd BPharm)
Installation	Vinay, Uday, Sravan (PG), Rahul, Benson, Ahad (4th PharmD)	Farooq, Meenakshi, Srujitha (4th PharmD)	Swastika, Mayura, Natasha (3rd BPharm)
Clay Modelling	Vinay, Uday (PG)	Jovyan, Janki (PG)	Sindhuja (2nd BPharm)
English Poetry	Proneel Das (1st BPharm)	Manas (4th BPharm)	Prachi (PG)
Instrumental Solo	`		
Western Vocal Solo	Sharon (1st BPharm)	Teny (2nd BPharm), Arlene (3rd BPharm)	Manas (4th BPharm)
Western Vocal Gp		Bhavik, Arlene, Sana, Oendriila, Sushmitha (3rd BPharm & PharmD)	
Janki, Nvreet, Nisitha (PG) Pot Pourri	Anila, Keertana, Natasha (3rd PharmD)	Janki, Navreet, Nishitha (PG)	Jovyan, Shreya (PG)

Event	1st Position	2nd Position	3rd Position
Rangoli	Aastha, Pooja (4th PharmD)	Shreya, Sonam (PG)	Vinay, Janhavi (PG)
Collage	Srujitha, Ahad, Yogeshwar (4th PharmD), Amanda, Vallabh, Abhinaya (4th BPharm)	Shannon, Anisha, Pooja (4th BPharm), Anjana, Srinidhi, Srija (2nd BPharm)	Kavya, Sneha, Manjula (2nd BPharm)
Indian Non Classical Vocal Solo	Namita (4th BPharm)	Akshay (2nd BPharm)	Pragnaya (PG), Samridhhi (1st PharmD)
Extempore	Azmat (PG)	Shweta Bhatt (4th BPharm), Sana (3rd BPharm)	Harjot (4th BPharm)
Indian Non Classical Vocal Gp	Ashwin, Vinay, Uday, Rahul, Aaron, Sarvjeet, Yogesh (PG)	Anuja, Arlene, Farheen, Oendriila (3rd BPharm)	Palavi, Pragnaya, Debjani, Ameena (PG)
Duet Song	Madhav, Akhil (2nd BPharm)	Anuja, Arlene (3rd BPharm) & Roshni, Jeny (2nd PharmD)	Palavi, Ameena (PG)
Mad Ads	Ashwin, Sarvjeet, Yogesh, Aaron, Vinay, Rahul, Uday, Janki (PG)	Sunil, Dhiraj, Seema, Manish, Karan, Manav, Jyoti, Prateek (4th BPharm)	Aniket, Swastika, Samiksha, Shobhan, Ranveer, Md Godil, Akash (3rd BPharm & PharmD)
Spot Photography	Nitesh (4th PharmD)	Nishma (2nd BPharm)	Sumit (4th BPharm)
Western Dance Solo	Sindhuja (2nd PharmD)	Vinita (4th BPharm)	
Western Group	Tasneem, Karan, Melinee, Abhinaya, Manish, Benita, Swati Amanda (4th BPharm)		
Duet Dance	Gopika (3rd PharmD), Fiona (3rd BPharm)	Sindhuja, Manasa (2nd PharmD)	Kshipra, Manasa (PG)
Indian Non Classical Dance Solo	Kavya (2nd BPharm)	Hrishika (1st BPharm)	Monica (3rd PharmD)
Indian Non Classical Dance Gp	Mitali, Pooja, Aastha, Anna, Akansha, Kavysri, Nithu, Dana (4th PharmD)	Kavya, Deeksha, Mellis, Aishwarya, Sharel, Priyanka, Kankana (2nd BPharm)	Karan, Dhiraj, Manish, Priyanka, Anshu, Shambhavi, Abhinaya, Amanda (4th BPharm)
Fashion Show	Samiksha, Anila, Tanya, Natasha C, Natasha D, Fiona, Pooja (3rd BPharm & PharmD)	Andrea, Devlina, Harneel, Samridhhi, Tanvi, Aditi, Hrishika (1st BPharm & PharmD)	Vinay, Sonam, Azmat, Saurabh, Nikhila, Ekta, Jessica (PG)
Tv Show Quiz	Sneha, Ayush, Nilesh (4th BPharm)	Anushka, Nishma, Krupali (2nd BPharm)	Shreeya, Natasha, Fiona (3rd BPharm)
Face Painting			Sameer (3rd BPharm)

Sanskriti Photos



Sanskriti Photos



Sanskriti Photos



All photos by Padmanav Senapati, 4th PharmD

Polaroids







“THE TEACHER WHO INSPIRED ME.....”

I owe my origins to a generation, where teachers were venerated like Gods. That was the fundamental teaching I received from the first teachers in my life, my parents. This quality helped me to look at my teachers with great respect and obey them blindly. However, my mind was often rippled by the different qualities portrayed by different persons I came across. I had always been intrigued as though what marks the true character of a person, but could never draw a satisfactory answer to that.

In the journey from being a student to becoming a teacher, I observed my questions being answered. Behind most of the revelations I had so far, the person who has played an instrumental role, is my mentor, my guru, my pathfinder, Dr Gopalan Kutty Nampurath. He helped me to open the gates of my mind and release it of its confinement. He taught me many qualities not just through words, but through his actions also. He made me believe in the diction that a teacher should be able to follow what he preaches. His life style and behavior reflects a good blend of discipline, compassion and spiritualism. I learnt from him that love and politeness can win many hearts and help to create an everlasting impression in the minds of others. From him I have learnt the value of smiling. Smile is something that gives hope, creates empathy, displays kindness and above all gives a reason to smile back. Whenever, I meet my Guru, he smiles at me and that very moment all my stress, worries and negativity transpires into space. He also taught me that by believing in somebody, you can make that person believe in himself, trust his own capabilities and do wonders. And that's exactly what he has always done, BELIEVED IN ME.

Today, wherever I have reached, and whatever meagre I have achieved is not just through my actions alone. There are many souls, who through their physical existence have helped me to comprehend the interplay of events in my life and recognize the tremendous potential of transformation one is exposed to in this physical world. Among all of them, Kutty Sir holds a special and unique place in my heart. I visualize him not just as my mentor but as my parent also. From him I have learnt, what really matters in life is to imbibe the right, virtuous and good qualities from the people we meet and the environment we are in, so that we can transform ourselves into best human beings. After all, it is the quality of a person that speaks and influences his action. In this life, if I can acquire even a percent of his qualities, I will feel myself blessed. I indeed feel myself very fortunate to have met him and travelled in my evolutionary journey. Some relations are inborn, some are acquired, but the relation between my mentor and me is timeless, one that I call ETERNAL.

Dr. Jayesh Mudgal

Assistant Professor-Senior Scale
Department of Pharmacology
Manipal College of Pharmaceutical Sciences
Manipal University

I AM A LADY!!!!

The eyes are an ocean, in which, her dreams are reflected. Her charm is commendable of essence, which she upholds in her heart. Her glamour renders you ecstatic. Each step of hers leaves your heart throbbing and that smile leaves you delighted. The poise endorses her dignity and that undeviating look leaves you thrilled.

So many phases of life, those wonderful sunrises, the heartbroken evenings, the playful days; but did she ever leave you alone? Wasn't she the one who added a smile to your broken days, wasn't she the one who amalgamated your shattered hopes? It's so natural, that you fall for her. It's bound to happen. And in the moment, you end up assuring her your love.

Sitting this moment I wonder, falling in love is easy but holding on is difficult. Promising is easy, fulfilling is hard. Commitment might be a word for you but you will never know how many hopes she tied to your words. How many dreams she linked with your promises and how hurt she was when you didn't hold on to her dreams. When you left her alone in tears, somewhere you were aware but you ignored her pain. And just recall, did you both really sleep that night?

It's a very basic question, why do we take so long to apologize, to realize our mistakes? Why our ego does dominate our love? Why do we say something which we didn't mean at all? Somewhere we know that finally we will end up together, still tears are everlasting, waiting for an initiative from someone else. Even if you are the one to apologize, why can't it be a selfless deed? Your ego demands an appreciation. Doesn't it?

It isn't easy. There are arguing and fighting, jealousy issues, trust issues; sometimes work or priorities get in the way. But when you find someone who means something to you, you learn to ignore all of that.

So take charge of your love, let it sprout and realize that she's the one you need. Let your grounded feelings bud within you and remember everyone will always have that one person, and the long story that they can never truly explain.

Aastha Dubey

4th PharmD

BOSCO

My mother's grandfather was a unique and meticulously systematic man. He was always dressed in western clothes and a felt cap. He was tall with fair skin and blue eyes. His wife loved animals. The couple's house, one could say was like a make shift zoo that included rabbits, dogs, cats, birds and other organisms of the animal kingdom. My mother's grandfather on the other hand especially liked dogs. He had three of them. One called Lily, a large dog with soft white fur like cotton. Lily was his favorite dog. One day a snake bit Lily's tongue and Lily died. Besides this, he had a German Sheppard and one mongrel breed dog of brown color. This mongrel was called Bosco.

Bosco was the most notorious dog in the whole of neighborhood, feared and dreaded by all. Ever since he was a little pup he was unmanageable. He once climbed onto the wall of a deep well to take a look inside and when he peered inside he found his own reflection and began to bark at it thinking it was another dog. He got so aggressive that he wanted to have a physical fight with his own reflection that he jumped into the well and hit the bottom of the well head first. He was later rescued by one of great grandfather's laborers whom we nowadays refer as 'mundkars'. The nasty dog was shaken but not stirred. He got a little braver.

My great grandfather's mother in law often sent various food items on Sundays. Sometimes it would be cafrial or sea shells curry, on other days she would send prawn curry with a humongous fried kingfish. The food was so good that when the narrow mouthed containers were opened the whole house would smell of that amazing food and everyone knew that today; their bellies would be well filled. Like every other Sunday, my great grandmother opened the container that they had received and left it on the floor in the dining room, where everyone would sit with banana leaves and eat. She left the room to call her husband and children to eat. As it so happens, humans were not the only ones who were seduced by the aroma of that delicious food. Bosco too fell for it. He was sitting in the yard when the scent of food reached his sharp nostrils. Up went his snout in the air and into the dining room, he ran like a missile dead on target, unnoticed by anyone, like a ninja approaching his enemy in the dead of the night. Bosco found the container with the fish curry and devoured the contents and left. Sometime later all the people came to have food and sat down, only when they were served rice on their banana leaves did they realize that not only was the fish curry missing but so was its container! They searched the whole nook and corner of not just the kitchen and dining but the whole house. The delicious fish curry was nowhere to be found. None of them knew that it was being digested by Bosco. Sometime later as they continued to search they heard a dog whining outside. Bosco had in his greediness stuffed his snout deep into the narrow mouthed container to reach the bottom contents that he had his nose stuck and was not able to get the vessel off. He was running around the yard in frenzy with that container on his face. When they tried to catch dog, he would not let them come near. Eventually he was caught and the container removed.

As Bosco grew, he began to bite anyone and everyone who was leaving the house but not entering it. He would sit quietly in a corner of the house; not barking or getting aggressive with anyone who came to visit unlike other pet dogs, thus creating a false sense of comfort and an illusion of being a harmless dog.

Sometimes my great grandfather's guests would even pet that devil of a dog on the head; little did they know that they were in for the most horrendous experience whilst they tried to leave the premises of my great grandfather.

When the pleasantries were exchanged and the guests had been stuffed with my great grandmothers scrumptious snacks and amazing ginger tea and would begin to walk toward the gate to leave,

Bosco would sneak up on them silently, like a professional burglar and bite them with all the might, his fierce jaws had to offer right on the calf muscles. If the guests were accompanied by a kid he would prefer to bite the kid, if it were a couple he would bite the woman. No one knew why he did it. But everyone knew he did it.

By the time he was three years old he had bitten more than half of the neighborhood. The post man, the newspaper boy, the fish vendor and numerous others were Bosco's victims. Eventually they all refused to visit the house. My great grandfather had to collect the mail from the post office every week and buy fish and vegetables from the central market.

One day the neighbor's seven years old mischievous spoilt son who was born after three daughters sneaked into the property. He wanted to play some dirty prank on Bosco. But he had no idea how dangerous Bosco could be. The boy hid behind a thick rose bush. My great grandmother came out with some food for the dog and kept the plate on the ground and called Bosco who sat in a corner and ignored her calls as always. When she went back into the house, the boy who was hiding in the bushes emerged. He generously emptied a bag of rice husk and mixed it with Bosco's food. As the boy began to leave, he did not realize that the dog was sitting just nearby and his savage eyes were fixed upon on him.

The boy was just about to jump over the compound wall when the Bosco ran towards him and bit his behind tearing his khaki pants off along with his flesh. The boy gave out a sharp chilling scream that echoed throughout the village sending pigeons and others birds flying away into the sky. Everyone came running out of their houses to see what had happened. People poured into the property of my great grandfather only to find Bosco sitting innocently nearby on what looked like a pair of torn khaki pants and licking his mouth, while the boy was clutching his behind and crying out in pain.

The boy's parents made their way into the property to find their son bleeding and in pain. My great grandfather was shocked. There was a quarrel between the two families. The incident did not end well. The boy, after this always avoided even looking at dogs and never played anymore pranks on any animal. The permanent scar on his butt and the mental scars left by the numerous anti rabies injections that he had to take, had left, a very bad memory. But that was not all, this incident spelled the end of Bosco's freedom, he was now always kept tied to a pole kept in the yard. And only in the morning and evening he was taken to attend nature's call by my great grandfather personally. The only thing he ever chewed on henceforth was the food offered to him and the iron chain with which he was kept tied. The chain was made of pig iron and it eventually succumbed to the detrimental effects of the moist weather and got rusted. One night as the dog tried to fight his chain it gave away. Bosco had found his freedom once again and ran away.

The village got the wind of Bosco's escape. Everyone was afraid and few people were seen on the streets. No one knew when the dog would bite them. Every villager while walking in the streets would constantly turn around as if to make sure that they were not being followed by the dog. People were afraid of all stray dogs, since Bosco was a mongrel; almost every street dog looked like him. Days passed nothing happened. No one's bottom or any other part was bitten. It was assumed that Bosco had probably died. It was only weeks later that when the newspapers began to carry reports of some stray in some neighboring village was on a biting rampage. From the description in the newspaper it was clear that the culprit was none other than my great grandfather dog Bosco. He was alive and doing well, still biting people's calves and bottoms.

Raghuvir Keni

Illrd PharmD

LIFE IS NOT A BED OF ROSES

Life, for most of us is not a bed of roses. Heck I am not hoping for roses, but I could do better than thorns. I am no Jesus to bear a crown of thorns and pray to God to forgive those who do this unto me. I am just a normal guy who expects things to be well... normal.

The problem with life is just when you think there is no hope left and you are ready to jump off that bridge and cross off that to-do list forever, your ever-hopeful friend fills your morale boosting tales right from 'Chicken Soup for the Soul' to his personal life. You are confused again. After all the confusion, here I am with a firm decision, even though it's to jump off a bridge. The messiah had to appear now. Full of promises of a bright life beyond the miseries of the present. To remind you that God always tests the right people.

+There are some who say the difficulties faced now are a result of past life's karma. I really don't understand the logic. If I was really a bad person in my previous birth, why not punish me then so that I may learn a lesson or two. But hey! That wouldn't be interesting at all. Let's wait till bugger kicks the bucket and bring him back as a good guy. Now let us screw him!

Brimming with hope... ok... just a little bit of it I reschedule my jumping-off-the-bridge to another day. I try to attract the 'positive' vibrations all around me, scanning my surroundings like a hawk. The drunken stupor in bars does not qualify as my friend 'gently' reminds me. It is supposed to be present in people with hearts overflowing with love. Kids? Whenever I walk into a park, all those little brats are emptying their lungs screaming like there was no tomorrow. Did they just realize how life was going to be when they grow up?

That leaves me with just the temples. There is no shortage of them. There is one in every street. God said He is in all places but I guess some people took that literally and set out to fulfill His wish. I pick one and decide to sit in a corner to calm my buoyant mind. The temple is soon torpedoed by a barrage of large woman clad in silk saris and covered in gold. I wondered if they planned to gatecrash a wedding and dropped in here by mistake. It was an auspicious day it seems and they were here to offer their devotion and also to show God that they were in fact doing well. What followed was a continuous stream of chanting, chiming bells and singing bhajans in different combinations. Well nobody is getting any peace. If I were God, I would run away before the women break all the windows with their high pitched notes.

I wanted to run away too, but then decided to brave it out. You know they always say that a greater pain always diminishes the one you are facing now. So bring it on. After a while, all the sounds around didn't bother me at all. It was like watching a TV on mute. You see all the actors mouthing their dialogues but it doesn't matter to you because you just don't care! Maybe this was the secret of life after all. When life keeps throwing crap your way, you don't have to pull the plug, instead you can just mute the jarheads pissing you and you might actually have some fun seeing them babbling on for hours. I now walked past the brigand of noisy kids in the park minus the noise.

Here I am back to square one, waiting for a new dawn, a new beginning and the hope that tomorrow will be better than today. This is what keeps the world going and I tuck in my to-do list deep back in my pocket. Maybe another day? Maybe never?

Sana Shaikh

IIIrd BPharm

A PERSPECTIVE ON EBOLA

What is the Ebola situation currently like?

The continent of Africa is one of the worst hit areas by the Ebola Virus Disease. This was the year of the biggest Ebola outbreak in history. It started in Guinea at the end of 2013 and slowly spread into an outbreak by 8th August this year. It has claimed the lives of over 6000 people mostly in Guinea, Liberia and Sierra Leone.

Where did the virus originate from?

The virus first appeared in 1976 in a village near the Ebola River in the Democratic Republic of Congo where it had claimed the lives of more than 200 people. It is believed that virus is carried by fruit bats as they are able to spread it without being affected. Other animals such as chimpanzee, gorillas and monkeys are also affected. The spread from animals to humans is believed to involve the direct contact between infected animals and humans. In West Africa, wild animals such as fruit bats have been known to be hunted for food as bush meat.

How long does it take for symptoms to appear?

The virus can take between 2 to 21 days to incubate, which is the time for symptoms to appear. The symptoms include; flue, fever, muscle pain, headache, vomiting, diarrhea, rash and bruising or bleeding without an injury. If not managed well, people with Ebola virus disease may die out of blood loss and internal bleeding.

Can anyone survive Ebola?

Ebola is a survivable disease with adequate care and up to par health facilities. The two main reasons for the endemic in West Africa was the fear of infected people on how they would be treated by healthcare workers and the poor overloaded healthcare facilities in these countries. The survivable rate for people with Ebola Virus Disease in the west was at 80%.

Do we have to be worried in India?

It is unlikely for the virus to be an endemic in India as the Ministry of Health and Family Welfare is doing a checkup of people coming in to the country. Also, Quarantine rooms and Isolation facilities have been set up in case of an Ebola Patient. India has good cooperation from WHO and CDC who train and set guidelines for infection control. People travelling out of the country and especially to West Africa have to take necessary precautions.

What precautions must one take?

Precautions for avoiding the transmission of Ebola Virus involve avoiding infected people, their body fluids and the corpse of those who died from the disease. Contact with wild animals like monkeys and bats and their meat should be avoided. Also, the items touched by Ebola patients should be untouched and hands should be frequently washed.

Why has the virus not spread to other parts of the world?

Ebola has been contained mostly in West Africa due to the exceptional work done by courageous healthcare workers. It is great to see the aid sent by various organizations and nations as well as the selflessness of numerous healthcare workers in preventing the spread of this disease. The situation in Sierra Leone is still bad, but overall it's much better than it was a couple of months ago.

Sajjad Sherally Fazel

PharmD. Intern

EDUCATION

“Knowledge has boundaries, but creativity does not”, these are the words of one of the brightest minds of all times, Albert Einstein. Sadly, this is not the scenario of the current Indian education system. As part of the celebrations for International Students’ Day, students from various colleges were given an opportunity to share our thoughts on the amendments needed to be implemented to improve the quality of education given in India. Around ten students from MCOPS wrote their views on the matter and here is a compiled list

RESERVATION

If the Right to Education (RTE) is implemented effectively from elementary school level, then all the students graduating from the high school would be equally competent to give entrance exams and reservations in the college can be lifted. This will ensure that deserving, meritorious candidates get admission in “A” rated colleges.

OUTDATED SYLLABUS AND REPETITIONS

The syllabus must be revised and updated regularly so students learn relevant topics and can keep up with the changes in their respective fields. Many times it happens that subjects have overlapping experiments and topics. This is a waste of time. Instead the college should come up with a system where the topic in question is covered only once in enough depth.

PRACTICAL APPROACH

The subjects should be taught in a more research oriented manner where analytical thinking is involved in every aspect, but sadly the current system tests students based on their memory skills. Students should be evaluated on the basis of assignments, project work and creativity instead of exams and grades.

INTERNSHIPS AND INDUSTRIAL EXPOSURE

Paid internships, industrial visits, scholarships to deserving candidates (including International students) should be provided to motivate the students and give them a glimpse into real field work that they would be facing after graduation.

MORE ‘A’ RATED COLLEGES

The Government should start more competent colleges in the country so as to meet the demand of all the meritorious students who wish to get good quality education. Since we have many International students coming into the country we need to match International college levels in our country in order to benefit from the student exchange sector.

EQUAL JOB OPPORTUNITIES TO ALL COURSES

The main reason for Indian students migrating abroad is the biased views that Indians have on one particular course. If equal importance and job opportunities were made available to students of all fields we could ensure that talent pool remains in India.

UNIVERSITY EXAMS PATTERN TO BE CHANGED

Instead of long essay questions in University exams, we should be given Multiple Choice Questions because MCQs involve critical thinking where as in essay questions students mug up and as a result are not being able to solve case problems.

TEACHING TECHNIQUES

Different approach to teaching with the help of visual aids, group activities, brainstorming sessions, quizzes and extracurricular activities related to academics like TechFest, oral and poster presentations should be given equal importance. The teachers employed by colleges should be competent and have good teaching skills.

ELECTIVES

Students should be given the option of selecting subjects of their interest as subsidiaries. Example Pharmacy students should be able to study advanced level computer courses or Philosophy, Literature etc.

REALIZING THE IMPORTANCE OF PHARMACISTS

As Pharmacy students, we would like the healthcare and Pharma sector in India to give us a chance to show them that Pharmacists can do more than just standing behind the counter and sell drugs. Pharma companies should increase the recruitment of Pharmacists and provide them with better pay packages. Students with research interest should be provided a platform in India so that like our very own Dr TMA Pai we can actually stay back in India and serve our nation and maybe win a Nobel Prize!

Compiled by:

Sushant, Dhaval, Anjana and Nishma

INDIAN ARMY

We owe so much to the Indian Army. They are the reason we sleep peacefully at night, a perfect example of bravery.

But there's still so much we don't know about our men of steel. Take a look and educate yourself.

1. The Indian Army was formed in 1776, under the government of the East India Company in Kolkata.
2. The Indian Army has about 53 cantonments and 9 army bases, spread across India.
3. The Siachen Glacier, 5000 meters above sea level, is the highest battlefield in the world and the Indian Army controls it.
4. The Indian Army is the biggest voluntary army in the world. To think that we have the maximum number of willing soldiers in the world is a matter of great pride.
5. The Military Engineering Services (MES) is one of the biggest construction agencies in India.
6. The Indian Army has a cavalry regiment. There are only such regiments in the world.
7. Assam Rifles, the oldest paramilitary force in India, was formed in 1835.
8. The Indian Army is one of the biggest troop contributors to the United Nations peace making operations.
9. The Baily Bridge is the highest bridge in the world, located in the Ladakh valley between the Dras and Suru rivers in the Himalayas. It was constructed by the Indian Army in 1982.
10. The President's bodyguard is the oldest armored regiment of the Indian Army. It was established in 1773, and is currently based in the Rashtrapati Bhavan, New Delhi.
11. Soldiers of the Indian Army are considered among the best in jungle warfare. The Counter-insurgency and Jungle Warfare School is often visited by forces from the US, the UK, and Russia among others.

Take a bow, Indian Army. Respect.

Sachin

3rd BPharm

source: www.defencenews.in

MY ENCOUNTER WITH ARIJIT SINGH

I was going back to Manipal after spending memorable fourdays with family at home. Getting late for airport, I forgot my Ipad and headphones at home. I was cursing myself because I had to spend three hours at Mumbai Airport doing nothing but just wait for my next flight to Manipal. I reached Delhi airport at 6:30 am took my baggage and ran to the Air India desk to collect my boarding pass. Standing in that big queue without my Ipad had already spoilt my mood. Moreover the guy behind me was already late and his flight was about to take off in 40 minutes, so I decided to let him go first and take his boarding pass before me. I wasted atleast ten minutes there as he was carrying a lot of baggage too. But I think wasting those ten minutes actually worked out really well and gave me one of the best and memorable day of my life. Actually it was destined as I believe in destiny a lot. I was lucky on that day and at that particular time. There was a big queue for security check and I was the last passenger in the queue, so I got worried. But, destiny is destiny. I stepped out of the security check as the last passenger. The moment I turned back to take out my laptop from the security tray I saw a man standing behind me who looked like my favorite singer Arijit Singh. I continuously stared at him for two minutes because I couldn't believe my eyes. But yes, I was right. He was none other than ARIJIT SINGH. India's biggest, most loved and moreover my favorite, my inspiration, was standing in front of me. While he was taking out his MacBook Pro from the security tray right after me I was star struck and couldn't believe my eyes. That particular time I didn't even care about losing my flight or where my baggage.

I just wanted to go and talk to him once so that I can actually listen to him in person. He was wearing big nerdy glasses and had thick beard so that people couldn't recognize him easily but me being a biggest fan could recognize him anywhere. That time, I was feeling so lucky, I thanked that man who was getting late for his flight and that I had . If I wouldn't have lost those ten minutes in the queue, I wouldn't have met my inspiration. More than 20,000 people go for his concert but I never got a chance to go and see him singing on stage. But, that same man was standing with me at the Airport. I waited for him to get over with the security check so that I could go and at least take a photo with him. During that time I even managed to imagine my friends' expressions on seeing my picture with the singer on Facebook. I was so excited. Finally, he came out and I was waiting for him. Somehow I gathered courage to talk to him and ask for a picture with him. I asked him softly, "Sir! I am a fan of yours, could I please have a picture with you?". Arijit Singh looked at me (I was ecstatic) and said "Yaar! No early morning pictures, please!" Being an ardent fan I was not going to give in easily. With the most innocent look, I pleaded with him, "Sir! I sing your songs in the college, you are my inspiration, one picture with you will make a world of difference to me." He agreed (he had to). He asked me to take a picture quickly, but in my excited state, my hand was shaking as I took out my phone took a Selfie with him. I thanked him profusely and wished him a great day. Now nothing mattered, the forgotten Iphone, the three hour wait ... My dream of meeting my idol, Arijit Singh had come true. 1 March 2015 may have become history for all but I am still living it.

Madhav Jain

2nd Year BPharm, MCOPS
Manipal University, Manipal

THE NIGHTMARE ON LOONY STREET

She is standing in the middle of a desolate road, bordered on both sides by dense forests. She's dressed in a white dress which comes halfway down her thighs. In her hand, she holds an axe. Beside her lies a white paint can. It is actually filled with vermilion, sticky fluid which looks like blood.

In front of her is a car. All the windows and doors are open. Bodies lie half in and half outside the open doors. Rivers of blood and gore flow in all directions, the bright vermilion interspersed with the dull grey.

But there is no blood on her dress or bare legs. Her face is covered completely by a blue bag- there are no slits for eyes or lips or nose. Suddenly, her whole body shakes in spasmodic intervals, her limbs moving in a methodical madness to some rhythm.

"Ha hahahahahahaha! They're all dead...hahahahaha!" a disembodied voice comes out of nowhere.

Nightmares. So many of them exist, so varied in their horrors, sometimes so vivid in their presentation. They may come only in the night to other people, but not to me. Nightmares are a part of my routine thoughts- they come and go anytime they please. People have nightmares when they sleep- I have waking nightmares too. It's been like this for a really long time, so I have made my peace with them. I have had to do so, even though these nightmares scare the hell out of me- every time.

I have seen a whole lot of nightmarish visions. Some are bright like Technicolor MGM movies, while others are old black and white videos, blurred and flitting. Some come often and some only once. All of them are scary and creepy.

But the most frightening one is the one with the woman in white. This woman is particularly special, because she haunts me even in my waking dreams.

She appears out of nowhere, anywhere and everywhere. She just stands near me, with an axe in her hand and her face obscured by a light blue bag-like thing. She has never shown her face till now. I have wondered often about her identity, but I daren't go near her and try to lift the bag over her head. Something I've been dying to do for a long time.

This lady is not the only one whom I see everywhere. There is the man in the brown suit who sits on the swing, outside the house, when nobody else is there.

There is the old lady, in a red gown and with long, silver hair and heavily wrinkled skin who sits on the rocking chair in my room and rocks it noisily, anytime as she pleases. If I happen to drop in on her while she's at it, I find her staring at me with a constancy that sends a chill down my spine.

There are the twin sisters, very young, who often sneak around in the basement.

There is the boy, covered in blood and mud, who roams around in the backyard frequently.

There's the robed and hooded figure that appears outside my classroom window at school.

There's the girl, in tattered clothes and a burnt face, who often sits beside my desk in the classroom.

There's the other girl, with most of her lower jaw blown away and the blood and bones showing beneath, who appears in the lavatory when I'm the only one there.

Sounds crazy, right? I know. Everybody thinks I'm crazy. My parents, my teachers, my classmates. They all think I should be in a mental asylum. I have heard them say it.

People at the school call me Crazy Vera. I know it because they call me that to my face. I don't care. They call me crazy because I can see people who're invisible to them. In their terms, I see people who're not there in reality.

They don't understand. Not even a little bit. Their world is limited to popularity, puppy romance, fashion, good food, stupid chick-lit movies and football games. Nothing in their horizon of interest has an iota of reality. I can see reality, and I'm the only one who can do so.

My parents even took me to a psychiatrist. She asked me about what I keep seeing, and I told her the truth. Every little bit of it. And she told my parents to give me some white pills- to stop the nightmares and visions, I suppose.

The waking dreams got a little blurred, like I was looking at them through a translucent glass pane. I started sleeping anytime, anywhere and everywhere- in the shower, in the classroom, in the school bathroom, in the kitchen, in the backyard.

The meds suddenly stopped. My mother told me I'd nearly drowned in the swimming pool of my school's gym, when I chose to doze off during a swim lesson.

That was it. My parents stopped trying to 'cure' me of my nightmares and visions. They still think I'm crazy. I chose to lie to them and say that the visions have disappeared, along with the bad dreams. It was then that I found Harry.

He is the only vision whom I can talk to. He appears as a hazy, background character in the nightmares. In my waking dreams, he is a tall, dark-haired, handsome boy, who tells me he's 17- my age- and that he likes talking to me. Harry and I have long conversations in my bedroom. Sometimes he stands beside my desk in the classroom and smiles at me. Sometimes he appears outside the shower curtain and we talk while I'm bathing. I really like Harry. I want to kiss him some day.

He tells me not to be scared of the old lady in red, the hooded figure, or the girl with the burnt face. He also tells me to ignore the other people I see- they're harmless. I want to ask him who these people really are, but I am too scared of the answer.

I did ask Harry if he'll be with me forever- because I'm so lonely in this world and he's the only one who understands me. He has said yes, that he'll never leave me because he also likes me and my company. That makes me very happy.

Ward 201, Baltimore Psychiatric Hospital for the Criminally Insane

"I'm telling you, this chick's super crazy," Nurse Greene says to Nurse Linden.

Nurse Linden: Yeah. Unbelievable, this is. I heard she killed her own family. She's Vera Morgan, right?

Nurse Greene: Yeah. Hacked them all to death with an axe. Have you heard the whole story?

Nurse Linden: No, tell me.

Nurse Greene: The way I hear it, the Morgan's were driving to Vera's grandparents' estate in Maryland. Their car broke down on the highway outside of Newport. Apparently, she killed her father, mother and two brothers with an axe. When they found her, she was standing in the middle of the road, holding the bloody murder weapon, and she was laughing continuously, while her family's corpses bled, lying halfway in, halfway out of the Morgan's car. She was wearing this white dress, which was also covered in blood. Also, she had a paint can beside her, filled with blood.

Nurse Linden: Wow. That is one of the weirdest and craziest things I have heard in my life. How do you know so many details?

Nurse Greene: Vera's dad, Dr Brent Morgan, was a friend of our chief, Dr Leeds. I overheard the police detective talking to him the other day.

Nurse Linden: I've never seen a loony like Vera. She doesn't eat, doesn't sleep and doesn't do anything. Just sits and mutters something all day.

Nurse Greene: I know. I've heard her talking to someone called Harry. She even scratches his name on the walls.

Nurse Linden: The scratching is worse. She has broken her nails and bled her fingertips with that.

Nurse Greene: She's stuck in her own brain, poor kid. Let's go and have some coffee.

Nurse Linden: Yeah. Lets' go.

Some days after this conversation, Nurses Greene and Linden were the ones who found Vera Morgan dead in her ward. She'd died by slitting her wrists and throat with a pointed piece of wood she had managed to find somewhere. But there was something, written in blood, on the walls of the ward. It was interpreted by the cops as a suicide note.

I LIFTED THE BLUE BAG.
I KNOW THAT GIRL IS ME.
I DON'T WANNA SEE ANYMORE.
I WANT TO BE WITH HARRY FOREVER.

Prachi Sharma
MPharm

YUG PURUSH OF INDIAN POLITICS-A TRIBUTE

“Atal”. Every time we hear this name it evokes a sense of respect and reverence in every heart. A journalist by profession, statesman by intellect and a poet at heart, Atal Bihari Vajpayee was born in bourgeois family of a school teacher cum poet Krishna Bihari Vajpayee and Krishna Devi on Dec 25th 1924 in the erstwhile princely state of Gwalior.

He studied from Saraswati Shishu Mandir, Gorkhi, Gwalior and then attended Victoria College and graduated with distinction in English, Hindi and Sanskrit. Afterwards he took admission into DAV College, Kanpur to peruse law degree. Here an interesting fact is that he did law with his father staying in the same hostel. He never married but adopted a daughter Namita

His first brush with national politics was in his student days when India was in the fetter of British; he joined Quit India Movement in 1942 and was arrested for a brief period. He also became the member of RSS. His exposure to active politics started in 1951 when he entered Bhartiya Jansangh, an associate political party of RSS.

He was elected to the Lok Sabha in 1957. There, for the first time the country saw his oratorical skill. There is story that once Pandit Nehru was discussing about building hotels for foreign delegates then an austere voice came from behind that job of government is to make hospitals not hotels and it was none other than Atal Ji. After that Pandit Nehru predicted that this young man will someday become prime minister of India and his prophecy comes true after about 40 years

It was Vajpayee who earned a lot of respect even from his opponent. In 1962 when he lost election, Indira Gandhi said that there was emptiness in parliament without him so he was brought back through Rajya Sabha. Atal ji dubbed her as goddess Durga after the historic win of 1971 war.

By the virtue of his oratorical and organizational skill he became the face of Jansangh .Vajpayee was again arrested in 1975-79 during internal emergency imposed by the government.

Later he became the Minister of External Affairs in Morarji Desai’s cabinet and he was the first to deliver a speech in Hindi in UN General Assembly.

After the fall of Janata Party government, he along with his colleagues formed Bhartiya Janta Party and became its first and longest serving president. During the Ram Janambhoomi Movement Atal ji stood as the face of BJP. It was his charismatic personality that people of Lucknow (mostly Muslims 30%) accepted him.

In 1996 when BJP emerged as a single largest party and he was sworn in as 10th prime minister of India but resigned after 13days falling short of majority.

बाधाएँ आती हैं आएँ
घिरेँ प्रलय की घोर घटाएँ,
पावों के नीचे अंगारे,
सिर पर बरसेँ यदि ज्वालाएँ,
निज हाथों में हँसते-हँसते,
आग लगाकर जलना होगा।
कदम मिलाकर चलना होगा।

-अटलविचार

He was re-elected as prime minister in 1998. With his genial and easy going manner that hid an iron will and a master statesman Vajpayee steered the country ably through a period of economic turbulence following the Asian meltdown, the post Pokhran nuclear sanction and the Kargil war keeping aside the relevance of Lahore Summit. Unfortunately government lasted for only 13 months as it lost the confidence of motion by a margin of just single vote. Unlike today's political scenario he did not bargain to save his government and did not compromise his morals and self-respect. He always kept nation first beyond himself and his party.

In 1999, BJP led NDA coalition back with bang and AB Vajpayee was unanimously chosen as the prime minister. It was his term when India arose from the slumber of imbroglia and saw the new era of development. During his rule government took many productive initiatives for public welfare like National Highway Development Programme, Golden Quadrilateral, Sarva Siksha Abhiyan, FDI in Insurance, New Telecom Policy, Kisan Credit Card, Pradhanmantri Gram Sadak Yojna, Tax Reforms, National Commission for (Human Rights, Women, Minorities, SC/ST, OBC, Tribals) Etc. He also passed a law against terrorism called POTA

Indian economy exceeded a record 7% GDPIT industry started booming. During his rule country saw enthusiastic increase in foreign investment, modernization of public and industrial infrastructure, job opportunities, urban modernization and expansion etc.

For Kashmir related issue he gave three mantras of **Insaniyat, Jamhuriyat, Kamiriyat** and also reinforced a very famous slogan of LB Shastri, Jai Jawan, Jai Kisan to **Jai Jawan, Jai Kisan, Jai Vigyan.....**

He served the nation for almost five decades with full devotion and lifted the lives of billion souls. Won best parliamentarian award and is the only MP till now who has been elected from four different states.

Besides being an admiring heroic personality and achieving a pinnacle of success he is a very humble man. Always bearing a childish smile on his face; Atal Ji is a connoisseur of food. He loves music and books.

Atal ji is a noble soul who deserves our love and respect. True to his name he is an eminent democrat, erudite politician, a selfless social worker, forceful orator, outstanding poet and versatile litterateur, eminent journalist and indeed a multi faced personality. He articulates the aspirations of masses; his works ever echo commitment to nationalism. He is a proletarian who actually showcased the meaning of patriotism.

Recently Indian government declared his Birthday as National Good Governance Day and conferred upon him India's highest civilian honor **Bharat Ratna**. The Bharat Ratna itself must be feeling proud after being honored by Atal Ji....

टूटे हुए सपनों की सुने कौन सिसकी
अन्तर की चीर व्यथा पलको पर ठिठकी
हार नहीं मानूँगा,
रार नई ठानूँगा,
काल के कपाल पर लिखता मिटाता हूँ
गीत नया गाता हूँ | |

- Utkarsh Chandra, 1st BPharm

POETRY

FAITH

The sky was dark,
Road was blind,
My eyes looked up,
But nothing to shine,
No way on sight,
Only rising tides,
What vibrated deep!
Silent cadence of the sound sleep,
My eyes still held high,
Something would shine,
Because stars are nearby....

- Proneel Das, 1st BPharm

SILENT SPECTATOR

Candle glows; candle burns,
Radiance of hope,
Flickering by the wind,
In that dark silhouette of mine;
I saw hope,
Hope, to flicker by my side,
I heard silence vibrating,
I saw darkness slowly storming.

The splendour yellow and red,
Struggled to stand,
The wind stood mighty at hand,
My silhouette shuddered in the light,
Numbness crippling by my side,
Empty I felt,
Not sloth but dead,
My silence was ripping me,
I watched the darkness rising beyond me,

End came nearby,
Candle's flame didn't go blind,
The wind stung it at a steady pace,
But the flame didn't agree to lose the race,
It glowed furiously with full might,
But the wind crushed all its might,
Left behind was me , my silence,
And darkness of that night.

Hope though thundered to survive,
A thought always strikes my mind,
What was the cause that killed the light?
Was it the wind ?
Or was it my silence that crushed its might
????.....

- Proneel Das, 1st BPharm

MY COLLEGE

A life full of desires,
A body filled with the mighty fire,
Fire not to hurt, not to burn,
The fire was just to learn & learn.

I needed a place to set this fire free,
My spirits were high like a eucalyptus tree,
I found a place which made me fly higher,
My college was the destination for my burning
desire.

My thoughts were shaky, I was not that strong,
I was confused whether I was right or wrong,
I needed guidance for this shaky stuff,
My college provided it in the form of gentle
puffs.

Not just for academics, my college was the
best,
But the approach it took separated it from the
rest,
Not just as a student, but i grew like an
intellectual,
My thoughts were clear now, as a strong
individual.

A credit to be given, a credit to be accepted,
My college is a place, indeed to be respected ,
For the ups and downs that I feed,
I owe my college a warm embrace.
- Saurav Kumar Jha, PharmD Intern

LIFE, AS WE SEE IT

I
For the story of hearts never die,
it will remain between the lines of life,
for the truth never weathers ,
but holds the storm inside it,
for the thirst of quest never end ,
for it leads to destiny

II
Time passes by leaving the imprint of past on
us,
giving the hope of future ahead us,
time passes by as a gentle wind kissing the fore
head of nature ,
but we realise it after a moment is past, past
cant be changed but can be corrected with the
implications towards future.
lifes short for a complete life

yet a riteful one is better than a deceit full one,
a stromy one is better than a satisfying one,
a way led by our soul is better than a life
compromised by people in it.

- Alekhya Lavu, 2nd PharmD

MYSTERY THAT LIVES

I saw that one speck of light,
Was it an illusion or the hope of might?
In that darkness of gloom,
My ticker raced like a rocket to the moon,
I know the light was frail,
It being the only portal to the rain,
I strived hard with all my might,
At last, I found the way,
I found the light,
There was an ocean of untold horizon,
Waves of which were rising,
Rising like roars of a lion,
I felt the gravity and forlorn,
I knew not what life is,
And its search was moving on and on.

I have seen mountains shrink flat,
Floods disbanding dams,
Forests transforming to desert,
Wings of justice and liberty flutter,
Love, care and affection,
Conspiracies, stealth and deception,
Rising and dying of light,
Days turning over to nights,
I still have a query in my mind,
As I still don't know the meaning of life.

I have seen sparks augmenting into fire,
Lust, passion and desire,
Dying echoes of honour,
Tremors of horror,
Whirlpools of indisposed guiles,
Predators in search of prey to dine,
Crumbling of time,
Call of the DIVINE,
Every night transcending to light.

I know life is a humdrum affair,
Dwindling here and there,
I know life is sometimes rough,
Sometimes its light,
Sometimes its a smile,
Other times a frown;
Life is a phenomenon of time,

A canvas that is only mine,
A ride which moves on and on,
I may fall but still can rise,
Because awaits beyond,
Is the horizon of a new dawn,
So , evolve and evolve,
As soon this time will dissolve.

- Proneel Das, 1st BPharm

MISS-TAKEN

The first mistake I made was being born a girl
The second mistake was putting faith in this
world

Third one was being bold, which the world
thought was cheap
Ain't nobody knew that from the inside I was
strong, YET weak

That evening when I saw him come close, I
rattled
Moment he left, it was the numbness, I battled

It was not only him that relished the act
But the people around who did nothing despite
knowing the fact

He taught that a simple man can be in a garb
known
And nobody's like what they've shown

Fourth mistake was to take a stand & speak out
loud
Whereas, people just stared, in a crowd

All their piercing words were like a thunder clap
Surely, for the mistakes I made, I deserved a
slap

I could see the thirst of laying me down in his
eyes
This icy horror grabbed my heart strong and
nice

Now I even ignore a small talk & an extended
hand
As the pieces of terror would come next to me
& stand

I did everything I thought was right
Not for me, but for other girls, I stood with
might

Just one question I'll ask you all,

Is being molested completely my fault?
On whose shoulder should I put my head on?
I'm all alone & my soul is torn

But still whenever I hear his cruel laughter echo
It brings forth my mistakes that I may never let
go

I realized it pretty late,
That being born a girl is the only grave mistake
I made.

- Samriddhi Shree, 1st PharmD

LIFE WORTH A MOVIE

Unperturbed love under the lunar luminescence
Soulful sonatas of solitary sedation
And you and me,
Dickens' daffodils dance to the ball
& the breeze touches our feet
My life is worth a movie, will you pay to watch
me?

Nights adorned by fragments
Of crashing frames & confusing debates
& inebriate moments slipped away
The tales of a different dynasty
The pieces of a peaceful monastery
He spent it all on drunken debauchery
My life is worth a movie, will you pay to watch
me?

The wanton desire of escaping
& the art of deception; learnt over & over
Practiced over & over
I may not even live tomorrow
So let me be free tonight
Lest this joy decides to betray me
My life is worth a movie, will you pay to watch
me?

The rising of an existence
The alluding top of a forbidden jeopardy
Some stand – the kings of empires
Some led armies into indignant disunity
Everyone is meant for the great
But only I shall ornament the helm of
democracy
My life is worth a movie, will you pay to watch
me?

-Tanvi Bhalla, 1st PharmD

THE BLUE UMBRELLA

On a gloomy evening, a rainy day,
I went for a stroll, keeping my worries at bay.
Appreciating the beauty of nature, a God's gift,
And chirps of birds who sang sweeter than
Taylor Swift,
I walked and hopped, which made me ecstatic,
It was a breakthrough from monotony that
made my life feel so static.

Across the road, at an ice cream corner,
I saw a crowd of people, both Indian and
Foreigner.

My eyes caught a blue umbrella held by a
pretty girl who stood,
Made me fall in love at an age I worshipped
Robin Hood.

These uncontrollable feelings of infatuation and
attraction,
Caused more headache and confusion than
addition or subtraction.

Hesitant and scared I was to approach her and
talk,
Pale I stood, styling my hair as Mo-Hawk.
Britishers went back, and India was free,
And so was Nirma with 2kg Ghee.
Freedom of speech, my verbal swaraj,
Still looked as far as horizon and mirage.

As soon as I gained the courage and crossed
the road,
Gazing the blue umbrella, I got slipped by a
toad.

She turned and laughed so hard at me,
My heart broke against the concepts of
anatomy.
Emotional were all pains trumping the physical,
I got reminded of sad scenes from High School
Musical.

Till date, everytime I see an umbrella of color
blue,
Tears roll down my cheeks, for which I blame
the flu.
It brings back the memories and all the
hurtings,
From when I fell in love at the age of thirteen.
To make peace with myself, I try forgetting that
day,
Which started with as stroll, keeping my worries
at bay.

-Abishek Wadhwa, 1st BPharm

YET ANOTHER STRANGER

In the moonlight full of stars
We stared at each other for an hour.
It was about to turn into July
When I came across all your lies.
Now I sit here clueless,
Hopelessly I wonder,
How did all this happen,
You were just another stranger.
I speak to me,
I console my heart,
There's a lot that we could be,
Then how did we fall apart?

- Khushboo Mistry, 2nd BPharm

JIHAD

Do you smell me now
O fallen apple of the golden tree
I saw you fall before you bled
Against the flaccid storm of digressing winds
My b'ful garden, now doused in red

Do you find me now
O seeker of tormenting faiths
I saw you coloring the apple tree
With frivolous joy you forgave the apples
& bring end to the endless wait
With a single twitch of your ministerial hands
The poet's fingers now obliterate
The compatriot tress yearn in unison
& await their royal fate
The seeds fake perennial sleep
In the brown outfit of their bed
You son of creation, you duty bound outcast
You colored my b'ful garden red

Do you need me now
O gardeners of this silver orchard
You smoke away your worries in the sunset
& tender your own bird
As you walk across this garden of red.

-Tanvi Bhalla, 1st PharmD

MY NEW BEGINNING

I'm turning over a new leaf
brownish to green,
started from South Africa
Now am here

The best beginning of My life
may sometimes end in sorrow
but even on my darkest days
the sun will shine tomorrow

My fresh start,
a chance to rewrite history
a chance to rewrite my own story.
Its once in a life time
so i must do my very best
whatever life may bring
And look beyond the winter chill
To smell the breath of spring

insist to work hard it will pay
insist to pray it will pay
work hard today
tomorrow there'll be a reward for you.
This is a great time in the year to put thoughts
into action.

I shall make the best with what i have...
For this is My New Beginning

- Mbonisi Qwabe, 1st BPharm

Sketches

Jefry Jose, 4th PharmD



Nihal Sheikh, 1st BPharm



Sravani, 2nd PharmD



Teachers' Wishes

Wishing you all final B-Pharm students the very best for your future endeavors.

As far as possible without surrender to an goal and clearly; and listen to others over the dull and ignorant. Always have faith in your ability; success will come your way eventually. Best of luck

Every Exam is a step on the ladder of your life. Do well at each step to make sure that you always have something to fall back on.

ALL THE BEST EACH ONE OF YOU from
Greedhad

Another batch of B-Pharm is passing out of our institution to cater to the need of pharmaceutical and chemical pharmacy needs. We as teachers wish them best of luck for all their future endeavours. We wish the same to community better with all their knowledge and skills.

All the very best

S. Suresh Babu
Dr. Suresh Babu

Having taught a bunch of enthusiastic, energetic, self motivated & talented students and seeing them excel over the past four years in academics, sports & cultural activities has been a wonderful experience leading to ample sweet memories. I wish the batch of "2011" every success in their future endeavours. All the very best !!!

Venkalath Kamath B

Two basic processes of education are knowing and realizing. - Robert S. Slaughter

Best wishes for a realizable future.

Shamini
01/03/2015

वक्रत की रफ्तार

वक्रत की रफ्तार के साथ
सब कुछ पीछे छूटता हुआ
कुछ वो दोस्त, कुछ वो शहर मेरा
जैसे हाईवे पर
सरपट दौड़ती गाड़ी से
छुटते जाते हैं
मकान, और पेड़
मैं देखता हूँ सब कुछ
पीछे छुटते हुए
हाथ से निकलते हुए
एक छटपटाहट के साथ
जो बिल्कुल उस बच्चे जैसी है
जिसने अपना सर
टिका रखा है गाड़ी के शीशे पर
और देख रहा है सब कुछ
बड़े कौतुहल के साथ
शायद वो भी
मेरी तरह
सोच रहा है
वक्रत आने पर
लौटेगा वो इस वक्रत की किताब पर
और पलटेगा कुछ पन्ने
यादों की स्याही से रंगे हुए
-शोभन ओझा, 3rd फार्म डी

तलाश

मुझे है तलाश उस विश्वास की,
जो मुझे नया आयाम दे
डगमगाये कठिनाई में जो कदम
मेरी दृढ़ता मुझे थाम ले।
उस उषा की है मुझे तलाश
जो मिटाये हर अन्धकार
जब सम्पूर्णता का एहसास हो
और मिट जाए हर विकार।
है तलाश मुझे उस साँझ की
जिसमें न हो कोई गम
जब गूँजे चहुँ ओर कहकहे
जब कोई नैन न हो नम।
उस प्रेम को है तलाशना

जो हर स्वार्थ से दूर हो
जिसे कोई बंधन न बाँध सके
जो कभी न मजबूर हो।
है तलाश उस हमराज की
जो दे हर पग पर मेरा साथ
सुख की छाँव या गम की धुप
कभी न छोड़े मेरा हाथ।
है तलाश उस ज्ञान की
जो भर दे जीवन में प्रकाश
इतनी ऊर्जा मिले मुझे
की पूरी हो मेरी हर आस।
उस शक्ति की है तलाश मुझे
जिसके बल जीतूँ अपनी हर जंग
न मोड़ूँ मुख कर्म से अपने
और मर्यादा भी संग-संग।
-अदिति बाजपेई, 1st फार्म डी

कुछ दिल से...

जबसे मैंने चाहा था
तबसे मैंने जाना था
एक दिन आएगा
जब वो जाएगी
मैं रहूँगा अकेला
उसकी याद में खोया हुआ
दर्द होगा दोनों ओर
फिर भी जाना पड़ेगा
होगा ऐसा ज़ोर
टूटेंगे रिश्ते पर रहेगा दिल
जुड़े हुए चाहत से
चाहे कितने भी हो दिन
हर दरवाज़े पर होगा सन्नाटा
हर शक्रस होगा ये जानता
कहेंगे सब की मैं हूँ यहाँ
कोई ना समझा कोई ना जाना
कोई ना आया
बस ये दिल सहता सहामता खो गया
था पत्थर दोबारा पत्थर बन गया
तुझे कैसे बताऊँ तुझे कितना मैं चाहूँ
जाने जाना
फारूक , 4th फार्म डी

शायर की रूह

कोई बड़ा शायर हो, बड़ा कलाकार हो, सबके जीवन में कोई ना कोई प्रेरणा होती तो है ही।

आज कल के आधुनिक परिवेश में हम अपने कलाकारों को भूल रहे हैं। लेकिन कभी भूले इनके बारे में या जीवन वृत्तांत पता चलता है तो प्रेरणा मिलती है। आज कल के युवा वर्ग को पता नहीं क्या हो गया है। कोई नशा करने लगता है तो कोई जीवन से हार मान जाता है। आज एक शायर की जिंदगी के बारे में कुछ बताना चाहता हूँ, शायद आपको अहसास हो की शायर की शायरी क्या होती है और शायर की रूह क्या होती है।

निदा फ़ाज़ली हिन्दी और उर्दू के मशहूर शायर हैं। वो छोटी उम्र से ही लिखने लगे। जब वह कॉलेज में पढ़ते थे तो उनके सामने की पंक्ति में एक लड़की बैठा करती थी जिससे वो एक अनजाना, अनबोला सा रिश्ता अनुभव करने थे। लेकिन एक दिन कॉलेज के बोर्ड पर एक नोटिस दिखा "Miss Tondon met with an accident and has expired" (कुमारी टंडन का एक्सीडेंट हुआ और उनका देहान्त हो गया है)। निदा बहुत दुःखी हुए और उन्होंने पाया कि उनका अभी तक का लिखा कुछ भी उनके इस दुःख को व्यक्त नहीं कर पा रहा है, ना ही उनको लिखने का जो तरीका आता था उसमें वो कुछ ऐसा लिख पा रहे थे जिससे उनके अंदर का दुःख की गिरहें खुलें।

एक दिन सुबह वह एक मंदिर के पास से गुजरे जहाँ पर उन्होंने किसी को सूरदास का भजन "मधुबन तुम क्यों रहत हरे? बिरह बियोग स्याम सुंदर के ठाढ़े क्यों न जरे?" गाते सुना, जिसमें कृष्ण के मथुरा से द्वारका चले जाने पर उनके वियोग में डूबी राधा और गोपियाँ फुलवारी से पूछ रही होती हैं ऐ फुलवारी, तुम हरी क्यों बनी हुई हो? कृष्ण के वियोग में तुम खड़े-खड़े क्यों नहीं जल गईं? वह सुन कर निदा को लगा कि उनके अंदर दबे हुए दुःख की गिरहें खुल रही हैं। फिर उन्होंने कबीरदास, तुलसीदास, बाबा फ़रीद इत्यादि कई अन्य कवियों को भी पढ़ा और उन्होंने पाया कि इन कवियों की सीधी-सादी, बिना लाग लपेट की, दो-टूक भाषा में लिखी रचनाएँ अधिक प्रभावकारी हैं। तब से वैसी ही सरल भाषा सदैव के लिए उनकी अपनी शैली बन गई।

हिन्दू-मुस्लिम कौमी दंगों से तंग आ कर उनके माता-पिता पाकिस्तान जा के बस गए, लेकिन निदा यहीं भारत में रहे। कमाई की तलाश में कई शहरों में भटके।

जब वह पाकिस्तान गए तो एक मुशायरे के बाद कट्टरपंथीओं ने उनका घेराव कर लिया और उनके लिखे शेर -

घर से मस्जिद है बड़ी दूर, चलो ये कर लें।
किसी रोते हुए बच्चे को हँसाया जाए॥

पर अपना विरोध प्रकट करते हुए उनसे पूछा कि क्या निदा किसी बच्चे को अल्लाह से बड़ा समझते हैं? निदा ने उत्तर दिया कि मैं केवल इतना जानता हूँ कि मस्जिद इंसान के हाथ बनाते हैं जबकि बच्चे को अल्लाह अपने हाथों से बनाता है।

उनके कुछ लिखे मसहूर दोहे -

मैं रोया परदेस में, भीगा माँ का प्यार
दुःख ने दुःख से बात कि, बिन चिढ़ी बिन तार

छोटा कर के देखिए जीवन का विस्तार
आंखों भर आकाश है, बाहों भर संसार

लेके तन के नाप को, घूमे बस्ती गाँव
हर चादर के घेर से, बाहर निकले पाँव

सब कि पूजा एक सी, अलग अलग है रीत
मस्जिद जाये मौलवी, कोयल गाए गीत

पूजा घर में मुर्ति मीरा के संग शाम,
जिसकी जितनी चाकरी उतने उसके दाम

नदिया सींचे खेत को, तोता कुतरे आम
सूरज ठेकेदार सा, सब को बाँटे काम

उनकी पुस्तक “मुलाकातें” में उन्होंने उस समय के कई स्थापित लेखकों के बारे में लिखा और भारतीय लेखन के दरबारीकरण को उजागर किया जिसमें लोग धनवान और राजनीतिक अधिकारयुक्त लोगों से अपने संपर्कों के आधार पर पुरस्कार और सम्मान पाते हैं। इसका बहुत विरोध हुआ और ऐसे कई स्थापित लेखकों ने निदा का बहिष्कार कर दिया और ऐसे सम्मेलनों में सम्मिलित होने से मना कर दिया जिसमें निदा को बुलाया जा रहा हो।

नितेश कुमार सिंह
चतुर्थ फार्मडी

सुबह का लैक्चर

कॉलेज का पहला दिन था। सब खुश थे। पर वो लड़का कुछ चुप था।

उसकी आँखें अंजानी भीड़ में ढूँढ रही थी उस लड़की को जो फीस भरते वक्त उसे दिखी थी। बात नहीं हुई तो मिलना नहीं कह सकते। नाम तक नहीं पूछ पाया था, पर वो लड़की उसे हिलाकर रख गई थी।

उसे सामने चल रही briefing बकवास लग रही थी। intro नीरस लग रहे थे।

इंतजार खत्म हुआ, और intro के वक्त उसे नजर भर देख लिया और नाम भी पता चल गया।

कभी कुछ कह तो नहीं पाया पर आज चार महीनो के बाद भी सुबह के लैक्चर जाने की वजह बनी हुई है वो लड़की।

अन्शुल
१ बी फार्म



Academic Council: Reviews and Testimonials

Adithya, 4th BPharm CR

One of the most hardworking and diligent CRs, he has been a member since third year, prompt and helpful, his "ae ae kya boli re tu" expression will always be remembered.

"This was my last year in the council, and I must say, the council this year has been a perfect blend of talent and hard work. I enjoyed doing things during my tenure, and did stuff I never thought I would be able to do. I had the time of my life representing my batch in the academic council and will miss these times forever. Good luck!!"

Benita, 4th BPharm CR

Super active on Whatsapp and Facebook; if you have messaged Benita you can be assured of a reply within the next 5 minutes. A favorite among students, she is also the "cool car-waali CR"

"Working under Shweta, Bittu and Pooja was a lot of fun. I really enjoyed my last year in the college; working with the council taught me a thing or two about team work. Cheers"

Niraja, 3rd BPharm CR

"Niraja is like superwoman. "Log chahiye? Niraja ko bulao". By hook or by crook, she always ensures that even the most boring seminars and lectures have a full room and intelligent front row audience."

There were many hiccups in the process of Pharmaquora but finally show well put up and a grand success. It was a real pleasure to work along with the whole council and felt really lucky to be a part of it.

Arbind, 3rd BPharm CR

MR. QUIET, he is one of the most serious faces in any council meeting. A silent but amiable person, he is a team poster.

"At first, I was really apprehensive, but the things turned out to be really good. It was fun doing stuff for the college; organizing events such as Pharmaquora helped me a great deal."

Akshay, 2nd BPharm CR

Famous CR of the famous batch, this bike boy is ultra sweet. He was very understanding and an expert at mingling with both seniors and juniors.

"I enjoyed a lot under the leadership of our council heads and got to know and learn many things that otherwise would not have been possible. Pharmaquora was a much anticipated event this year and we pulled it off with much success. Hope to come back next year."

Srija, 2nd BPharm CR

value education CR "this girl has a great sense of moral responsibility. Friendly and sensible, she will go places thanks to her pleasant nature.

"Working in the council this year was an amazing experience. This year's council was a bunch of hyper active people with different ideas and approach towards work. Organizing this year's Pharmaquora was nothing but stress and weirdly in between all the work and stress we managed to have fun. No matter how much we argued over things like 'lime juice or tea' or 'why do we have meeting so late', at the end of the day working in the council is altogether a completely different experience for me."

Divya, 1st BPharm CR

This sweetheart from Udupi always has a ready smile and a head full of ideas. After some initial stumbles she had become an indispensable asset to the council. Good luck surviving the next three years of MCOPS!

"Working in the council was a great experience. Credit goes to the perfect blend of responsible Shweta Bhatt, hardworking Bittu and systematic Pooja Yasaswi"

Rohan, 1st BPharm CR

The "khoob bhaalo" boy, Rohan makes the most of his time in Manipal. Not someone to repeat his mistakes, Rohan is good to have around.

"My 1st year and being the CR was a wonderful experience. I got to learn a variety of new things and how responsibility changes you as a person, for good"

Ashwitha, 1st PharmD

Ashwitha performed every task given to her to perfection. We would love to see her again in the successive council.

"Being a newcomer, the experience of working in the students' council was overwhelming. I will cherish the experience for the rest of my years at MCOPS"

Roshni, 2nd Pharm D

Although very quiet, her head kept brimming with ideas all the while. She proved to be of great support during Pharmaquora.

"I just want to say that it is my first time in the academic council and it was really good. All the members are very good and supportive making it a beautiful experience."

Raghuvir Keni, 3rd PharmD

The most skeptical of the lot. He was blunt, and on your face, but boy was he ever wrong. Always to turn up for meetings on time, we will miss this Goan.

"I joined the council for the first time in my 3rd year and I must say it has been a phenomenal journey. It pulled me out of my comfort zone and I got to interact with a lot of new teachers/students. It was nice being social for once."

Lakshmi, 4th PharmD

"The only class representative from fourth PharmD. Very punctual and diplomatic, she was of great help during Pharmaquora".

This was for the first time that I have been part of the student's council. I have a lot of good memories and experiences being a part of the academic council. Pharmaquora was the one event that brought us all together. The struggle that we had to undergo to make it happen, brought a better understanding and comradeship between us. Being in academic council has been an eventful, unforgettable and wonderful experience.

CDC: Reviews and Testimonials

Aastha (4th PharmD)

Being in the council for last 4 years have been overwhelming but being in CDC, this year, has been a totally different experience. The council I have worked with, is worth appreciation. I would like to thank Kanav sir; your undaunted support lightened our path in the times of peril. Manasa di, you have been a great asset to the council and working with you was another chapter added to the yearbook. With all the coordination and efforts, CDC has established its footprints in the atlas of MCOPS.

"Aastha brought with her 3 years of council experience and very successfully graduated from the once associate editor to the now Joint secretary of the newly formed CDC. Her presence was an asset."

Sneha (4th BPharm)

This being a new council initiated this year, I must say I feel very proud to have been a part of the amazing journey.

Working as a team under the guidance of secretary Manasa and our patron Kanav sir, I believe we laid out a strong enough foundation for the committee and I wish the future members all the best in serving the community and making a difference as is the main purpose of CDC. All the best!!

"The busiest person of the group! With her jam-packed schedule of final year, she has given her best to the committee, justly representing a class of 100 students! Brimming with ideas, she played an instrumental role in designing the events to suit both the BPharm and PharmD students."

Tanya (3rd BPharm)

Being a part of CDC has taught me how as a student, one can contribute immensely to ameliorate the health conditions and way of living of an Indian community by just making them more aware about various health issues. It feels great to be working with all the dedicated CDC workers whose ultimate goal is development of community.

"She knows her stuff. You just need to hint about what you need and it shall be done. Her experience of working in the core council of previous year worked to the advantage of this committee."

Sowmya Addanki (3rd PharmD)

It was a very rewarding experience and I got to do many things I wouldn't have had an opportunity to do otherwise !!!

"Quietest of the lot. Does every task given to her with perfection. Her name rightfully describes her! Sweet, soft spoken and easy to work with. Capable of finishing any type of work assigned to her. Hardworking, obedient and supportive- an absolute necessity for the committee"

Janki Chauhan (5th PharmD)

A member of the community development committee, have had a great experience working with each of the members involved in this committee in bringing forth various projects in the identification of needs to the community at large. This has helped to bring out a large part of those roles involved in event management, communication and public relations. As this year has been the first of this committee, the standard achieved by each one of us is great. Finally, it's been a pleasure working with Kanav sir and all the committee members.

"Bubbly, brings life to the boring committee meetings with her loud laughter. :D She is the punctual one of the group. Arrives and leaves dot on time. Assign work to her and consider it done perfectly!!"

Srujitha(4th PharmD)

I feel very privileged to be part of this committee where it gave me a platform to serve the public by providing extensive awareness of various diseases and the life style modifications. I gained extreme self-satisfaction and happiness by working for the committee. Kanav Khera sir is very inspiring and always gave us all the support. Manasa, the secretary was very efficient and dedicated towards the committee.

"Supportive and very enthusiastic to work. I can always share a private joke with her as we share the same mother tongue. Reliable, responsible and an invaluable resource for the committee."

Deepthi (2nd PharmD)

It's my first time in a council and being part of CDC has been a wonderful experience for me. It has taught me how to be a team player no matter how small your part be. I made new friends and I'm happy that I was a part of this council

"The youngest person of the group! Rarely attends meetings; but when present, she proves to be of immense help! She was someone always ready to extend a helping hand."

SEC: Reviews and Testimonials

Snigdha - the girl with a total involvement with the committee regardless of her absence on WhatsApp;) (She totally gets saved from infinite buzzes and my very late night texts of work)

"Working for SEC was a wonderful experience, I got to learn a lot, we had many programs where all the committee members worked together. The movie night was a splendid hit. The global village was an enriching experience for us where we got to know about the different cultures of the world. It felt good to organize and participate in the first ever internship program of our college under the perfect leadership of my secretary, Pooja."

Yogesh - he totally goes with the letter S ... The most senior member of the youngest committee... Silence is named after him and not to forget super supportive

"Working on this committee started with a big dilemma whether we will be able to achieve what we have been designated to do. Being one of the youngest committees on MAPS many people doubted us. By organizing winternship, members have shown the zeal to undertake various exchanges we will be handling in the future and being the Administration Head I am very proud of that. From handling fund raisers to involving professors in projects we have seen it all. And I hope SEC will keep spreading MCOPS name world over. I thoroughly enjoyed working in sec with an incredible secretary."

Anna - She was one beautiful lady of my committee who never delays work. Also in return, cherishes us with her constant beautiful smile. So a boost up factor!

"Working with SEC has been a different experience. It helped me to make more friends, and taught me how to share my ideas, discuss and implement them and to work as a group."

Raveesh - Technically, he was the laziest member of the committee. Amazes all of us with his super professional work, but also finds extreme fun in taking off the peace of secretary by absolute delays.

"Joined late, I had too much responsibility for SEC. But today I feel blessed to be a part of one of the most interesting committees which involves amazing and crazy people showing up an absolute professionalism. I cannot forget to mention my secretary, Pooja. She is absolute fun to work with. She loves me too much that I'm the first one to be assigned work and terrifying deadlines. That's the way SEC is a total fun factor for me."

Aman - He aims to empty my wallet. So for every success of sec, I go bankrupt as Aman is always ready to grab a treat from me. Perhaps, one of the most adorable kids of sec.

"SEC gave me platform to let me apply my artistic skills and absorb knowledge on people and communication with a constant support of my secretary, Pooja. A perfect example of a leader who is so down to earth to treat me for every sec success. SEC fills me with family love."

Sreelekha - Talk less, work more is her signature. A very charming and super talented lady.

"I made a lot of friends and came to know a lot of seniors. I learnt about team spirit, team work, leadership, hard work, etc. Pooja, the general secretary is a good leader who has always led me with great enthusiasm and support. Hope we fulfill our dreams of making this council worldwide."

Anila - Any work assigned to her is a definite success. She has been blessed with her crazily active and never tired attitude. (On this note, I pay my gratitude to her scooty) She is a success signature for SEC

"Working to help create opportunities is very difficult work...it becomes even more challenging when each person around me is thinking in a different way; but making it all work is an awesome feeling.. That is the true essence of working with SEC"

Rajitha - Being with me for the most part of the day, she gets to know each and every bit of Sec with an unexpected reaction from me. She makes my work really simplified and on the contrary, makes me nervous with the simplest of tasks. All in all, she serves me with my timely doses of chill pills throughout and makes Sec an absolute fun, relieving the pressure and thoroughly contributing to the success.

"Best thing happened or I did was to take part in SEC. Well, no words to tell about my experience with SEC, speechless. I started to love the work after joining in SEC, it's mainly cause of the people I had worked with, they are so cordial, joyful and we had crazy fun"

Spandana - May it be an internship kit, a trophy, a pizza price, a movie for the movie night, host for a ceremony..She is the first one I look up for. The most approachable member of the committee with instant and obvious decisions.

"The day I stumbled in on an SEC meeting I had no idea what I was signing up for. But now I can confidently say that it is better than anything I imagined. Working with a group of remarkable seniors and excellent teachers is a very fun experience. Some days it does get hectic with the secretary breathing down my neck.... But to say honestly it's worth it."

Shilpa - Super talented and extremely enthusiastic. Idea generator of sec! Her creativity serves sec great!!

"I joined the student exchange committee as I am aspiring to join a college in the west for my further studies. This committee was naive in the beginning, but under the right guidance, it got a head start. Slowly and steadily, our performance sped up and so did its popularity"

Melissa - the most excited member of the committee. 24*7 ready to take up work and never procrastinate is how she defines herself. Extremely cordial lady I love to work with.

"Working with this committee was a thrilling experience as well as quite challenging. Being the first of its kind and being divergent and discrete in its own way, for me working in this diligent council is a great experience...! This committee is more like a family for me. I have a great time working with my team mates. And our Secretary Pooja is the best example how a leader has to be. She is very hard working and guides us in every possible thing. I'm eagerly looking forward for prolonged relationship with Sec"

Cultural Council: Reviews

Hrishika, 1st BPharm: Being a part of the cultural council in the very first year of the college was amazing as it helped me to mingle with my seniors' quite well. We had great fun during our events. You learn to manage things quite well. It was great working with Mitali and Sana.

Nabeel Abbas, 1st BPharm: I had a wonderful experience being a part of the cultural council in my very first year. Mitali and Sana were very cordial and supportive towards our approach and ideas regarding the cultural activities. It was a great opportunity of being able to interact with seniors and helped me learn a great deal of stuff. I'm looking forward to be a part of this council in my future years in MCOPS and willing to contribute towards the cultural activities of this institute.

Janmejay, 2nd BPharm: It was a great experience especially when there are people with different ideologies and different level of thinking. I got to learn teamwork and a lot of other stuff.

Sreeranjani, 2nd BPharm CR: This being my first year with the cultural council I learnt a lot here. Mitali and Sana were friendly supportive and open to ideas we came up with. My experience was exciting. We had fun and worked together to make all the events successful.

Neha Xalxo, 3rd BPharm: Working with the council has been amazing. Met new people, made new friends...putting all our efforts with collaborative ideas we had successfully put up a great show. Big thank you to Mitali and all the members for being such a great support

Reshma Susan, 3rd PharmD: It was my first time working for the cultural council and I must say the experience so far was pretty amazing!! Got a chance to meet a lot of new people, learn from them and share ideas.

Working with Sana and Mitali was a good experience because they made our work much easier and simple!

Kshipra and Thanmai, 5th PharmD: Mitali and Sana were very supportive! It was great working with this team. All creative heads under one roof.

Azmat Zahra, MPharm: The experience of being the part of Sanskriti 2014 has added colors to the otherwise mundane curriculum of MPharm. The achievements have made my sojourn in Manipal even more memorable!

Sports Council: Reviews

1. **Adwaetha:** The sports club is the most popular choice of any student bringing to the fore the healthiest and the most enjoyable time one can have. Am glad I could be a sports council member under the mentorship of Ahad. A true leader, he showed by example how team work, patience and sportsman spirit can yield exemplary rewards. His initiative in beginning the MCL again as well as giving full support to other Sports marked an eventful beginning to the session. Kudos to his able leadership, we have a close knit team and will continue to win laurels in the day's to come.
2. **Ratna Sagar:** Ahad is a very cool person has with so much patience, thinks a lot and does the work at perfect time. Am feeling proud to work with him!!! Thanks for giving me this wonderful opportunity.
3. **Beena:** Being my 2nd and final year in the sports council, I must say it has been a delightful journey so far. Working with other council members under the guidance of our very hardworking secretary Ahad in organising the various sports events especially MCL was fun and definitely worthwhile. I wish the future council members all the best in their endeavours.
4. **Anusha:** Being in the sports council has proven to be a golden opportunity .With Ahad as the head of the sports council has made my experience interesting and enjoyable. Learning to take responsibility, working together as a team and having fun this is what being in the sports council has taught me. I'm truly glad I joined the sports council.
5. **Anushka:** My first year as a council member has truly been amazing. The entire council is composed of hard working individuals showcasing their best performances while working together as a team. Ahad has been a dedicated leader and has always created an atmosphere where every member can share his/her thoughts. His reliability and innovativeness has helped the council in making various events successful. To sum it up, it has been an overwhelming experience to be a part of the sports council.
6. **Ramakrishnan:** It was my second year as the Joint Sports Secretary, a good learning experience. It was great working with Ahad as my council head. All the chores were well planned and executed with perfection.
7. **Vignesh:** It's been only four months in the council but Ahad is one person who I feel I have known him for many years. He is open and commanding which I feel for his post is perfect. Working with Ahad has been a great experience
8. **Yashna:** Ahad has been a nice and pleasant person to work with. It's been a pleasure and a wonderful opportunity to work with him.
9. **Seema:** My experience as sport's CR for the first time in my life was awesome. I got to learn new things like new games and their rules. The main thing I learned after being a sports CR is that group unity is strength and being a leader I always tell my classmates that winning is not important but what is important is unity and team work. Working under Ahad as the sports secretary was a good experience. He is a very punctual, frank, friendly and a hardworking leader. He understands the problems of the council and tries sorting out according to the comfort of members. He distributes workload equally among the members so that all are involved in the activities of the council.

10. Parth: It has been a great experience working with Ahad, our sports Secretary and am obliged to have been the sports council member under his mentorship. He has always been supportive and is a true leader. He in all ways has shown us the importance of teamwork and has very well coordinated events. We are fortunate to have him as our leader
11. Himanshu: I can proudly claim that I have worked with one of our most energetic captain- AHAD. And being in the sports council I have learned many things like how to organise the events, team work, coordination etc. And Ahad was always there to guide us. Most important thing, I enjoyed a lot working by his side.
12. Sushmita: Working for the first time in the sports council, I Must admit that I enjoyed thoroughly! Because they say "do what you love and love what you do." and that's exactly what I did! And Ahad, our sports secretary, is not only a good person at heart, but also an efficient leader. He organized many meets, raised the team spirit, and with his support we all managed to conduct d sports events successfully! I personally feel that he is an asset to the student council.
13. Karthik: It was a pleasant experience working in union with the sports council 2014-15.Happy and honoured to coordinate the development of sports in our college under the supervision of Venkatesh sir and administration of Ahad and Ramakrishnan and all the members.
14. Meghashyam: I consider myself very fortunate to be a part of the sports council. In fact through this I got in touch with many juniors batch mates and seniors. This gave me a chance to know people better. I am very thankful to Sports Secretary Ahad for giving me an opportunity to serve the institute as a part of the sports council. I appreciate the way he manages the events and meetings. He is a very dedicated and cooperative mentor. I would also like to appreciate all the council members for their hard work and dedication because of which we successfully conducted so many events this year.
15. Sujeet: The best opportunity given to me in MCOPS was to be a member of sports council. It was so apt working with Ahad. He has a lot of patience and executes the work on time with perfection. He helped the entire council in all the possible ways. The credit for the smooth conduct of all the events goes to his perfect leadership. I learnt a lot of things under his leadership.
16. Fiona: Being in the council for the past three years has been amazing and being a part of the sports council has helped me a lot in building up discipline. Every year has been a different experience. Working with Ahad as the sports secretary has been delightful. Would like to thank him for giving me this opportunity to work with him and be a part of MAPS. Ahad's leadership qualities has encouraged everyone in the council to do their best in whatever was assigned to them. Thank you for this amazing experience.
17. Alekhya: Its been amazing to work in the sports council, had many new experiences, Ahad as the sports secretary headed the sports council really well.It was really fun conducting MCL and looking forward to Athlos.....

Editorial Board: Testimonials

Aditi Bahadur: Very enthusiastic, her selection into the board was quite a feat in itself. It was Very hard to contact her through Whatsapp and she somehow was always late for the meetings. Her presence will be missed.

Sushant Suresh: The boy with the ever smiling face, he was the quietest member of the lot. Very sincere in his approach, this soft spoken boy proved to be a great asset and helped us collect a lot of articles from 1st years. Best wishes.

Tanvi Bhalla: The girl from the capital city of India. Very punctual and always on time. Her beautiful handwriting was an inevitable part of our numerous board changes. A prolific writer, she has contributed some nice poems for the magazine.

Naval Roshan: Although he missed out half the meetings, he was of great help with his calligraphic handwriting and sense of design. He gave a stiff competition to Sushantin being the quietest member of the board department. We wish him all the best for future.

Khushboo Mistry: Joining us again for the second time, she continued her stint as the official store keeper of the board. She was an integral part of the board changes, with her creative inputs and a flair for sketching. Hope to see her again.

Vineeta Pathak: A new entry. She made sure every task given to her was done to perfection. She, along with Khushboo, executed every task that was assigned to them. We wish her all the best.

Manas Kinra: Our very own technical advisor. The most experienced member of the board. He was the mastermind behind most of the board changes and helped a great deal with the articles and fund raising. We wish him all the best for his future endeavors



Core Council Testimonials



Shweta: Miss President. One of the most powerful orators of MCOPS, she transitioned well from her post of General Secretary last year. Energetic and ever enthusiastic, she made sure every event of the college was a grand success. A big hit among the juniors, she will be missed for her constant banter.

Bittu: Sir Ji has crazy but workable ideas. He is the mastermind behind most of the fabulous posters for college events. One of the most hard working and diligent VP the college has ever seen. A big hit with the juniors

Pooja: Spearheading the SEC council, this fiery General Secretary is ever ready to help. She puts her best in every event. We will always treasure the memory of us wearing pajamas and hiding during a Sunday seminar

Mitali: Mitali has been the perfect team leader, always there, active, cheerful, encouraging, confident, innovative. She has always made everyone in her team feel special, valued everyone's work and always helped everyone to step ahead for a better result.

Sanskriti-2014 was a wonderful journey for all of us with her leadership qualities and a huge part of the credits goes to her, from addition of new events -to every small task that made the event a success.

Sana Shaikh: The girl with the scooty and the super cute smile. An asset to the cultural council, she worked hard to make things smooth for the rest of us. A localite, she was ever ready to help in whatever way she could. She'll be missed for her tongue in cheek sense of humor.

Mohammad Zabiuddin Ahad: The sports secretary with the coolest hairdo, he came and with a bang. Although the most novice of the core council members, he handled the work of the sports committee with much gusto and skill. MCL was revived and Athlos was a great success, thanks to his never say die attitude.

Ramakrishnan: The fastest man of MCOPS, and the nicest of human beings. Our very own JSS is a hit among the juniors and seniors as well. We wish to see him come back for the post of sports secretary with much aplomb next year.

Shobhan Ojha: The Chief Editor. From the lanky, shy, lazy 1st year class rep, he evolved on to become the shouting, screaming, super active chief editor. Always in a hurry for getting things done, we will remember him for the heated late night discussions on our Whatsapp group.

Nishma Khetia: Our very own joint editor; super energetic and ever ready for any job. She always had an idea how to get things done. She aims to go for the post of General Secretary next year. We wish her all the best.

Manasa Ch.: The senior most member of the council was also the quietest of the lot. Hers was a newly formed committee, and she made sure it was in the news for all the right reasons.



PharmD



TASNEEM RAJ

Behind that loud voice is a very sweet and caring person who is confident and not afraid of anything. Her bold "leave it to me and it will be done" attitude has always been an anchor and confidence during this six year journey. Her love for glitter and vibrancy is made evident with one look at her notes. She will be known as a shopaholic and above all a chatter-box. Her question paper instincts and 'let the odds be in favour' message always brought a smile on our faces prior to exams. She loves all things Apple and recently became a gym fanatic



LIDA JOESPH KADAVIL

If you are ever in need of helpful advice, or a considerate ear or even a shoulder to cry on, she is your person. A paragon of virtues, her qualities span a great length including affectionate, friendly, fun loving, helpful and many more. Her moral compass always points due north, whatever be the situation or the cost. Her ability to identify and retain the best out of something lets her be both an Indian and a Canadian, a mature and a childish person, a great listener and an excellent orator, an avid learner and an invaluable critique. She is also a melodious singer and an amazing cook.



ANUVRINDA

She is the charm of the class and a very friendly, jovial, helpful and good natured person. Her skills for organizing and planning are unmatched. She is the master and Jack of all sports known to mankind. National squash champion, she is the ever-ready of our class. She is ever ready to plan and go on a road trip and there is no dearth of ideas and energy in her. She is one of the most active personalities we have had the opportunity to interact with. Manipal without her would have been a whole different and a boring story.



SAJJAD SHERALLY FAZEL

Never underestimate small things. Holds cent percent true for Sajjad (at least used to in first year, it's tough to call him small these days). We have rarely met someone so brimming with talent. Photography, digital designing, computer whiz-kid, hockey and soccer player, you name it and he can do it. Even though he can come off as aggressive at times, he is an extremely friendly, helpful, loyal and considerate person who is always there for you, whatever is your need.



PETA SUJITH

From joining bharatmatrimonial.com in his first year to rocking the gym by his sixth year, truly his exploits over the last half a decade are as expansive and all reaching as his sense of humour. You can always trust him to have your back. One would be hard pressed to find a better friend. (Just never let him borrow your footwear or gloves, they'll never fit you again, credit his freakishly long hands and feet).



ANUJ NAYAN SHAH

The smart and handsome Gujrati is one among the naughtiest in class. You can see the mischief on his face when he is up to something. He is also a very reliable friend who will go out of his way to help you. He loves sports and always ready to have fun or go on a trip with his friends.



SEYED HANIF KARIMZAD

Aka chef Hanif, he is a very hardworking, humble, dedicated and disciplined person- list is endless!! He loves cooking and we are always hungry to devour his food, he may be quiet but he is one fun person to hang out with. He has represented our class and college in an array of sports and he is always calm and cool like a true Canadian!!



SYED ANWAR RIZVI

Anwar aka "NWR" aka "nawab" has been a perfect blend of hard work and fun. His interests lie in sports and travelling however if friends are there, he is up for anything. He is the best person to learn from regarding "how to save money" and cut down cost of living. An avid football & hockey player, he is famous among the juniors as the hockey coach. Creative, thoughtful, considerate and an awesome friend.



ZAINABBAS GULAMABBAS LADHA

Zeinab as we all call him is one of the most trustworthy, caring and reliable friend you could ask for. He is always there when you need him at any time of the day or night, whether it be for help with studies or just to chill and have a cup of chai. He is a great sportsman, playing almost everything you can think of and even if he doesn't know he will learn quickly and outsmart you. He has grown into a great chef, always getting inspired to cook new dishes and desserts and posting amazing pictures of his food on Instagram "#Instahalal". He has a 'never give up' attitude and while you may think something is impossible, he will do his best to prove you wrong.



MADDHALI KARTHIK

The GANCHU man!! He was a very well renowned personality amongst Andhraites, always surrounded by juniors, known to them as KARTHIK SIR. He works hard to achieve his goals, be it studies or dancing or gym. Passion... following your dreams and struggling to make them real – this is what Karthik has taught us. The Mr. Muscle of our MCOPS!



ANIRUDH ARUN BHANDARKAR

You will be hard pressed to find a more energetic and restless person, always looking for a way to chill, to enjoy, to experience, and to live. Be it squash court, treadmill or an argument, he is simply unbeatable. He is an excellent mimic; you could never spend a minute without laughing in his company. He loves to socialize; you will always find him surrounded by new and interesting people – a celebrity in the making. Hardworking, supportive, caring and let's not forget that dimple marked trademark smile of his!!



SAURAV KUMAR JHA

Life's a Sport – Play it!!! is his punch line. Saurav has been the politician and the diplomat of the class. 'Love him or hate him, you just cannot ignore him; centre of all the parties and trips we have ever been to. Always supportive of his friends, come what may! And if you had an awesome college life, he was your friend. Good looks with good luck always!



YEDAVALLI SAI NISHANTH

He is known as Nagarjuna (Telugu actor) amongst the telugu gang of our class. Even though he is bit hard to break through initially, once you get to know him, you will see a kind, caring, and understanding person. He is the only one who follows the dress code of the college all through the six years. An excellent cook, his paneer curry and cakes are to die for.



ANSHIKA KAUL

If you ever feel down, she is the person to go to. The happy go lucky girl of our class, who likes to keep to her, she loves her TV shows, sleep and most importantly FOOD, you would cook for her just to see her amazing expressions. Best MC of the whole MCOPS and most lively person of all parties.

BEENA ANNIE SAM

A perfect blend of wisdom, brilliance, patience and perseverance makes her the most diligent student of our batch. She is full of optimism and positive thinking (we call her The Saint) and never leaves anything for chances. Her mesmerizing presentation skills have killed the sleep of many professional sleepers in the class. She is generous, loving, giving, compassionate, forgiving and list goes on, in short a very sweet person.

SANDEEP BONTHU

Sandeep turned out to be one amongst the very outgoing and fun loving person. It is impossible to keep a straight face around him, his jokes and antics are bound to make you laugh. He has been a stand out persona and has left his signature drawing in every lecture hall of MCOPS. he is an entertaining company for all the party goers.

MADDINENI BHUMIKA

She is another Mary Kom of the class. So guys, be careful before you mess with her. She is someone very sensitive and kind at her heart. She is a small town girl who turned into a true Manipalite!! Beauty and brains together in one package, she has always managed to get awesome grades despite the amount of fun she has all the time – perfect example of time management. She loves cooking; her Andhra style chicken curry is to die for.

DARUOSH MOMTAHAN FAKHRANI

Daruosh will be remembered as a helpful and caring person. Whenever someone is admitted in the hospital, he is the first person there to make sure they are taken care of. Even though he used to struggle with the language and subjects initially, his persistent effort and perseverance have helped him to accomplish good grades and he has proven nothing is impossible if you are willing to work hard.

RACHANA SHETTY

"Just finish it off" these are the pearls of wisdom from this small town girl. Rarely will you see such a combo of impatience and perfection in one person. The highly compact arrangement of organs in her

feather weight body continues to be an unsolved mystery. Her home was a home away from home for most of us with yearly visits and brunches. She is a perpetually charged Duracell battery who keeps everyone at toes - The 'Eklauti behen' of the class. Be it Raksha Bandhan, Diwali, Holi, Birthdays, trips.... she's full ON.

ANAM SOHAIL

One of the best cooks in our class, anything that you find palatable is simple for her to prepare, even peanut butter!!! If Modi's Swach Bharat team ever conducted a selection for team leader, this Ms. Clean would be unanimously selected. She is one of the most hardworking and dedicated persons you will ever meet. She is very caring of her friends and has got amazing looks.

JATIN AGARWAL

He can be summarized in three words "Yaaron ka yaar", a very simple and kind hearted person. Everything he does has a sense of kindness to it, always helping and supportive of friends, the ideal gentleman and a trustworthy companion!!!

BEEGUM SHEENA KARIM

This "Sleeping Beauty" hibernates during the day and is super active in the night. Although you may get the impression she is shy and reserved, her friends know that there is not a moment of silence. She manages to score awesome grades with a single "all-nighter" and leaves the toppers dumbstruck. Loves to talk and the most caring and understanding person you will ever meet and makes amazing costume designs!!!

KRISHNAMANENI PREETHI

Pretty, Prettier, 'Preethi-est'!! This pretty lady while being gentle and considerate is also adventurous and daring. Nothing interests her more than online shopping and photo-shoots. You mention them and she'll be up and running. If you didn't understand the concept of time in 'Interstellar' movie, spend time with her shopping, she can make two hours look like two minutes. Both guys and gals envy her looks and her dressing is always admirable. She is an amazing dancer and loves to have fun at every occasion.

AVIRAL DUBE

An intelligent and intellectual person, but never boring – just discuss anything with him and see his views. He loves reading various kinds of books and has got a great memory and with time, he has evolved into a mini encyclopedia. Although he loves to stay to himself, he is an excellent teacher and a great friend to many. He loves photography and designing and most importantly GYM!!!

GULAMALI MURTAZA JACKSI

Aka Ali, most people don't even know his first name – Humorous!!! He really brightens up your day, always making you laugh or smile by pulling pranks and making jokes, not to mention the non-stop music box that he is, always singing or humming a song. He transformed from a 40 kg boy to an aesthetic built 65 kg man. Ladies watch out. He's got the look and charm. He is an honest and reliable friend who you can always count on to be there for you.

PRUDHVI KOPPARAPU

Prudhvi has been one of the best dancers and choreographers in the university. "Seize the moment" is his motto for life. He is very silent and reserved – although once you break down the barrier, he will turn out to be the sweetest guy you will ever meet.

DIVYA ANN MARIA

This south Indian beauty is shy and reserved, closely known only to a handful of people. Her secretly hidden talent in calligraphy was fully utilized for the farewell. This "Marena girl" is a foodie and a movie manic. She is not much of a talker but has a clear idealistic thinking and views. Her winning Kodak smile, simplicity, innocence, politeness, humility and helping nature keeps her true to her name "DIVYA".

SHWETA SHALIN

You would be wondering if such a tiny body can produce such a beautiful voice – that's Sweta, an amazing singer. Hardworking, creative and very caring and she always tries to keep everyone happy. If there is a conference anywhere on anything in healthcare, she makes sure, she is registered.

RAJIV KUMAR

The clinical Wikipedia of information. Work hard and party hard nature. Cricket fan, No one would recognise him without his spike of hair! Cool looks with an ultimate brain! The 9/10 in every girl's mind.

TARUN RACHE

The diplomat and captain cool. He stood against anything artificial and processed and natural food promoter. He would be remembered as funny, easy going, adventurous and friendly nature.

RUPA SHUKLA

The only girl in post bacc. Guj- Nagpur- Manipalite. Rupa was a nerd who loved to party as well. The pretty woman with a reserved nature though wherever she is, the classes increase with charm and many boys in class had new crush instantly.. Let not this charm fool you as she has one addiction – selfies.

DALSANIA SURAJ JYOTHIKUMAR

The natural business man, tech savvy, outgoing and Tintin look alike. An ardent horror movie fan; we believe he will soon be appointed as obama's health advisor.

AJIT SINGH

The guy with an opinion on everything whether right or wrong. A dedicated nerd and hard worker, Ajit has been a movie freak. He can be described as a professional adult joker, traveller and cardiologist.

SABIH INAM

The guy with a hundred ideas and opinions but no action. He can be described as the modern day Romeo with the utmost complex relationship. Good food lover, Master Chef, traveller and ultimate lazy ass without the actual presence.

SREEJITH VASUDEVAN NAIR

The big bear of our class! He will be remembered as a soft, humble nature guy. He may look frightening but his personality is as soft as a stuffed teddy bear! His jokes are only for the mindful to understand. He was known as "SREE" to some of his close classmates.

PETHEKAR AKASH JAGANNATHRAO

Nagpur sports man and a skilled cricketer. Akash was a friendly, funny and cheerful Malaria specialist. Ever smiling personality, well-kept and with a strict guideline on how to comb his hair to perfection every time he gets up in the morning.



BPharm



AYUSH KUMAR

Our funny, handsome and witty Nawab from Lucknow, he is the Einstein of the class. He knows theories and facts about almost anything you can possibly think of, most of the time correct

He is a very funny guy who can joke about almost anything and immediately make you feel at ease even on the first meeting. Quite the lazy guy, but once he does start on a task there is no stopping him. A very friendly guy who easily displays his pretty smile and wins your heart over with his unending jokes. An avid photographer and gamer and a big fan of cooking shows. Definitely a friend worth having.



BEENA MAHIDA

Our pretty Miss Brains and Brawns from Kenya. A master at multitasking, she's one person who can set her mind to a particular goal and achieve it in as less time as possible.

Not the usual room-bound bookworm, she has been quite a fun and outgoing person who would travel anywhere provided it's not raining nor too sunny. She is a very diligent student, a beloved of all teachers and a good friend. The one person to go to for proper classnotes because of her "type-writer" handwriting and speed in noting down everything. Her charming smile will be greatly missed



SNEHA MAHIDA

A dynamic and a small but power packed bundle of joy, always strutting about, you can never get bored with her around you. Has a very charming smile that will make your mood lighten up no matter how tensed you are. She is always there for you whenever you need someone. An adventurer with the heart of a kid, you'll be sorely missed.



YASAMAN HAMIDZADEH

The bright and always colourfully dressed Persian from Iran, this beautiful lady knows everything there is to know about cosmetics. She can complain about almost anything once triggered. Always making funny comments about anything in her vicinity, she can make you laugh however angry you are. Our Miss 'Always busy' will be missed.



VANSHIKA DEO

Smart, intelligent, beautiful is a rare combination. And she has it all! Kind hearted chatterbox, chemistry genius and a great friend. This girl from the city of Patna is an absolute foodie and loves to gossip all day!



CHANDANI PRIYA

She lives her life to the fullest, enjoying every moment of it. Amicable, Sweet to talk to, playful, pretty, smart and prone to accidents though never hurts herself luckily. She owns a million dollar smile!



PRATEEK RAI

This guy from the city of Raipur is a hard core foodie and has a sweet tooth. He is a nocturnal human, a movie fanatic and somebody with an amazing taste in music!

He is quick-witted, smart, has a sweet demeanor and is an amazing friend.

He takes a lot of time to open up, but is certainly a treasured possession if you get to know him.



POOJA VINAYAK

Aka Poo and Toshi. She is a sleepy head; you can call her sleeping beauty because she is both beautiful and sleeps a lot. Shortage of attendance is a frequent problem because of her sleeping habit.

She loves to sing (and we like to keep our ears closed at such moments. Just joking she isn't so bad). Give her a word and she will start singing. According to her "gana khul k gaana chahiye" she has a unique talent of singing one song and ending it with other.

Very less people know she is also a very good painter.

She is a supercool person, a good advisor, a loyal friend, she is very helpful. she is one of the best person to be around.



TASNEEM

She is this one epic girl who someone would love to spend time with. The one who can go way out of reach to help anyone with her whole heart. She is emotional, sensitive and playful, a complete package. There have been so many ups and downs in this whole college life and she is the one who has been a huge support. She is beautiful by heart, mind and soul. She has the brains, she has the looks. Enough said! We will miss truly miss her. We wish her all the prosperity and happiness for the future and lots of love



SUNIL

The first thing that comes to the mind when you think of Sunil is "Aye!! Kauchi" Assign any task to sunil and be sure that it will be completed to perfection. A standalone pillar of VSO, he has been an integral part of many organisations. Dont go by his slim looks, he is a man with a huge appetite and has been known to finish off kgs of chicken alone.



MANISH

The bodybuilder. This hunk from Patna known for his great physique and dancing skills was famous among girls and boys alike.

We will miss his ever charming smile and "let's do this" attitude.

We hope he succeeds in his future endeavors and wish him all the best



JYOTIRADITYA

"moochein ho, to jyoti jaisi; warna na ho"

This statement sums up the most flamboyant part of Jyoti's personality; his moustache.

The man with a heart of gold, he will be remembered as a friend who always stood there in the times of need.

Jyoti has been a chicken lover, and has oftentimes treated us to some nice chicken curries, courtesy his great cooking skills. He will be missed



MANAVENDRA

Aka "Thakur sab". The tall and handsome lad from Uttar Pradesh has been a great friend to one and many.

Although his big stature can be intimidating to many, he is one of the most genuine and down to earth person one could ever come across in Manipal.

We wish him all the best for his future.



DHEERAJ

Dheeraj loves his food and his bike.

Known in MCOPS for his extraordinary acting skills, he has represented the college at various levels when it comes to acting.

A lovely friend. We wish him all the very best for his future.



TAHA

The guy from the city of biryani; this blue blooded hyderabadi with the blue bike will be remembered for his smile and ever ready for fun attitude.

Taha cracks the wackiest of jokes in the most simplistic manner and would leave you laughing in splits.

His impeccable sense of humor proved to be an asset and a stress buster in times of need. A true friend, his presence will be missed.



MANAS

Our very own editor sahab. A true patriot, Manas has been an integral part of almost all the college activities and was one of the founder members of the college rock band: E#.

He is someone who can keep you entertained forever and has a vast knowledge of a lot of things; say, batman or well, Pharmacology.

Manas will definitely be missed. We wish him best of luck for his future.



SHAMBHAVI SAHA

The bong from bombay. This pretty girl has many guys swooning over her famous smile.

An all rounder, she excels in everything she sets her mind at.

She has been the most fun loving person to have around. Always up for any adventure, she epitomized beauty with brains.

Shambhavi will be missed dearly.



MITHILESH

Aka "mithi". The "chhora ganga kinare wala". Although not much into sports, Mithilesh will be remembered as one of the brainy dudes of the class.

He has recently developed a penchant for cool hairstyles.

Mithilesh will be surely missed.



JAY JETANI

Jay has been one of the most popular faces on stage in the history of MCOPS.

We will remember him for being the most daring compeer ever.

The sight of him zooming away on his Thunderbird will be missed



NAMITA SHANBHAG

Namita will be missed on the sanskriti and utsav stage, and so will be her voice.

This woman had the sweetest voice MCOPS has ever heard.

A dear friend, she will be missed by one and all.



SHWETA BHATT

Our very own Miss President. To describe Shweta in a line or two won't be sufficient.

A persona so dynamic, she doesn't need any introduction.

Shweta was a popular figure among her seniors, juniors, batch mates and teachers.

A true friend, who stood there ever ready to help; her bubbly presence in the premises of MCOPS will always be missed.



NILESH MARATHE

Nilesh, although seemed a silent person; was an ocean of mischief once you knew him.

A master guitar player, he along with Manas was an integral part of the college band E# and the editorial board from 2011 to 2014; finishing his stint as the Associate Editor.

He wishes to pursue an MBA further. We would like to wish him all the best for his future



KAUSTUBH SARDESHMUKH

Kaustubh will be remembered as the prodigal violinist; having brought laurels to the college at various levels. A very hard working person, he was one gem of a person who will be missed by the batch of 2011 forever.



ANTARA BANERJEE

One of the prettiest faces of the batch of 2011, Antara proved to be a great friend, nice companion and above all, a compassionate human being. We will miss her



SHREYAN DWIVEDI

The suave, the ever smart, the dandy; that's Shreyan for you. A very nice human being, and an even nicer person to hang out with, Shreyan's was a company we are going to miss.
Keep rocking, buddy!



MELINEE D'SILVA

Melinee. The name reminds us of endless talk, fun and frolic, gossips that went on forever and crazy parties. One pretty girl, who definitely knew how to walk the talk, her friendship was treasured by one and all. We are definitely going to miss having this woman around. All the best, Melinee



SWATI TRIPATHY

Popularly known as the "DADI" of batch 2011. I became close friends with her very late, but I soon realized a gem of person she is. She is one of those happy go lucky people who keep others happy in their company. She loves to talk a lot and crack random stupid jokes. We wish her all the best for her future.



Navya Bhaskaran

Well am talking about a girl whose name contain a yes and a no both; but she is never confused. She is very confident, honest and everyone's lovable. She is very straight forward and my beloved Manipal sister who never talks much but whenever she starts there no end to it. Wherever she goes happiness follows..



PRIYANKA AGNIHOTRI

She is Pinki....from Kanpur....she listens to everyone, helps everyone whether she likes that person or not...wants everything. She is a crazy girl. I wish her all the best in her life...please smile..luv you a lot my dear



SANGEETH SURESH

First thing that comes to your mind is his superb memory. He is very hardworking; friendly. He is also known as sleeping beauty, loves to sleep in the class. He has a fondness for good food and can be seen gorging whenever he is free. Will miss you, brother



SEEMA KUMARI

THE MOST HYPERACTIVE GIRL OF OUR BATCH. She is always irritated especially in labs. She is the all-rounder of our batch .She is good in both cultural as well as sports.



ANSHU DEOGAM

SHE IS TOTALLY DIFFERENT....she is very silent, loving, cute and adorable. She is a best example of friend in need is a friend in deed...she is always ready to help. We wish her a bright future ; may all her dreams come true..



INSIYA

This is one girl who is an absolute perfectionist. Slow and steady in her work, she is one of the most hardworking and intelligent students of our class and a dear friend to many



BENITA

Ben ben, beni, Zumba girl; She has many nicknames and many friends. One of the most likeable and popular faces of our batch. Her signature smile will always stay with us no matter where we go.

**AMANDA**

This beauty has probably the most extensive wardrobe in our batch. Fashionable and super sweet. She is a great dancer and an irreplaceable friend

**AMEYA**

The Dr. House of our batch is not only every pharmacologist's dream boy; but he is also adept in chemistry. Reserved but very helpful, he is going to be missed by many of our batch mates because "he's the best bro"

**ATEQA**

Coffee addicted and viva fearing; she's the most caring friend one could ask for. Always ready to help with a smile. She is mature and fun at the same time. A real spirited person, she's going to be missed as a lab partner

**JINITA**

The SRK fan is well liked by everyone in class. A bit shy initially, she opens up to her closest friends. Warm and friendly, with a big heart is what "jiniu" is to all of us.

**ASHISH AHLAWAT**

This hunk from Haryana has been the champion swimmer of our college. He is as good natured as his good looks; very genuine person and a treasure. It has been wonderful four years with him. His interests lie in swimming, basketball and hockey. A permanent member of various teams of the college, his presence will be missed.

**IMTIAZ**

The boy from Jharkhand. Very witty, but keeps to himself. Very silent, but diligent in his work. He was fun to have around



LAVANYA

The 'cool-chick' of our class from the Tambi land, she's fun loving, sincere (almost), friendly and an amazing person to hang out with. Few people know of her singing prowess, We wish her all the very best in her future endeavors and she'll be missed unimaginably.



PRASHAST

The cute guy of the class! Being late for class or any late submissions, he always gets his way around the teachers. A sports freak with a touch of singing ability, he is an all rounder! We wish him all success and happiness in his future endeavors.



HARJOT

The charming, flamboyant happy-go-lucky element of the batch nobody can quite miss. He is everybody's friend and always knows how to put a smile on our faces. His nonchalant and high-spirited temper is what makes him an endearing person to be around. A colossal heap of knowledge, Harjot is destined to achieve great things.

NABHIHA

One of the sweetest and quietest girls in our class, she is also a pro at mehndi designing; with many of us lining up outside her room during Diwali. A very helpful friend and a hardworking girl

HADIZA

There is two things this girl cannot live without- the A.C and her group of closest friends. Hadiza is a gem of a person you can count on. A fashionista at heart, well known for her feather hand-fan. With her characteristic laugh and booming voice, this girl is blessed with a funny bone and rare 6th sense-common sense. I wish her all the best



Sketches

Nihal Sheikh, 1st BPharm



Photography

By Shobhan, 3rd PharmD



Photography

By Nitesh, 4th PharmD



Photography

By Tridib, 2nd BPharm



Photoshoot

BPharm



1st year, BPharm



2nd year, BPharm



3rd year, BPharm



4th year, BPharm

MPharm





MPharm, Pharm. Management



MPharm, Pharmacology

PharmD



1st year, PharmD



2nd year, PharmD



3rd year, PharmD



4th year, PharmD



5th year, PharmD



PharmD Interns

Faculty Photoshoot



Department of Pharmaceutical Chemistry



Department of Pharmacology



Department of Pharmaceutics



Department of Pharmacognosy



Department of Pharmacy Practice



Department of Pharmaceutical Management



Department of Pharmaceutical Quality Assurance



Department of Pharmaceutical Biotechnology



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Thank You.

Shobhan Ojha
Chief Editor

Editorial Board, 2014-15



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Tridib Haldar, 2nd BPharm



Published by: Shobhan Ojha
On the behalf of Dr C Mallikarjuna Rao, Principal, MCOPS
For the academic year 2014-15