



BHARATI VIDYAPEETH (Deemed to be University)

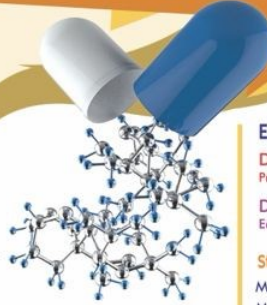
# POONA COLLEGE OF PHARMACY

Erandwane, Pune - 411038

Accredited by NBA (6 yrs.), NAAC (A+ GRADE), ISO 9000-2015 Certified, NIRF (35 Rank 2024)

## CAPSULE 2024-25

(Issue 12)



### Editorial Team

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Principal

**Dr. Snehal Tambe**  
Editor and I/C Capsule Magazine

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**Ms Mahika Gandhi (Pharm.D)**  
**Ms Riya Bajwala (Pharm.D)**  
**Mr Omkar Kelkar (B.Pharm.)**

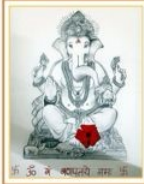
### VISION :

To be recognized as a premier pharmacy institution for excellence in education, research, innovation and leadership.

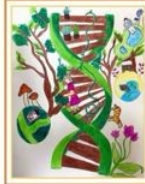
### MISSION STATEMENT :

- To produce competent pharmacist catering to the needs of Industry, Academia, Research and Society.
- To create a centre of excellence for research and innovation in the field of pharmacy.
- To contribute our humble share to address challenges in health care through collaborative ecosystem.

### Paintings



**Abha Harkare**  
Second Year Pharm.D.



**Mr. Pranav Huddedar**  
Second Year Pharm.D.



**Ms. Mahika Gandhi**  
Second Year Pharm.D.



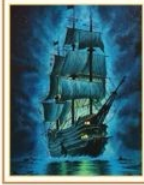
**Ms. Rashmi Banait**  
Final Year B.Pharm



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### Article

#### Thriving under Pressure: A journey toward balance & growth

Sarah : SYPD

As we all are aware, stress can heavily impact an individual's thoughts, feelings and behaviour precisely. To be able to take control of situations and come up with possible solutions is empowering in itself. I, being an over thinker, is frequently bound to experiencing episodes of stress and anxiety, even over the silliest of reasons, however I have been able to reverse the same by following a few tips that would surely benefit you too if done as directed.

Fortunately everything has got its own ups and downs, nothing is futile nor anything is perfect. Upon waking up every morning, say these affirmations to have the perfect start to a day. 'I can reach any goal', 'I can accomplish anything I set my mind to', 'I will never give up.' Not as an obligation, but with an open heart and steady mind in order to achieve what you desire.

To maintain a balanced diet consisting of the required nutrients. Being a pharmacy student, it holds much more importance. Would be disgraceful to advise patients to follow a healthy lifestyle when not doing the same ourselves, isn't it? Apart from this, regular exercise is just as required. I personally go for evening walks each day to get a better sleep and simultaneously improve digestion.

To prioritise work/ Life:- As my parents say, devote these years to building a career and lead a smooth life thereafter. Keeping professional and personal life separate could be quite difficult, but with hard work, consistency and goodwill the future you wish to have will be within reach. Attending lectures and practicals are important, But what's more essential is to stay mentally present. I firmly believe that one time of attentive listening is equivalent to 10 times of reading. One must learn to multitask, which helps save time for other work responsibilities and develop organizational skills so that it keeps you up with workload, meeting deadlines and reduce stress.

I have often seen individuals getting depressed over the fact that, they do not acquire skills to efficiently communicate in English and may face rejection, however in my opinion, during job interviews, the interviewers look for your logical approach to the question being asked and if stuck, how well do you maintain your calm and composure because we are in a profession where working in high pressured environment is common. It's knowledge, eagerness to learn more and perseverance that make you what you want to become.

Every expert was once a beginner, a wise man said. I have encountered numerous downfalls along the way and I have no doubt in mind that the leftover path to success would be rocky too but I am forever glad to be continuously learning along the way. Hopefully, in a decade from now I will see myself as a 'Well-established Doctor of Pharmacy.



### Poetry

#### A Moment to Breathe

In the rush of the day, take a moment to pause,  
Let go of the worries, forget all the flaws.  
The world spins fast, but you don't have to race,  
Find peace in the quiet, at your own gentle pace.

The books may be heavy, the deadlines seem near,  
But calm your mind, let go of the fear.  
For every mountain climbed, there's a valley to rest,  
In these simple moments, you're doing your best.

Take a breath, let it flow, like a river so deep,  
Inhale the calm, let go what you keep.  
The path may be winding, but you're never alone,  
With every small step, see how far you have grown.

For students and teachers, remember this truth,  
Balance your mind, embrace your youth.  
In the quiet of your heart, find strength anew,  
The peace you seek has always been in you.

So, pause and reflect, let the tension unwind,  
In the stillness, a calmer mind you will find.  
No need to hurry, no need to race,  
Just be in the moment, with poise and grace.

Dr. Snehal Tambe

#### Pharmacy through the lens of Indian Traditional System

Riya Bajwala  
SYPD

Pharmacy in India is deeply rooted in traditional medicine systems, including Ayurveda, Unani, and Siddha, which emphasize natural remedies, herbalism, and holistic approaches. Ancient texts like Charaka Samhita and Sushruta Samhita guide these practices, focusing on individual constitutional types (Tri-dosha), five element theory (Panchamahabhuta), and rejuvenation therapy (Rasayana). Traditional medicines include herbal remedies, mineral-based preparations, and Ayurvedic formulations. Modern pharmacy education integrates traditional knowledge with contemporary practices, while institutions like the Ministry of AYUSH regulate and promote traditional medicine. Despite challenges in standardization and quality control, India's pharmaceutical industry contributes significantly to global healthcare, with innovations in phytopharmaceuticals and pharmaceutical technology. As traditional Indian medicine evolves, integration with modern healthcare, research, and globalization remain key future directions.



#### शिक्षा की अलख जगाने चले है

शशिफ हूवेन  
SYPD

बच्चों की दुनिया सजाने चले है, डूबते जहाज को बचाने चले है  
शिक्षा की अलख जगाने चले है  
ज्ञान के पहलू को आगे बढ़ाने चले है, सरकार की नीयत को पार रमाने चले है  
शिक्षा की अलख जगाने चले है  
चार स्कूल से पहलू बनके चले है, दू-संसार तकनीकी से पढ़ाने चले है  
शिक्षा की अलख जगाने चले है  
गॉब - गॉब में शिक्षा की पहलू ले के चले है,  
असरकार को दूर बनने चले है चले है  
शिक्षा की अलख जगाने चले है, बच्चों की दुनिया सजाने चले है,  
शिक्षा की अलख जगाने चले है

#### Riddle 1:

I came from the poppy plant's sap,  
I ease severe pain in a snap.  
Addiction risk is high with me,  
My name is well known in pharmacology.

#### Riddle 2:

I am derived from a bark to ease your pain,  
For fever and aches, I'm a household name.  
From willow trees, I made my start,  
Now I come from a chemist's art.

#### Riddle 5:

I block the action of histamine,  
For allergies, I keep things fine.  
I stop the sneezing and itchy eyes,  
What drug am I? Guess and be wise.



Pharmacology & Pharmacognosy