



DRGCOP E-MagazineYear-2020

Dr.Rajendra Gode College ofPharmacy,
Buldana Road, Malkapur 443201, MS, India

<https://drgcop.co.in/index.php>

Great Place to make your Future !

our goal is to prepare young minds for India
and World with values, Ethics and compassion

Chief Editor
Dr. Gautam Mehetre

Vision:

To excel in the field of pharmaceutical education by inculcating Moral values and developing high-quality pharma professionals

Mission

To adopt high-quality technical education and training methodologies to foster the spirit of research, innovation, entrepreneurship and contribute to the profession and society

Messege From the Managment's desk

I have a great pleasure in conveying my best wishes to Dr. Rajendra Gode College of Pharmacy for releasing annual E- magazine. In addition to the numerous achievements of the institute this is yet another milestone in its curricular and co- curricular activities. The college magazine is a forum which could be used for recording events, fond memories and creative writing. I am sure that this magazine will be informative and resourceful. I hope the magazine will bring out creative talents of the students and faculty members. My greeting to the editorial board for their good work. On this occasion, I convey my good wishes to the principal, students, faculty and staff in their future endeavors

Hor`n Shri Yogendraji Gode

President IBSS Malkapur

From the Principal's desk

Dear Students!! The Coronavirus (COVID-19) pandemic continues to evolve at a rapid pace. The long lockdown for the COVID-19 pandemic has closed colleges temporarily. But Dr. Rajendra Gode College of Pharmacy is committed to your health and wellness as the top priority along with your academic success as well.

Our faculty members are taking all possible efforts to conduct online teaching by implementing various available techniques. Hence, I am sure that you are all making productive use of your time in learning and updating your knowledge.

Hope Dr. Rajendra Gode College of Pharmacy E-magazine 2020 issue representing distilled essence of student's inspired imagination will help to refresh for some time in this COVID- 19 difficult period.

As Henry Adams said, "They know enough who know how to learn". With this Note, I wish you all happy reading experience of this E-magazine-2020.

Dr. Prashant Deshmukh
Principal DRGCOP Malkapur

Editor spokes

I am extremely happy to hand over this issue of E Magazine 2021 - 22 which has been serving as a platform to highlight the glance, achievements, events and many more of DRGCOP Family. I would like to place on record my gratitude and heartfelt thanks to our beloved Principal, Dr P.K.Deshmukh for his constant afflatus and thriving auspice for bringing out this institutional E Bulletin. I am also grateful to all teaching staff, non-teaching staff and students for extending their cooperation and contribution to make this effort a success. I wish happy voyage to the readers of this bulletin and it will be satisfy the readers and even be electrifying to them.

Dr. Gautam Mehetre

Editor in Chief

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1.

MAJOR EPIDEMICS FACED BY WORLD TILL DATE

In the realm of infectious diseases, a pandemic is the worst case scenario. When an epidemic spreads beyond a country's borders, that's when the disease officially becomes a pandemic.

430 B.C.: Athens:-The earliest recorded pandemic happened during the Peloponnesian War. As much as **two-thirds** of the population died.

165 A.D.: Antonine Plague:-The Antonine plague was possibly an early appearance of smallpox that began with the Huns. The Huns then infected the Germans, who passed it to the Romans and then returning troops spread it throughout the Roman empire.

250 A.D.: Cyprian Plague:-Named after the first known victim, the Christian bishop of Carthage, the Cyprian plague possibly starting in Ethiopia, it passed through Northern Africa, into Rome, then onto Egypt and northward. There were recurring outbreaks over the next three centuries.

541 A.D.: Justinian Plague:-First appearing in Egypt, the Justinian plague spread through Palestine and the Byzantine Empire, and then throughout the Mediterranean. Recurrences over the next two centuries eventually killed about **50 million people, 26 percent** of the world population.

11th Century: Leprosy:-Leprosy grew into a pandemic in Europe in the Middle Ages, resulting in the building of numerous leprosy-focused hospitals to accommodate the vast number of victims. Now known as Hansen's disease, it still afflicts **tens of thousands** of people a year and can be fatal if not treated with antibiotics.

1350: The Black Death:-Responsible for the death of **one-third** of the world population, this second large outbreak of the bubonic plague possibly started in Asia and moved west in caravans.

1492: The Columbian Exchange:-As many as **90 percent** dying throughout the north and south continents. Upon arrival on the island of Hispaniola, Christopher Columbus encountered the Taino people, population 60,000. By 1548, the population stood at less than 500. In 1520, the Aztec Empire was destroyed by a smallpox infection. Research in 2019 even concluded that the deaths of some **56 million**

1665: The Great Plague of London:-The huge increase in deaths during the Great Plague of London in 1665 and 1666. In another devastating appearance, the bubonic plague led to the deaths of **20 percent** of London's population. The worst of the outbreak tapered off in the fall of 1666, around the same time as another destructive event—the Great Fire of London.

1817: First Cholera Pandemic:-The first of seven cholera pandemics over the next 150 years, this wave of the small intestine infection originated in Russia, where **one million people** died. British soldiers who brought it to India where **millions more** died. The reach of the British Empire and its navy spread cholera to Spain, Africa, Indonesia, China, Japan, Italy, Germany and America, where it killed **150,000 people**. A vaccine was created in 1885, but pandemics continued.

1855: The Third Plague Pandemic:-Starting in China and moving to India and Hong Kong, the bubonic plague **claimed 15 million** victims. India faced the most substantial casualties, and the epidemic was used as an excuse for repressive policies that sparked some revolt against the British.

1875: Fiji Measles Pandemic:-A measles outbreak, the royal party brought the disease back to their island, and it was spread further by the tribal heads and police who met with them upon their return. Spreading quickly, the island was littered with corpses that were scavenged by wild animals, and **entire villages died** and were burned down, sometimes with the sick trapped inside the fires. One-third of Fiji's population, a total of **40,000 people**, died.

1889: Russian Flu:-The first significant flu pandemic started in Siberia and Kazakhstan, traveled to Moscow, and made its way into Finland and then Poland, where it moved into the rest of Europe. By the end of 1890, **360,000 had died**.

1918: Spanish Flu:-The avian-borne flu that resulted in **50 million** deaths worldwide, the 1918 flu was first observed in Europe, the United States and parts of Asia before swiftly spreading around the world. Wire service reports of a flu outbreak in Madrid in the spring of 1918 led to the pandemic being called the "Spanish flu." By October, hundreds of **thousands of Americans died**.

1957: Asian flu:-Starting in Hong Kong and spreading throughout China and then into the United States, the Asian flu became widespread in England where, over six months, **14,000 people died**. A second wave followed in early 1958, causing an estimated total of about 1.1 million deaths globally, with **116,000 deaths** in the United States alone. A vaccine was developed, effectively containing the pandemic.

1981: HIV/AIDS:-First identified in 1981, AIDS destroys a person's immune system, resulting in eventual death by diseases that the body would usually fight off. AIDS was first observed in American gay communities but is believed to have developed from a chimpanzee virus from West Africa in the 1920s. Treatments have been developed to slow the progress of the disease, but **35 million people** worldwide have died of AIDS since its discovery, and a cure is yet to be found.

1999: Nipah virus:- It was first recognized in 1999 during an outbreak among pig farmers in, Malaysia. No new outbreaks have been reported in Malaysia since 1999. It was also recognized in Bangladesh in 2001, and nearly annual outbreaks have occurred in that country since. The disease has also been identified periodically in eastern India. The case fatality rate is estimated at **40% to 75%**. The 2018 annual review of the WHO R&D Blueprint list of priority diseases indicates that there is an urgent need for accelerated research and development for the Nipah virus.

2003: SARS:-First identified in 2003 after several months of cases, Severe Acute Respiratory Syndrome is believed to have possibly started with bats, spread to cats and then to humans in China, followed by 26 other countries, infecting **8,096 people, with 774 deaths**. China was criticized for trying to suppress information about the virus at the beginning of the outbreak.

2015: Zika virus:- The Zika virus is spread mostly by bites from infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. The latest outbreak began in early 2015 in Brazil, although the first cases seemed to have already appeared in 2014. One theory is that the virus arrived during the 2014 Football World Cup. In 2017, it was estimated that over **120 million** people in Brazil were at risk of Zika virus infections, compared to **32 million** people in Mexico and **29.5 million** in Columbia.

2019: COVID-19: This photo taken on February 17, 2020 shows a man (L) who has displayed mild symptoms of the COVID-19 coronavirus using a laptop at an exhibition centre converted into a hospital in Wuhan in China's central Hubei province.

On March 11, 2020, the World Health Organization announced that the COVID-19 virus was officially a pandemic after barreling through **114** countries in three

Months and infecting over **118,000 people**. And the spread wasn't anywhere near finished. COVID-19 is caused by a novel coronavirus—a new coronavirus strain that has not been previously found in people. Symptoms include respiratory problems, fever and cough, and can lead to pneumonia and death. Like SARS, it's spread through droplets from sneezes. The first reported case in China appeared November 17, 2019, in the Hubei Province, but went unrecognized. Eight more cases appeared in December with researchers pointing to an unknown virus. Many learned about COVID-19 when ophthalmologist Dr. Li Wenliang defied government orders and released safety information to other doctors. The following day, China informed WHO and charged Li with a crime. Li died from COVID-19 just over a month later. Without a vaccine available, the virus spread beyond Chinese borders and by mid-March, it had spread globally to more than **163** countries. On February 11, the infection was officially christened **COVID-19**.

Ms. Komal Ravindra Watkhede
B Pharm Third Year

2.**STRATEGIES ADAPTED BY CHINA TO COMBAT COVID19**

COVID-19 rapidly spread from a single city to the entire country in just 30 days. The sheer speed of both the geographical expansion and the sudden increase in numbers of cases surprised and quickly overwhelmed health and public health services in China. Up till, 17 April 2020, there were 82,692+ cases found and 4,632+ deaths occurred by Coronavirus.

But now the situation has been changed. Chinese hospitals overflowing with COVID-19 patients a few weeks ago, now have empty beds.

Here some important strategies adapted by China to combat COVID 19:

Speed and accuracy are the keys to identification and detection. Within a week of identifying the unknown virus, China successfully sequenced it and reported the genetic information to the World Health Organization (WHO). The rapid identification of COVID-19 allowed scientists around the world to immediately start developing test kits, treatment options and vaccines. One of the critical tools in controlling a major epidemic is having specific, reliable, accurate and fast detection methods to screen infected and non-infected people.

Make the right decisions at the right time, the right place, for the right people. The experience in China reinforced the importance of listening to science and public health experts during pandemic events. And overreacting is better than not reacting. China's unprecedented systematic and proactive risk management, based on collaboration between government officials and health experts, has proven to be effective in containing and controlling COVID-19. The timely release of disease-related clinical data to the public and WHO helped many around the world prepare for the spread.

Big data and information technology are important to avoiding a rebound. Hangzhou, where Alibaba is headquartered, was one of the first cities to use big data and information technology in the prevention and control of COVID-19. They named the approach "one map, one QR code, and one index." It's been two weeks since select businesses and organizations have been allowed to reopen to workers. Here are policies they implemented:

- Businesses reopened in several phases based on priorities. For example, healthcare-related facilities were allowed to open first.
- Restrictions were eased based on track records.
- Health QR codes were established for everyone in the city and everyone who entered the city. The green code allows you to move freely. The yellow code requires a seven-day self-quarantine. The red code requires a 14-day self-quarantine. The yellow and red codes can be turned green after the quarantine time.

Implementation of preventive measures in communities, schools, businesses, government offices and homes can influence the trajectory of this epidemic. In fighting COVID-19, everyone is equal. Everyone has the same responsibility and shares the same risk. COVID-19 is very contagious and capable of asymptomatic spread, so it's even more important to mobilize all of society and get everyone involved in the process. During an epidemic, it's advisable to avoid large gatherings and multiple person-to-person contacts.

China might have lost billions of dollars by essentially stopping all business, but in the end, this will have been a wise decision and correct action.

It is not too late to learn from China's efforts.

Those countries now in the early days of this pandemic are still capable of getting this under control. The ability to mobilize around our shared public health, saving lives, and global recuperation, are entirely within our reach.

If we are open to listening, learning, emulating, asking for support, and **acting**, we are extraordinarily well-positioned **today** (more than ever before in history), with the ability to instantaneously share information, make collective decisions, and harness technology.

The virus can be contained if the world collectively takes action, using tactics and technologies that we already know work. Panic is not useful, swift action is.

Whether governments and institutions have executed a consistent response or not, businesses do have the tools to meet COVID-19's secondary challenges. Our schools and communities are able to launch coordinated responses through organized, online dialogue. And we, as individuals, are both **capable** of and **responsible** for containing spread and emerging from it stronger, wiser, better equipped, and with renewed ingenuity.

Vaishnavi Sanjay Amode
B. Pharm. 3rd year

3.

HAND SANITISER COMPOSITION AND ANTIVIRAL ACTIVITY

Hand sanitizer, also called hand antiseptic, hand rub, or hand rub, agent applied to the hands for the purpose of removing common pathogens (disease-causing organisms) or viruses. Hand sanitizers typically come in foam, gel, or liquid form. Their use is recommended when soap and water are not available for hand washing or when repeated hand washing compromises the natural skin barrier (e.g., causing scaling or fissures to develop in the skin). Although the effectiveness of hand sanitizer is variable, it is employed as a simple means of infection control in a wide variety of settings, from day-care centers and schools to hospitals and health care clinics and from supermarkets to cruise ships. Hygiene with alcohol-based sanitizer is encouraged in health, education and day-care facilities, workplaces and the home. The active ingredient of alcohol based sanitizer is ethanol or isopropanol at a concentration of 60% to 95%.

Types of hand sanitizer:

Depending on the active ingredient used, hand sanitizers can be classified as one of two types:

- Alcohol-based or
- Alcohol-free.

Alcohol-based products typically contain between 60 and 95 percent alcohol, usually in the form of ethanol, isopropanol, or *n*-propanol. At those concentrations, alcohol immediately denatures proteins, effectively neutralizing certain types of microorganisms.

Alcohol-free products are generally based on disinfectants, such as benzalkonium chloride (BAC), or on antimicrobial agents, such as triclosan. The activity of disinfectants and antimicrobial agents is both immediate and persistent. Many hand sanitizers also contain emollients (e.g., glycerin) that soothe the skin, thickening agents, and fragrance.

Effectiveness:

The effectiveness of hand sanitizer depends on multiple factors, including the manner in which the product is applied (e.g., quantity used, duration of exposure, frequency of use) and whether the specific infectious agents present on the person's hands are susceptible to the active ingredient in the product. In general, alcohol-based hand sanitizers, if rubbed thoroughly over finger and hand surfaces for a period of 30 seconds, followed by complete air-drying, can effectively reduce populations of bacteria, fungi, and some enveloped viruses (e.g., influenza A viruses). Similar effects have been reported for certain alcohol-free formulations, such as SAB (surfactant, allantoin, and BAC) hand sanitizer. Most hand sanitizers, however, are relatively ineffective against bacterial spores, non enveloped viruses (e.g., norovirus), and encysted parasites (e.g., *Giardia*). They also do not fully cleanse or sanitize the skin when hands are noticeably soiled prior to application. Despite the variability in effectiveness, hand sanitizers can help control the transmission of infectious diseases, especially in settings where compliance with hand washing is poor. For example, among children in elementary schools, the incorporation of either an alcohol-based or an alcohol-free hand sanitizer into classroom hand-hygiene programs has been associated with reductions in absenteeism related to infectious illness. Likewise, in the workplace, the use of alcohol-based hand sanitizer has been associated with reductions in illness episodes and sick days. In hospitals and health care clinics, increased access to alcohol-based hand sanitizer has been linked to overall improvements in hand hygiene.

How to use:

Waterless hand sanitizer provides several advantages over hand washing with soap and water. However, they are not effective if organic matter (dirt, food, or other material) is visible on hands.

1. Make sure all organic matter is removed from hands. All visible organic matter (for example: dirt) must be removed from hands prior to applying waterless hand sanitizer.
2. Apply a dime sized amount of waterless hand sanitizer to the palm of one hand or use a waterless hand sanitizer wipe.
3. Rub hands together covering all surfaces of hands and fingers.
4. Rub until waterless hand sanitizer is absorbed.

Benefits of hand sanitizer:

- Require less time than hand washing
- Act quickly to kill microorganisms on hands
- more accessible than sinks
- Reduce bacterial counts on hands
- Do not promote antimicrobial resistance
- Less irritating to skin than soap and water
- Some can even improve condition of skin.

Safety:

Agencies such as the World Health Organization and the U.S. Centers for Disease Control and Prevention promote the use of alcohol-based hand sanitizers over alcohol-free products. Indeed, the use of alcohol-free products has remained limited, in part because of WHO's and CDC's focus on alcohol-based products but also because of concerns about the safety of chemicals used in alcohol-free products.

Research has indicated that certain antimicrobial compounds, such as triclosan, for example, may interfere with the function of the endocrine system. Environmental contamination from triclosan is another concern. Disinfectants and antimicrobials also can potentially contribute to the development of antimicrobial resistance.

In 2014, mounting concerns over triclosan led authorities in the European Union (EU) to restrict the chemical's use in various consumer products in the EU.

Dhanashree Kavhale

B Pharm Final Year

4.

THE STORY OF SANITIZER

The outbreak of COVID-19, the coronavirus, has the whole world on guard in a fight to prevent virus infection. Beyond the most effective prevention; stay home, wash your hands with soap and water for 20 seconds and avoid touching your face; using hand sanitizer offers an added protection. According to: WHO (World Health Organization): Hand sanitizer works great and is very effective at killing Bacteria, fungi and viruses. How do hand sanitizers work? Hand sanitizers work by dissolving the cell membrane of the bacterium and then denaturing the proteins that are essential to bacterial life. Sanitizers are type of antimicrobial that kills or irreversibly inactivates at least 99.9% of all bacteria, fungi and viruses (called microbials, microbiologicals, and microorganisms) present on a surface. Most Sanitizers are based on toxic chemicals such as chlorine, iodine, phenol, or quaternary ammonium compounds and which (unlike some antiseptics) may never be taken internally.

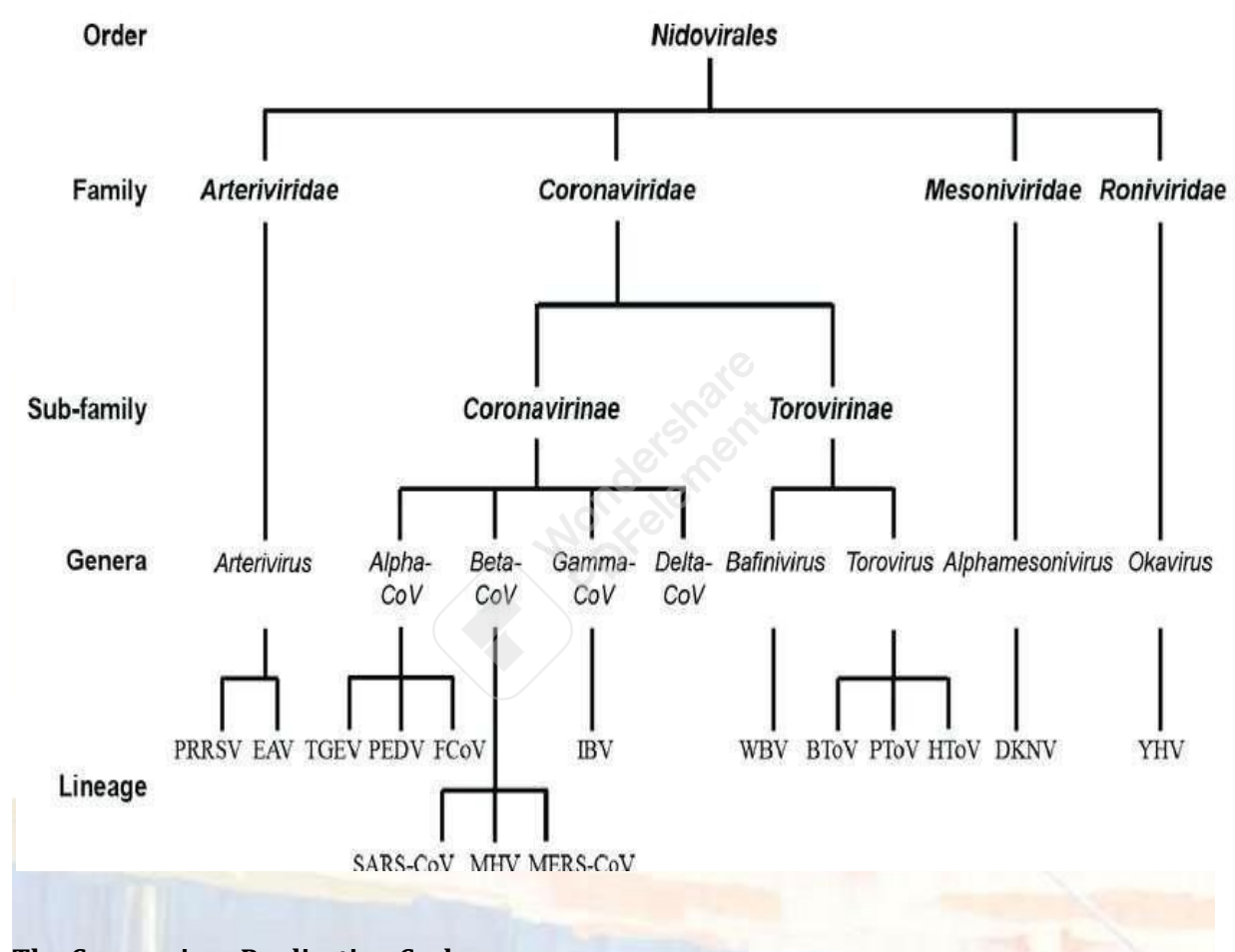
In 1966, a student nurse named Lupe Hernandez first dreamed up the idea of hand sanitiser. The story goes that Hernandez realized alcohol delivered through a gel could clean hands in a situation where there was no access to soap and warm water. Lincoln L. Stevenson received US Patent 2,814,081 for a "Rapid Hand Sanitizer," which he described as "a device for quickly and efficiently rendering the hands sanitary." Similarly, US Patent 3,220,424 was issued to Warren W. Nelson in 1965 for a "Hand Sanitizer." Nelson's invention comprised a box with an opening for the insertion of a user's hands in "an open and outstretched condition whereby to expose substantially all of the skin area of the hands to the sanitizing fluid contained within the receptacle." The "complete submersion of the person's hands in the sanitizing fluid," regulated by "an electric and adjustable timer," provided the necessary sanitizing. There's also Sterillium, which the German company Hartmann claims was "the world's first marketable alcohol-based hand disinfectant" when it hit European shelves in 1965. It's made with glycerin and 75% alcohol. Still, others trace modern hand sanitizer back to Goldie and Jerry Lippman, the married couple that developed a waterless hand cleaner in 1946 for rubber plant workers who previously used harsh chemicals like kerosene and benzene to remove graphite and carbon black from their hands at the end of their shifts. This product was called as Gojo.

Why Sanitizers only kill 99.99% germs and not 100%? You may wonder to watch all TV advertisements of Soap/sanitizers claiming to kill only 99.99% and not 100%. This is because of the ability to resist by the Microorganisms. The resistance is present when actually the organisms are avoiding contact with the sanitizing Chemical because a biofilm is present. Bacteria such as *Escherichia coli*, *Salmonella* spp., *Listeria* spp., *Campylobacter* spp. and several others can produce Biofilms. This is why no one claims to kill 100% germs.

Ms. Apurva Sudhir Maind
B Pharm Third Year

5.**CORONAVIRUS DISEASE (COVID - 19)**

The global pandemic of novel corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). This novel *Beta corona virus* is similar to severe acute respiratory syndrome corona virus (SARS-CoV) and Middle East respiratory syndrome corona virus (MERS-CoV); based on its genetic proximity.

STRUCTURE OF SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIRUS 2 (SARS-COV-2)**The Coronavirus Replication Cycle**

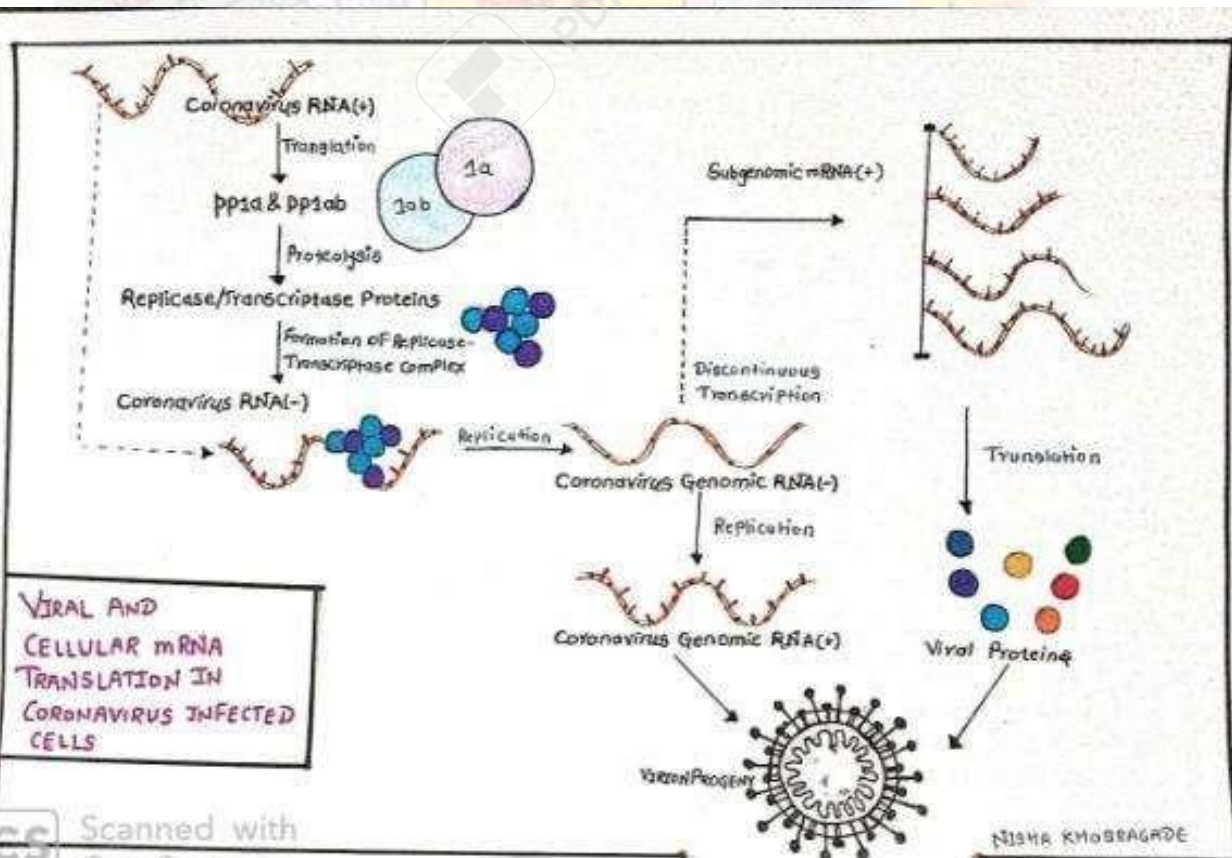
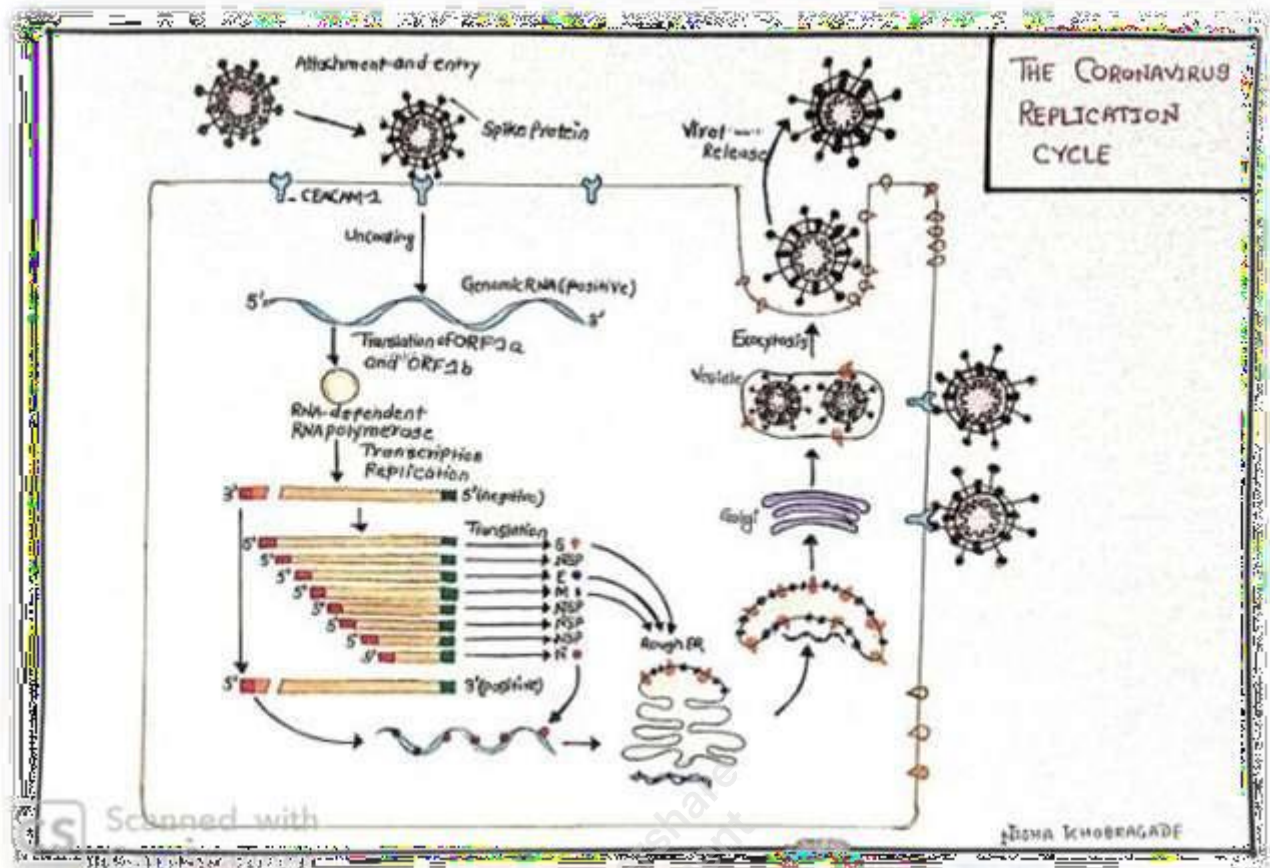
- Coronavirus – Large enveloped RNA viruses that causes severe acute respiratory syndrome (SARS) with a large RNA genome.
- Coronavirus Replication Entails
 1. Ribosome frameshifting during genome translation.
 2. Synthesis of both genomic and multiple subgenomic RNA species.

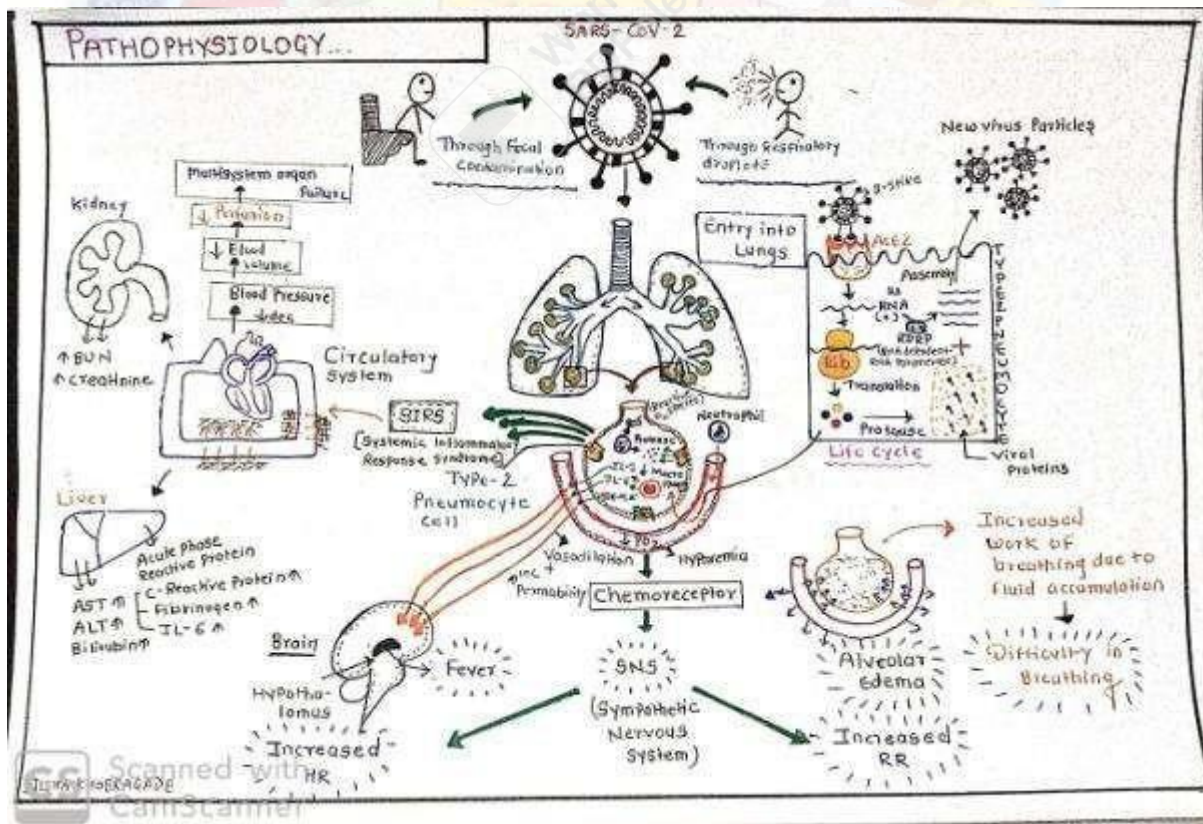
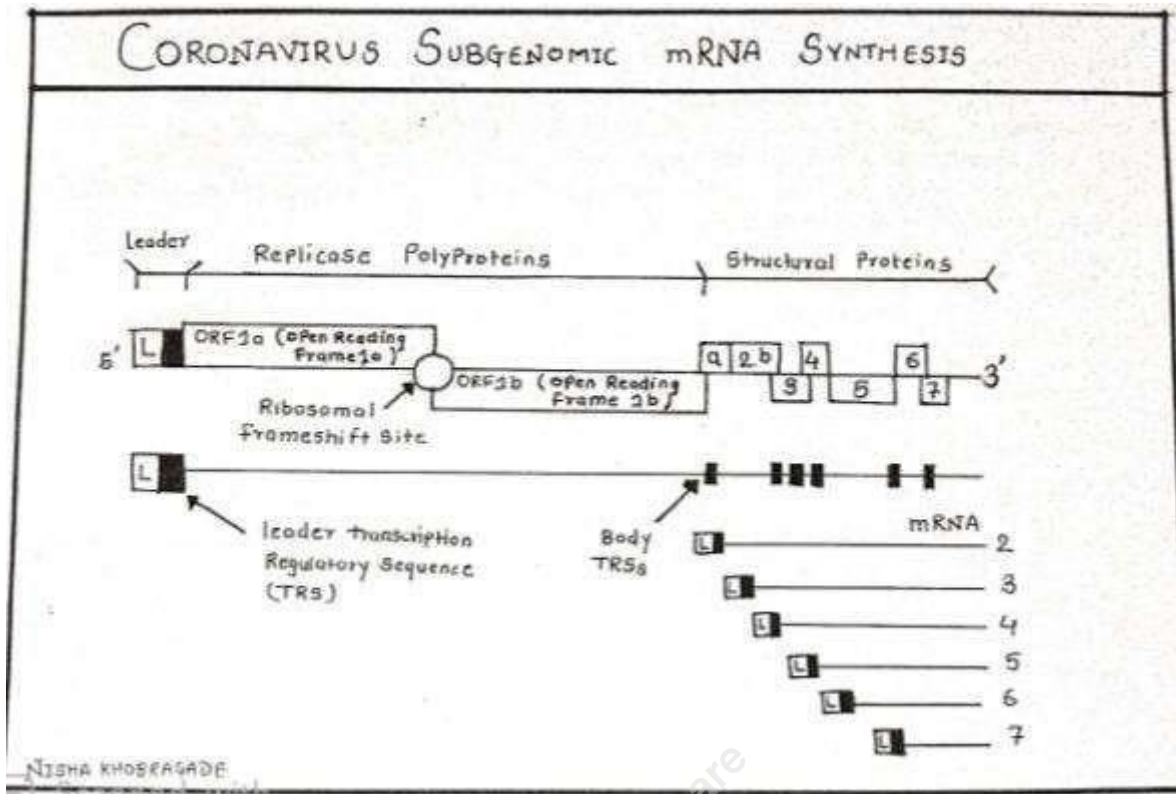
The hallmark of coronavirus transcription is the production of multiple subgenomic m RNA that contains sequences corresponding to both ends of genome.

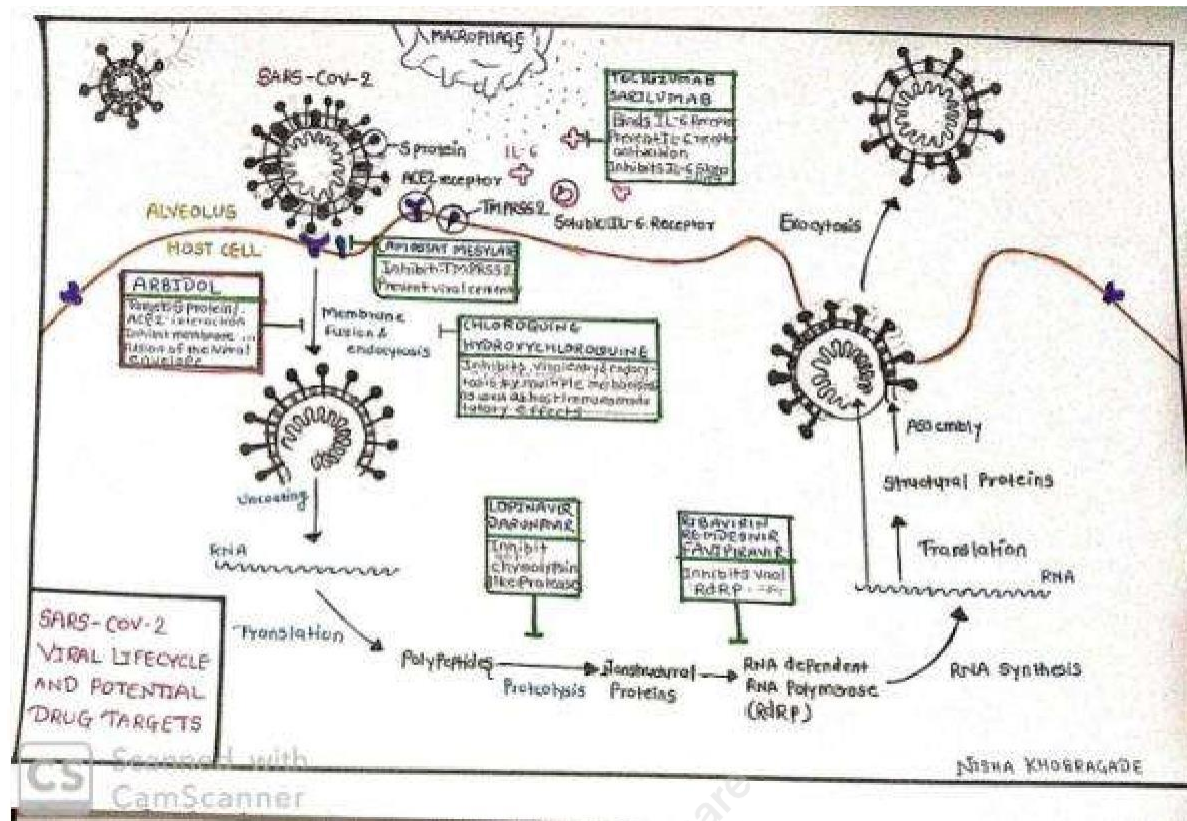


- (HE)

- The RNA positive strand is used to make the enzyme, RNA – Dependent RNA Polymerase. RNA Positive strand replicated to RNA Negative.
- The RNA Negative strand used to
 - ✓ To make subgenomic RNSs by transcribing from the RNA Negative strand from multiple open reading frame (ORFs).
 - ✓ Make more RNA Positive via replication.
- Virion progeny is made via the secretory pathway (Rough ER, Golgi apparatus, and exocytose).







Investigational Agent with Possible Mechanism of Action in COVID-19

- a) **Chloroquine and hydroxychloroquine**- Blockade of viral entry by inhibiting glycosylation of host receptors, proteolytic processing, and endosomal acidification. Additional immunomodulatory effects through inhibition of cytokine production, autophagy, and lysosomal activity in host cells. Hydroxychloroquine shares the same mechanism of action as chloroquine.
- b) **Lopinavir/ritonavir** - 3CL protease (Viral protease inhibitor)
- c) **Umifenovir (Arbidol)** - S protein/ACE2, membrane fusion inhibitor. (Disruption of viral envelope binding, prevention of viral entry).
- d) **Remdesivir** - RNA polymerase inhibitor .
- e) **Favipiravir** - RNA polymerase inhibitor
- f) **Tocilizumab (Actemra)** - IL-6 inhibition- reduction in cytokine storm.

Ms. Saloni Prashant Jaiswal

B.Pharm. III Year

6.THE NOVEL CORONA VIRUS COVID-19**Introduction:**

Coronaviruses are a family of viruses that can cause illness such as the common cold, Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in Wuhan, Hubei Province, China in the beginning of December 2019. Coronavirus is one of the deadliest transmissible viruses in recent history. Every day lost in effective response means the looming danger of a surge in infections. India spends a paltry 1.28% of its GDP on health care, and that may begin to bite if there's a full-blown outbreak. Partial lockdowns in many cities - shutting schools, colleges, businesses and suspending some rail transport - proves that the government fears that community transmission of the virus might have begun. On 11 February 2020, the International Committee on Taxonomy of Viruses (ICTV) decided to name the virus as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), and the WHO finally decided to name the disease caused by this virus as COVID-19 (for Coronavirus disease identified in 2019).

History and Origin:

The coronavirus disease (**COVID-19**) has been identified as the cause of an outbreak of respiratory illness in Wuhan, Hubei Province, China beginning in December 2019. As of 31st January 2020, this epidemic had spread to **19 countries with 11,791 confirmed cases, including 213 deaths. 29th of march 195 countries with 679013 cases, 31771 death & 146345 recovered.** The World Health Organization on 11th of March 2020 had declared it as a pandemic spread & a Public Health Emergency of International Concern. Pandemic is defined as "an epidemic which has spread over various countries or continents commonly affecting a large number of populations.

Stages of COVID-19: The first case of the 2019–20 corona virus pandemic in India was reported on 30 January 2020, originating from China. A pandemic has four stages of outbreak. When 'janata curfew' held on Sunday 22 march 2020, India was in Stage 2 of the pandemic according to the (ICMR) Indian Council of Medical Research. Countries like China, Italy and the UK have already reached Stage 3 of the pandemic, while India's containment plan had so far managed to keep that stage at bay.

STAGE-1

When cases of an infection are imported into a country i.e. outside from the country, 1st case reported on 30 Jan 2020 in India.

**STAGE-2**

Report explains, when there are cases of local transmission in the country, At 18 march 2020 India was in the 2nd stage.

**STAGE-3**

Community transmission, the virus has started circulating within the community & can also infect those who neither travelled to foreign nor came into contact with infected one. The 21 days lockdown (25 march-14 may) is the step to prevent 3rd stage of pandemic in India

**STAGE-4**

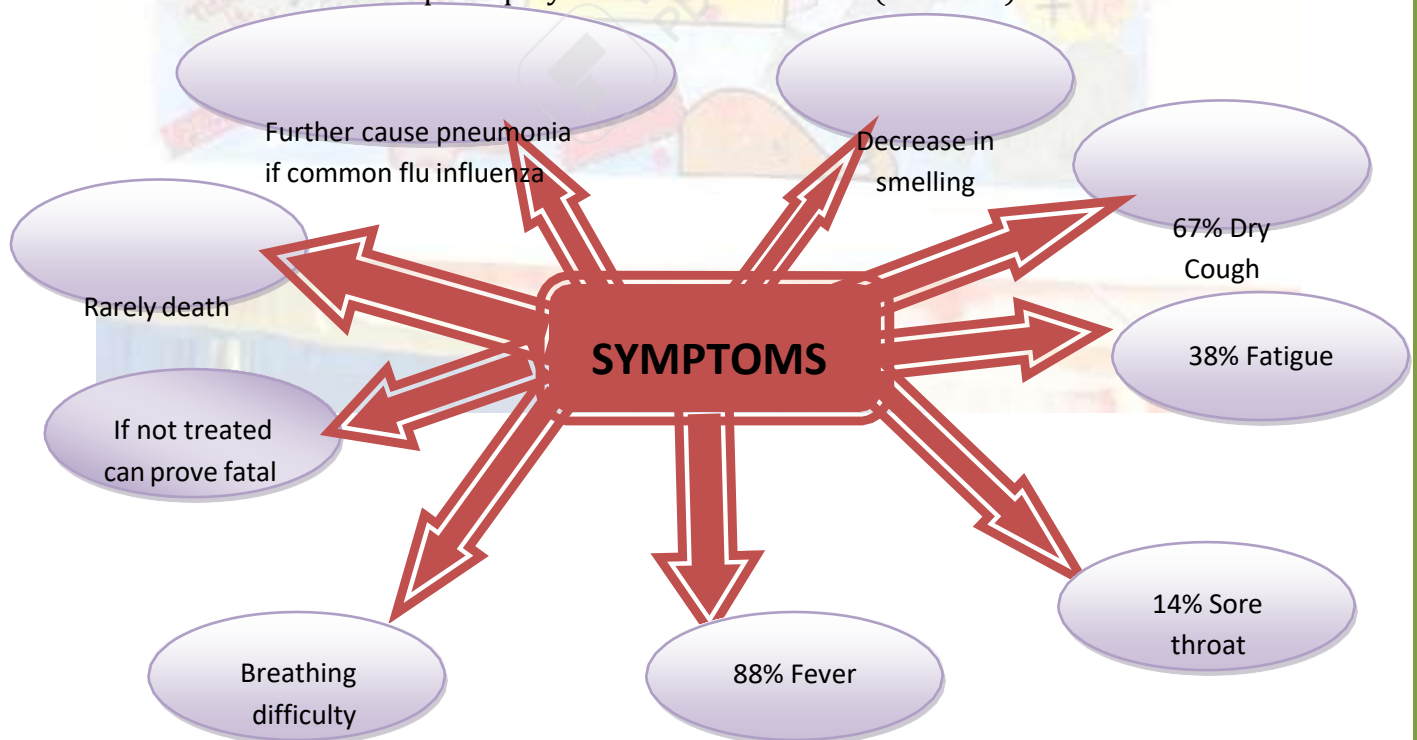
When an infection becomes endemic in some countries and keeps resurfacing round the year.

Mode of Transmission:

Direct contact with infected person, Respiratory droplets after sneezing and cough, Infected surface contact, Severity in older people especially in those who have conditions like asthma diabetes, heart diseases. Low rates of transmission through breast milk.

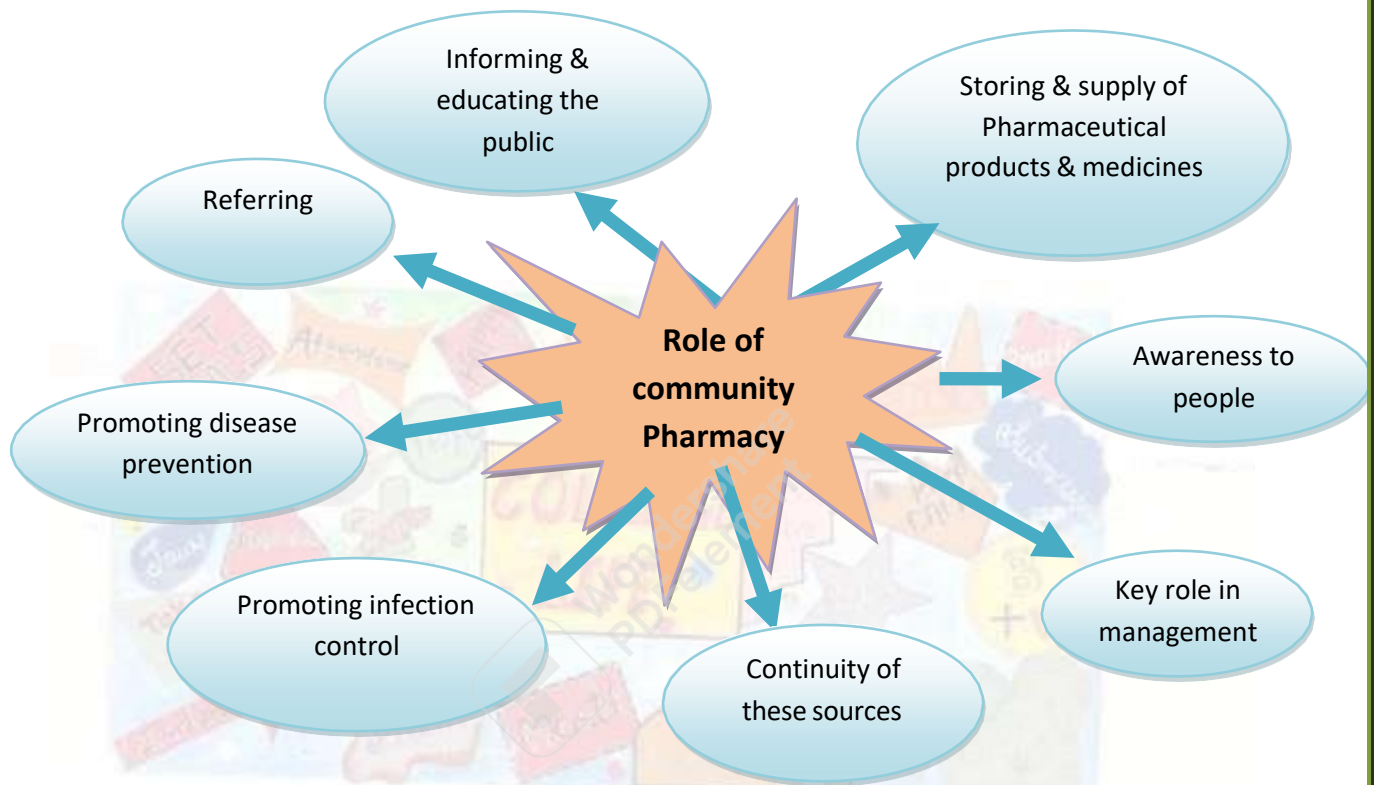
Diagnosis Tests

- A swab test: The lab will take a special cotton swab and collect the sample inside of the throat or and nose.
- A nasal aspirate: The lab will inject a saline solution into your nose, and then remove the sample with gentle suction.
- A tracheal aspirate: A thin, lighted tube called a bronchoscope goes into your lungs, where a sample will be collected.
- A sputum test: Sputum is a variation of mucus from your lungs that can be coughed out or sampled from the nose with a swab.
- A blood test: The collected sample will be analysed for the virus, either through a blanket test for all variants of the coronavirus (including regular flu) or through a specialised gene sequencing test that locates the marker for the novel coronavirus.
- Nucleic acid amplification tests (NAAT): confirmation of cases of COVID-19 is based on detection of unique sequences of virus RNA by NAAT such as real-time reverse-transcription polymerase chain reaction (rRT-PCR).



ROLE OF PHARMACISTS:

Doctors, Nurses are trying their best to handling the patients & recovery. Pharmacists are in the frontline in the fight against the COVID-19 disease. They are doing everything in their power to support their patients, including in areas currently in lockdown. In this difficult situation it is important to maximize the use of community pharmacy practice to meet patients' needs and maintain continuity of services. Pharmacists are one of the first points of contact between the patients and the health care system and they play a key role in the identification and management of potential cases of Covid-19.

**Mistakes done by suffering countries:**

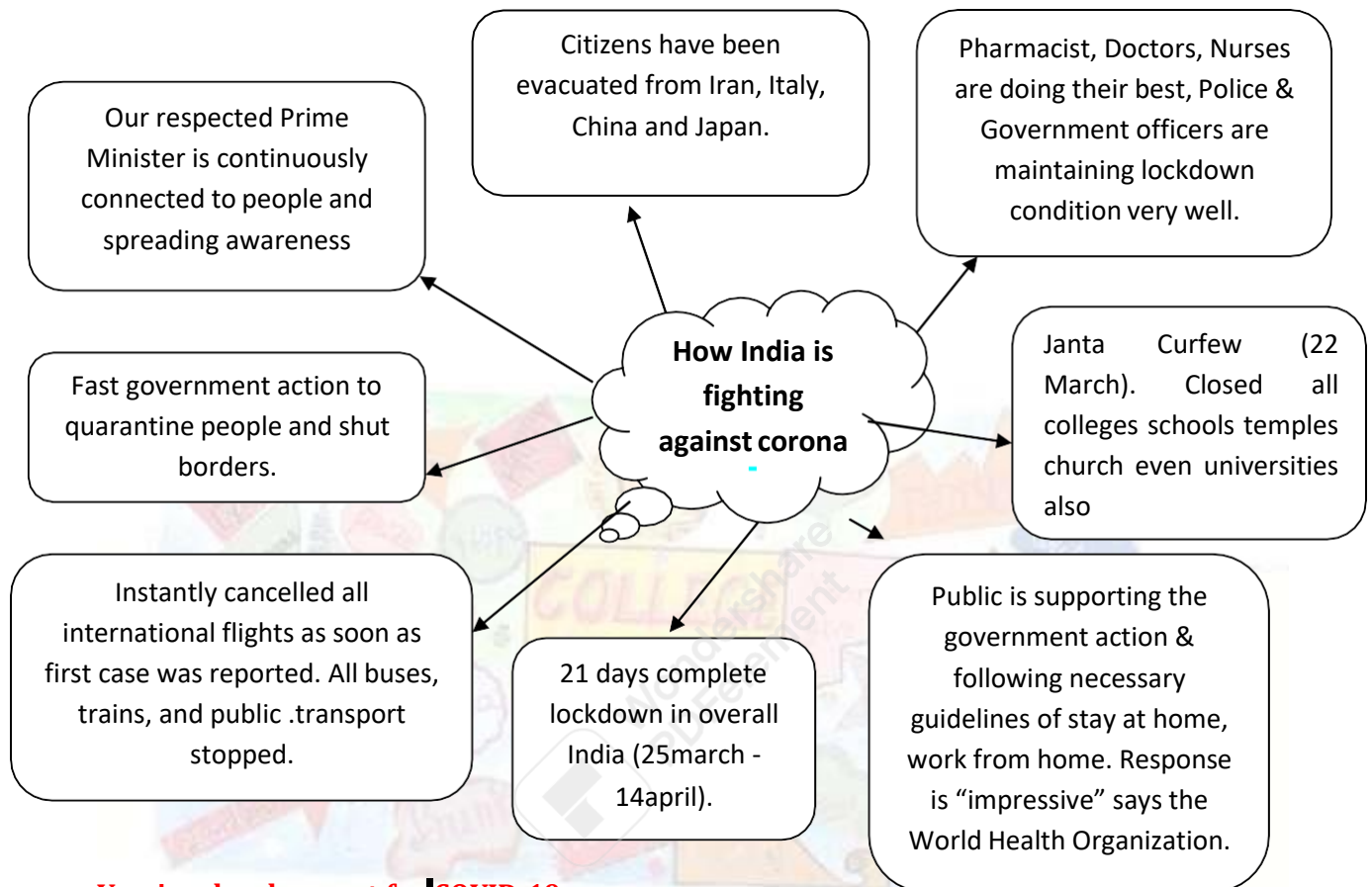
- ⊗ Medical workers must wear protective gear when dealing with patients.
- ⊗ Need to protect our medical staff.
- ⊗ Lack of resources and inadequate protection in Wuhan is what led to high rates of infection among medical professionals.
- ⊗ Officials in Australia said they did not believe there had been any human-to-human transmission of the virus in the country.
- ⊗ France and Spain have waited for too long before enforcing a lockdown.
- ⊗ Italy has failed to put together a comprehensive strategy of testing, tracking and self isolation, and these failures.
- ⊗ Seen elsewhere in Europe.
- ⊗ Avoidance of social gathering, parties, and market crowds.
- ⊗ Wuhan mayor admits that information was not released quickly enough.
- ⊗ Ignorance of people of Italy and Spain in initial case.
- ⊗ mishandling of some of first cases contributing to hospital outbreak.
- ⊗ Instant lockdown was not taken and the flights was not cancelled which was the big mistake because of which many carrier & infected people travelled to the world.

Dr. Rajendra Gode College of Pharmacy, Malkapur.

Shortage of medical gear, mask, goggles & alc. based sanitizers.

How India is fighting against corona:

India is becoming the epicentre of the global fight against **Covid-19**. India is taking aggressive action at the public health level, and at the level of society to control, and suppress this disease.



Vaccine development for COVID-19:

- **Pune-based Serum Institute of India (SII)**, world's largest vaccine manufacturer by volume, claims to have achieved a breakthrough in developing a vaccine for the dreaded coronavirus contagion by the year 2022 in the market. Serum Institute had partnered with the US-based biotech drug research company Codagenix to jointly develop a live-attenuated vaccine to fight the coronavirus.
- The Ministry of Science and Technology of the People's Republic of **China** has organised national key units to carry out joint research, and arranged five technical routes in parallel, including inactivated vaccines, recombinant genetically engineered vaccines, adenovirus vector vaccines, nucleic acid vaccines (mRNA vaccine and DNA vaccine), and vaccines made from attenuated influenza viral vaccine vectors.
- **Zydus** said it is working on two approaches to develop vaccines, one is a DNA vaccine that is based on small portion of virus DNA to generate immune response and another is a live attenuated recombinant measles virus vectored vaccine against COVID-19.

Dr. Rajendra Gode College of Pharmacy, Malkapur.

✓ Do's:	X Don't:
<ul style="list-style-type: none">Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub.	<ul style="list-style-type: none">Touch your eyes, nose, or mouth if your hands are not clean.
<ul style="list-style-type: none">Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.	<ul style="list-style-type: none">Touch on public places where is possibility of infections or objects which touched generally.
<ul style="list-style-type: none">Avoid close contact (1 meter or 3 feet) with people who are unwell.	<ul style="list-style-type: none">Don't hug Or shake hands for Greting
<ul style="list-style-type: none">Stay home and self-isolate.	<ul style="list-style-type: none">Don't dispose napkin and tissue paper in open area.

CONCLUSION:- The current situation of 2019–2020 coronavirus pandemic demands Global attention and action, 3.4% Mortality Rate estimated by the World Health Organization (WHO) as of March 3. However, the identification and confirmation of infection not only causes illness but also causes mental illness such as suicide thinking due to quarantine and isolation. However the Quarantine and isolation is only key to prevent spread of Virus. Recently Prevention is better because there is no appropriate and confirmed cure. However, improved coordination among basic and clinical scientists, pathologists, and epidemiologists also different techniques will approaches to develop vaccine Offer new

RAHUL NIHALANI
B-PHARM 2nd YEAR

LITRETURE ARTICLES

1. IS COVID-19 A BIOWARFARE- A MYTH OR WAR??

The world has been in a state of shock ever since the Corona virus outbreak happened. With over 219,338 cases and 8,969 deaths, COVID-19 outbreak has caused global panic. Despite the city of Wuhan, which happens to be the epicenter of the outbreak, quarantined and flights to China suspended, the virus has crossed international borders. Back home in India, 166 cases of corona virus have been reported so far.

Corona virus predicted in a novel- The eye of darkness written by Dean Koontz. Manish Tewari is an Indian lawyer and politician. He is a member of the Indian National Congress and represents Anandpur Sahib in the 17th Lok Sabha. He was the Minister of Information and Broadcasting from 2012 to 2014 and a Member of Parliament from Ludhiana from 2009 to 2014 also twitted about it.

Is really COVID-19 a biowar by china to lower their population, or an attack on India & America since because recently a war like condition was there between India and China? China backed only because America was with us but later started this biowar. In Italy the condition is so worsened that they have left patients to die because of lack of hospital/doctors.

Also China has put the covid19 patients in an isolated area and we do not know if the patients are getting treated or they have developed a vaccine and giving to patients.

Also a page from psychic Sylvia brown written in 2008 indicate the spread of virus in 2020

I do not say that what I am writing is true or not but there must be something behind the virus the government is hiding from us because nearly 15 day whole India is closed .What if the virus infects the patient, he/she is treated but later after some years virus becomes active after living in dormancy causing sever disasters .Only thing I can say for sure is stay safe & protected

By Dishali Vijay talokar (B-pharm 1st year)

2.**WHAT I LEARN DURING LOCKDOWN?**

'Lockdown' a word which was never heard before and suddenly we were under lockdown which was hardly imagined by anyone of us. No airplanes flying in the sky, no trains running on the track, no roads filled with public and private transportation. Is that even true? Yes it is, because we have to fight a battle against a pandemic Covid-19 that has taken lives of many across the globe. And to stay indoors and maintain social distancing is the only tool available to control its spread and minimize the harm that it can cause.

Lockdown proved to be challenging in many ways. But like it is said every coin has two sides, lockdown also gave us time to invest it in good deeds, to improve ourselves, to make good memories, it made us realize our social responsibilities and also to respect those who are the frontline warriors in this battle against covid-19.

Everyone has different experience during this lockdown period but what I learnt during this lockdown will probably be the answer of most of us. In this 21st era where we are all busy with our lives that we have no time to spend with our family, lockdown taught us the importance of having a family because things seem to be so easier when we are with our loved ones. We could feel the pain of the people who were away from their homes and tried so hard to be with their family. Some of them walked hundreds of miles to get back to their families.

It taught us the value and importance of food, where we were so unaware of the food we wasted. It taught us to stand with the under privileged and do our part of social responsibilities.

Also somewhere or the other it has made us think of the harm that we have caused to mother earth. We have been very careless towards nature which has damaged it to a great extent. But this worldwide lockdown has given nature the time to heal itself.

I learnt that no matter how worse the situation is humanity exists and we need to think humanly in every aspect of life. We come across thousands of people in life but important is to see goodness in everything. Although lockdown has taught us many good things but the number of problems encountered are no less. We hope and pray that it ends soon and life gets back to normal. Thank you.

Ms. Saloni Prashant Jaiswal

B.Pharm. III Year

3.**CHANGING SOCIAL MEDIA TREND**

Abstract: Social networking has been the biggest cultural shift since the industrial revolution, attracting millions of people, creating an ever-expanding social web, and revolutionizing the way we communicate. Although many changes have occurred since the fledgling steps of social networking and what it has evolved into today, improvement is a never-ending cycle. Thus, in this paper, additional methods will be explored to advance social networking overall. Most people spend a good part of their days on social media would not be an exaggeration. Not in today's world. Social media has become an integral part of people's lives and daily routines. Some are addicted to it so much that the first thing they do after waking up is to check their social media feeds.

Introduction: Social networking is becoming an exciting field of study, especially since it has been under the influence of many different trends. In this paper, the main trends of social networking will be addressed, including both events from the past, present, and future, and propositions as to new methods of improving future social networking. Given the importance of social media in consumers' lives, marketers and businesses flock to social platforms in the hope of connecting with their target customers. However, there is a content overload on social media and the competition is very high. It can be extremely difficult for you to stand out unless you have a clear social media marketing strategy.

Social Media Trends for 2020 and Beyond:

1. **Ephemeral Content Will Keep Gaining Popularity:** Ephemeral content is something that is available only for a short duration and disappears afterwards. Instagram and Snapchat Stories are perfect examples of this type of content. Today, people's attention spans are short and the way they like to consume content has also changed. This is why content formats like Stories have become popular. They are short, engaging, and addictive in a way that people can spend hours scrolling through one Story after another.
2. **Niche Social Platforms Will Perform Well:** Facebook and Instagram have long dominated social media as the largest and most popular platforms. However, in recent years, several other niche social media platforms have not only emerged but have significantly risen to fame. TikTok, for example, is one such platform that started in 2016 and immediately gained popularity among youth. B2B companies prefer LinkedIn for their social media initiatives, while the gaming community flocks to Twitch. There are several such alternative social media platforms that are gaining popularity and will continue doing so in 2020 and beyond.
3. **Instagram Will Remove Likes:** Instagram is one of the largest social networks and any major changes implemented here can shape the social media landscape. One such major change is the possibility of Instagram removing the likes feature for posts. Instagram has recently tested this proposal in a beta test and may soon apply this change globally.
4. **Social Commerce Will Expand:** Social media platforms like Instagram, Pinterest, and Facebook have long been used by brands to sell their products. Social commerce has become a new retail avenue for brands and this trend is only going to get stronger. Social commerce is well on its way to becoming a mainstream retail channel on par with other mediums like websites and offline stores.
5. **Video Content Will Dominate:** Video content is one of the most engaging forms of content and will soon dominate the social media a clear winner over all other types

Of content. Whether it is short-form videos like those popular on TikTok or Stories or long-form content on YouTube, videos are the future of social media content.

6. **Influencer Marketing Will Continue to Soar:** Influencer marketing is not a new trend, but it is one that is going to stay for a while. Social media today is dominated by influencers who are getting paid exorbitant amounts to promote brands. The adoption of this trend can be seen from both perspectives. One can be seen by the sheer rise in the number of influencers on social media.
7. **More Regulatory Control and Legal Scrutiny:** While there are numerous benefits of social media, there are certain negatives that have come to light in recent years. Data privacy and security are two such issues that have made the headlines for social networks like Facebook.
8. **Higher Adoption of Augmented Reality:** Augmented reality enhances our reality by adding digital elements to it and changing the way things actually look. Social media platforms have found interesting use cases for this technology and have started leveraging it in recent years. Instagram, for example, uses augmented reality for its numerous photo filters.
9. **Increase in the Use of Social Media for Customer Service:** Social media has traditionally been a place for people to connect with their social networks and share photos and videos. However, those days are long gone and social media is now so much more than just that. It has become a retail platform, a product discovery platform, and now, even a customer service channel. A lot of brands have started recognizing social media networks as platforms for delivering customer service.
10. **User-Generated Content Will Continue to Be Popular:** Brands leveraging user-generated content is not a new trend but is a trend that is still going strong and will continue to do so. The only thing that has changed is the rate of adoption, with more and more marketers utilising UGC..
11. **The Rise of Social Media Communities:** While this is not something new, it is definitely something that is becoming more popular now than ever before. Social media communities are basically social groups that are created by brands to provide a networking platform for their customers. These are usually private groups that like-minded people can join to talk about their shared interests.

Conclusion: These are some of the trends that will dominate the social media landscape in 2020 and beyond. Leverage these trends to your advantage and stay ahead of your competitors. Social media is a dynamic and competitive space and these trends can help you ace your social media game. So, keep abreast of the latest developments around these themes and use these for your social media initiatives.

Ms. Saloni Prashant Jaiswal

B.Pharm. III Year

4.

ROLE OF WOMEN IN SCIENCE**You are too good**

Women you are you are so strong
You know that sense of pride you belong
You make it happen with your will
You go beyond the things to fill
The love and passion that you share
And the way you have that care
You are a role model for people around
It's always the pure love that surrounds
Being a woman that you are
You are a super star!

Women scientists have become the objects of a new field of study in the academy. In the last fifteen years a whole new field of inquiry known differently as women and science," gender in science,". India is a land of many intelligent people who have achieved several inventions. Women in science have made their contributions from earliest times; however, they have not received due appreciation and recognitions for their inventions. They make critical contributions as actors in fields such as *science, information technology and medicine, in different capacities, such as researchers, teachers and practitioners*. Yet, women's full participation in the production of science and technology is an issue of social justice.

Women, throughout the world, are valuable human resources who need to be nurtured and given equal opportunity in the field of science and technology. For centuries, women have passed on their skills on how to manage water, forests and biodiversity; use and preserve medicinal plants; adapt and cope with environmental hazards in a changing climate and manage waste and sanitation. Harnessing women's local knowledge and skills is critical for protecting, sustaining and managing the environment and its resources. Women occupy key positions at the household, local and community levels and made significant contributions to science from the earliest times. Their involvement in the field of medicine has been recorded in several early civilizations.

An ancient Egyptian, Merit-Ptah (2700 BC), described in an inscription as "chief physician", was the earliest known female scientist named in the history of science. Natural philosophy in ancient Greece was open to women. Recorded examples include Agnodike, who predicted eclipses and Theano, mathematician and physician, who was a pupil of Pythagoras and one of a school in Crotona founded by Pythagoras, which included many women.

In India, women are traditionally represented as gentler, nurturing, sensitive and intuitive, obedient and self-sacrificing and though they are not considered as less intelligent, yet they are enormously perceived to be technically less skilful than men. Their emotional and nurturing qualities are stated to help them fulfill their roles as homemakers and caretakers of the family. In their behavior and way of life, they abided very much within the bounds of tradition, yet their scientific vocations made them different. Women's technological activity and power, recognizes her as important makers and doers of things whether in the kitchen or in factories. However, unlike their

Male colleagues, who inspired admiration, women scientists' for the most part invoked curiosity, as they appeared remarkably traditional in their bearing, yet quite modern in their career pursuits.

Despite the constitutional guarantee for equal opportunity, unequal proportion and position of women in the sciences is a commonly noticed phenomenon in India, like many parts of the world. Until a decade ago, questions about the gender-technology relationships rarely obtained its consequence. "Women in Science", Women have played a very crucial role in the development of Science & Technology and their contributions in a nation building exercise cannot be ignored. Science and Technology are often considered to be the forte of men. Nevertheless, the contribution of women to the progress of these areas cannot be denied or disregarded.

There have been numerous gifted and far-famed women scientists in history who have made crucial discoveries and inventions in the world of science. Prior to the twentieth century, women scientists were virtually unknown. At best, early women scientists worked in the shadows of their male counterparts and faced tremendous barriers to gaining scientific knowledge and practicing their disciplines. From **Anandhi Bai Joshi** to **Jessy Thomas**, many of such women scientists have played a central role in modern science. However, success has not been easy for women who have been ostracised from the scientific enclave and often denied recognition of their accomplishments. Though, there is very little understanding of the role of social cultural context of practice of science in producing disparities.

In comparison to the modern period, women in science were unknown since the early period. This creates a need for examining the role of women's position in science from the early period.

Women have been occupying a high place of pride and honour in India during Aryan times. They have enjoyed symbolic respect and importance in many cultures. The earliest myths and religions have often placed women at *the beginning of technologies of agriculture, law and medicine*. There are two very notable goddess mentioned in the Rig Veda, viz., **Saraswathi** and **Sinivali**. **Saraswathi** is the first female physician in the history of ancient medicine in India. She worked with the celebrated physicians called the Asvins. She is stated to be the profounder of a formula of an oleaginous medicine (*Sarswati Ghrta*) for cure of sterility in women and seminal insufficiency in men. **Saraswathi** was revered by the physicians. Where **Sinivali** was either an obstetrician or a birth attendant, who worked with or side by side with **Saraswathi**. She seemed able to prevent miscarriage. A hymn reads: "Sinivali. O' Saraswathi hold the embryo". *Raka, Gunga* and *Anumati* are other medical goddesses. Care of the pregnant mother and child at birth are established practices since antiquity. It seems the pregnant woman herself is also provided knowledge on management of child birth. Married women are given instructions to learn management of child birth in emergencies.

In later Ayurvedic literature, we find the qualities of the birth attendant. *Midwifery or dhatrividya* is mentioned in ancient medical texts of Egypt, Mesopotamia, China, India and Japan. They deal with problems of pregnancy, childbirth and the immediately post birth stages. Though male physicians were interested in obstetrical and gynaecological problems, midwives in pre-modern cultures were generally women. Many cultures till

Today retain the image of the “wise woman”, the healer, having access to natural and Supernatural knowledge.

On a brief survey of women’s condition during Vedic age, the highlight was that women enjoyed equal rights in education, politics and property. The Vedic literature mentions the names of many eminent women philosophers. Lopamudra composed two verses, Ghosha the daughter of SagaKakshivam, a learned lady. She was the most outstanding of the twenty-seven Brahnavadins who voiced Vedic wisdom through hymns. Several scholarly women like **Alpala**, **Indrani Silkata** and **Nivavari** were also famous during this period. Underscoring the fact that in the Vedic tradition, women were equal partners in what was held as the highest category of human activity in scientific and spiritual inquiry.

A passage from the Atarva Veda states that, “The knowledge a woman possesses is the completion of all study”. Girls, like boys were given equal education in the Gurukulas. Some women chose to utilise the opportunities available to them. One of the reputed philosophers of those times was **Gargi**. She participated in the philosophical congress convened by **King Janaka of Videhas** and challenged **Ya-j-navalkya** with several unanswerable questions. For, there are occasional Vedic references to **Maitreyi**, **Vishvavara** and Apala, as earnest seekers of knowledge and worthy disciples of great Gurus.

Women have taken challenges at ease and are fast making their entries into the fields which were once considered to be men’s domain. The number of women scientists in National laboratories and research institutions has substantially increased. Women are today ahead in all walks of life; contributing their best for the country’s development. The abilities and competence of women in scientific fields like medicine, physical, chemical and biological sciences, agriculture and other applied fields were proved from time to time as family helpmeet to Independent Professional.

Women in India are now an integral part of every sphere of science be it research, trade, policy or education. They are competent, sharp and knowledgeable and being admired as contributors in the professional as well as social community groups. Science has much to offer to women and simultaneously women have much to offer to science. However, women’s representation in scientific fields has been historically low and we significantly have higher percentage of derailment at all points along the career continuum compared to men. One of the best ways to affect a reversal of this trend is to create a pool of women to enter the field, with more confidence to face the challenges.

Finally, I feel certain that the most dramatic changes will come in the priorities of science. The first benefits may be felt for women. The National Institutes of Health have recently been censured for failing to test the effects of medication on women. *Doctors have long prescribed aspirin a day as a preventive measure against heart disease. All those tests, however, were done entirely with male subjects, no one can say whether it is beneficial for women to take a similar dose.* But benefits will go beyond innovations in science directed primarily at women. Primatology, biology, and anthropology are three sciences that have been dramatically influenced by an influx of women. Our knowledge of nature has been transformed by their efforts.

By Dishali Vijay talokar
(B-pharm 1st year)

5. HOW TO OVERCOME ANXIETY DURING LOCKDOWN??..

Issued in interest of public mind...

**No need to be worried.....!!**

Let's talk this out.....!! To my isolated friends.....!!

It is an anxious and worried place where we are all trying very hard to cope up with covid-19 crisis.

Yet there is no direct relationship of corona and mental health but lot of people are experiencing harsh outcomes regarding fear and anxiety. It's okay to be afraid about this stuff.

But if u are googling every itch and sneeze then my friend you are obsessing over it and it's time u need to really avoid endless corona coverage, keeping yourself updated is another thing but obsessing over news 24x7 might lead the breakdown due to lockdown..

So... What we need to do...

What should one do?

Is there any way...?. To feel relieved even in this crisis...

What date is it..? What day? Lost count Ah well me Too.....



Dr. Rajendra Gode College of Pharmacy, Malkapur.

But.....??????????????

Winston Churchill once said
"If you are going through hell, keep going"
That's pretty deep but it implies that you might be surprised with the outcomes. You may come as a stronger one.
Difficult days don't last. It is our responsibility to see a silver lining in every situation and count the joy in every trial.
I know this entire sound very cliché and impractical or may be possible in some sort of parallel universe but...



Welcome to the real world

Now to the class of 2020.

Exams are getting postponed and then the postponed date is getting postponed and we are pretty clueless at this point..So.....

- ✓ Reframe "I am stuck inside" attitude towards "I can finally focus on my home and myself"

- ✓ Call that school friends who reminds you of empty classroom and simpler times
- ✓ Rekindle that hobby u lost in 9 to 5 rush, sketch a scenery
- ✓ Move Do not stick. Make your cupboards, move your furniture, help in the kitchen, god is watching, do your bit



- ✓ Talk..... talk to your parents, siblings, and friend anyone you should check on and listen to their stories and tell them yours.
- ✓ Cook for mom, help dad in accounting, play and laugh a little.
- ✓ Love your closed ones your familyyou've been taking them granted for some time now. Take some longer time and describe what you love about them.... don't shy away from emotions as it turns out we are on a deadline on this planet.....
- ✓ Start reading books..... Those you have abandoned, they are waiting for u to read them, stop ghosting them. We all know you are pretty, just don't touch your face every 2 minutes and life will be better for all of us.... As soon as you finish reading this go wash your hands. May be this is just another roadblock

Dr. Rajendra Gode College of Pharmacy, Malkapur.

Stupidity of WhatsApp forward is endless ...check facts before u forward anything. Law's watching you Ironically in our country every issue somehow comes down to religion..... I am not here to debate that is right, who's wrongI am here to ask, is the right time to fight, really??

- ✓ For some out there, let go of the urge to grab a smoke, may be this lockdown will help you get out of the habit, let go of your indulgence, perhaps...



**We are gonna WIN
this fight.....**

No matter what anyone says we are gonna win this fight. There's no other way.....

Stay safe and don't let yourself get bored.. do something . And make yourself a colorful quarantine. Pray for the ones who are affected and the ones treating them..and

Don't let this be a story of how we fell
But a story of how we rose together. Hang in there buddy .we got this Love ..

**Snehal Dongare
B.Pharm Sixth Sem**



6.**MENTAL HEALTH DURING LOCKDOWN**

2020 its challenging year about the health to India. And challenging thing is COVID -19 (Coronavirus) an infectious disease. Day by day through social media,news channels we gets the updates of COVID -19.To fight against this disease Government declares lockdown for period of time. Due to lockdown socially we connect to peoples only through social media. It's impact on colleges, schools, corporate offices, some government offices, movie theatres and so on. Only daily needs are available.

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

"A lot of anxiety is rooted in worrying about the unknown and waiting for something to happen - coronavirus is that on a macro scale," agrees Rosie Weatherly, spokesperson for mental health charity Mind.

So how can we protect our mental health?**Limit the news and be careful what you read:**

Reading lots of news about coronavirus may leads to panic attacks for people of emotionally weak. Having long periods away from news websites and social media it helps to manage anxiety. Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with thenews. There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites.

Have breaks from social media and mute things which are triggering:

Trying time away from social media, watching TV or reading books instead.

- Mute key words which might be triggering on Twitter and unfollow or mute accounts
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

Wash your hands - but not excessively

OCD Action has seen an increase in support requests from people whose fears have become focused on the coronavirus pandemic. For people with OCD and some types of anxiety, being constantly told to wash your hands can be especially difficult to hear. For a lot of people with OCD, getting better means being able to leave the house - so self-isolating can present another challenge. If we're forced to stay at home, we have lots of time on our hands, and boredom can make OCD worse.

Stay connected with people:

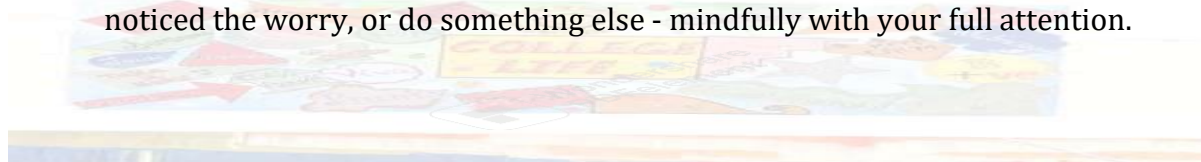
Staying in touch with those you care about will help to maintain good mental health during long periods of self-isolation. Strike a balance between having a routine and making sure each day has some variety.

For some people it might end up actually feeling like quite a productive or restful period. You could work through your to-do list or read a book you'd been meaning to get to.

Avoid burnout:

With weeks and months of the coronavirus pandemic ahead, it is important to have down time. Mind recommends continuing to access nature and sunlight wherever possible. Do exercise, eat well and stay hydrated. UK suggests practicing the "Apple" technique to deal with anxiety and worries.

- Acknowledge: Notice and acknowledge the uncertainty as it comes to mind.
- Pause: Don't react as you normally do. Don't react at all. Pause and breathe.
- Pull back: Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- Let go: Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- Explore: Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.



Ms. Apurva Sudhir Maind
B Pharm Third Year

6. "मैं क्यों हूँ और कौन हूँ"।

I am from a generation which is so busy to figure out difference between feminism and pseudo-feminism that they forget that there is still a section in our society which is oppressed, oppressed so much beyond the limits of feminism and pseudo-feminism.

So हम सब भूल गये हैं मक many people are progressing but still एक sector हैं women कम जो अभी भी वही पर हैं ...

मेरी भी एक आहुत उसी यज्ञमें.....

मेरी महम्मत मेरे हौसला मेरी उड़म निरूपण खर पूछत ह लोग अक्सर ,

मैं कौन हूँ, मैं क्या हूँ।

म क्यों इतनी बुरे हयम
हूँ। मैं क्यों

नहीं रह सकती मसमटकर।

क्यों मैं मचलती हूँ इन

हवमओ में। मेरे चेहरे

पे ये हूँसी क्यों ?

क्यों नहीं मैं मौन हूँ ?

मेरे अस्तित्व क्यों ह

सखलम सखलम क्यों नहीं मैं

गौन हूँ?

All these years I have been ask like million times that why am I like this? I guess the question is targeted to all women that why they are like this?

I wish I could tell them that I m not made in me or any women is not made in her, she is the scuffle and hope of year long efforts that not just by women but men around to change the whole generation.

जो बीतीं इतनी साल उन सब की बीधा की कधीं
पीं दीं लकर चलतीं हीं, मत पीछनीं यीं गठरीं वकतनी
भींरी हीं, क्यीं वक मींरी लड़ीं आई आज भी जारी हीं।

आज म सबको एक जवमबिं नम चमहती हूँ शमयिं उन

जख्मों को कछ महसुस लो नम चमहती हूँ।

जो वकया सुना और देखा उतनाही बताती हूँ। आपके सामने औरत की एक तस्वीर नईसी बनाती हूँ।

घर घर जमकर औरत उसको हमलमतसे ममलकर आई हूँ। मू कौन हूँ, म क्या हूँ
, बस यही बतमनू आई हूँ, अपने समथ अपने प्रमतमबम्ब की एक झलक मिखमने आई हूँ।

म कौन हूँ म क्या हूँ सवमल अच्छा ह, मगर अच्छईका मोहतमज नहीं।

क्यीं वक, मींरीं हीं जो यीं गीं तक कीं चलीं
यीं गीं तक रीं रीं गई, आंख कीं शम बताकर चीं मीं
औधीं गई।

मैंने कछ नभी सहम मैं बरसो परमनी लगी आग हूँ नई सी बोतल में वही परमनी
शरमब हूँ। उम्र में थोड़ी कच्ची हूँ पर अब नहू म बच्ची हूँ, निंखा
मनू अमसफ़म को अब और नहू म अच्छी
हूँ।

मैं

चप हूँ

मैं मौन हूँ

Dr. Rajendra Gode College of Pharmacy, Malkapur.

म पूरूँ नबक
शोर हूँ
मैं कौन हूँ?

म मोम कूी गमडय मनहूी, न वो सजमघट क मसखलूीन हूँ
।बरसो...बरसो सूँ मनूँ तरमशम मजसूँ,म वो
सपनम सलूीन हूँ। क्यूो मक म वो नहूी जो म्िखम ई
िूँती हूँ, म मसफ ज़हन मूँ
सनम ईिूँती हूँ और मूँरीभी कछ परतूँ ह

Ms.ApurvaSudhirMaind

BPharmThirdYear

जीवनकाली कुछ शतक ह। मूरे खूब सनहर ह कुछ कमल के
छ गहर ह। मूरी आलू खू भूरी ह पर
इनमूरे चमकू छरी ह।

आलू ख ममकू िलू खो तम इनमूरे मकतनी मजबूरी ह। मूरे आज यहम कुछ कह
िलू तू िलू न मझकू तम िलूष नही, मगर
मेरे अधूरे खमबो कम ये अमतम मवस्फोट नही।

मयी कौन?

म बमरू िलू न गूलूली हलूँ। मूरे उसूरे चलमनूरे वमलूरे क महौसल जरूरी
हलूँ। क्यूं मक म वह नहूरी जो मलूखम ई िलूरे ती हलूँ
मूरे लबूोसूरे सनमई िलूरे ती हलूँ। और मयी दी श
कीा अवभमीान ही हूँ मयी कल्पनीाकीी उड़ान ही हूँ। मयी
कश्मीरी कीी सदर िलीादी ही नही, मैं दे शका रे वगस्तान
हूँ। मैं मीरम की भास्त हूँ मैं टे रे समकम सम्मन हूँ।

मैं नही राम की सीता, मैं िलीो दु ख हूँ जो उस पर वबता। मैं द्रोपदी नही महाभारतकी, मैं
उस अपमानी कीा पररणाम ही हूँ। यीुगीो यीुगीो तक
चलनी िलीाली औरत कीा वतरस्कार ही हूँ।

मैं कौन हूँ ?

तलसी िलूमस की कुछ लमइन्स थी, की ढोल, गवमर, शद्र, पश और नमरी ये सब तमडनके
अमधकमरी ह (ये सब ममरनेके मलए बने ह) तो मैं कौन हूँ ?
तलसी िलूमस सूरे कह िलूरे न उनकूी सोच कूे आगूरे क मजहम हलूँ मूरे। मूरे
वो नहूरी जो खलूमूरे शममलू हलूँ, मूरे सखलसखलम ती
हलूँ क्यूं मक म एक आजमलू पररलू हलूँ। और

सारी मील िलीी सारी पवित यी सब एक फसानीा ही,
सबसी पहला धम मीरे राखीु दमीी ही खीजाना ही।

मैं ममिर कम
मियम हूँ। मैं
जगल की आग भी।

अपने समरे खमबो की पहली पहली परवमज भी।

आज अपमम नकूे एमलू मूरे शरमब भी पीतू हलूँ, चौसट मूरे हमरूी हुई
उस अबलम कूी समडूी भी सीतूी हलूँ।

मैं कौन हूँ ?

म मसफ होलूी क मरग नहूरी, म होमलक िलूहनकूी आग हलूँ।

क्यूं मक मयी िलीी नहीी जो महबीब की हीोठोसी
सीुनाई दीती ही, मयी िलीी ही हूँ जो खीुद
कीो खीुद कीी नजरीो से वदखाई देती ह। और मैं कोई खनकती
चूडनी नही, मैं वो खममहश अधूरी हूँ मैं ममूँ केहमथकी पूरी नही मैं तेल में जलती मजबूरी
हूँ। मैं पायल का शोर नही मैं चीख हूँ उन रातोकी, हाथोसे वजसने बड़ा वकया

(पीापीा), मयी िली, आग में जलती जलती जो छोड़ गई मैं खवावहश हूँ उस मीी
खावहश ही हूँ उन

आलू खीोकी।

मैं लूबी हुई आवमज हूँ, मबतमकल, आज और एक खमब हूँ।

मैं कौन हूँ ?

मयी साड़ी सी छलकतीा बदन नहीी अपनी आराम कीा

वलबो जा ही हूँ और मी पोरानी सररीायती को कीी शाम
नहीी एक नई सोचकी आगाज हूँ।

म कौन हूँ, म क्या हूँ?

और मीरे परचय अधीरा रह जाएगी, अगर मीनी नहीी
बताया वक मी सारी जायज़ इरादी को कीी एक नाजायज़
आिीी जा ही हूँ।

बरसो से मजसे मूरी ममूँ नूँ

िँ खम उस क मएक प्यमरमसम

खमब हूँ। मबतू कमलू कल क मएक

सिँर से आज हूँ

चहकती म ञडयो मूे शमयिे एक लौत मबमज़ हूँ ।
पर मीुझी महसीस करकीे दीे खीी मीी वसर् एक जज़्बाद हीीँ ,
मीी वसर् एक जज़्बाद हीीँ ।

भमवना! कमय असतमत? कशम असतमत? कम बर असतमत? असूँ पशून नूँहमूीच डूँकमवत रमहत असतील सक्कम मनमत; पण कधूी मवचमर कूँ लमय कम भमवनाचम शोध घूँणमचम?

जूँवढूँ सजीव पश-पणूी आमण ममव यम भूँतलमवर आहूँत त्नाम सजीवतम, पररपूँणतम आणणमरी गूँ म्णजूँ “भमवना”, हम तसम खूँपच छोटमसम शब्द आहूँ; परत यम एक एकमरचूी गहनतम आहूँ. हम शब्द मसमत मबळूँ लच नमहूी. ममयम मतूँ भमवना म्णजूँ इद्रधनसमरखमच असतमत, जसूँ यम मवध र गमयम छटम असतमत तसूँच भमवना पण मवमम छटममधूँ पमयलम मळतमत जसूँ कूी पूँम, रमग, मत्सर, लूँभ, सख, िँख, ममतम, मवर, भीतूी, कमळजी इ. ममवूी जीवमत यम सव भमवनाचम मूँळ असणूँ आवश्यक आहे.

आतम पशून असम यूँतो कूी, भमवनाचम मूँळ म्णजूँ कमय? तर ममणसमलम भमवनावर पभतवअसल पमळूँ, एक एकमरच बाध असलम पमळूँ. कूँणती भमवना कधूी, कूँ, कूँणम व्णूँसमोर एकट झमलूी पमळूँ यम भमन असल पमळूँ. आपण भमवनाम तमयमत ठूँ वल पमळूँ, भमवनानी आपणमस नमही आमण हम भमवनाचम खूँळ हम वमततो तूँवढम सोपम नसतूँ. जर यम खूँळमत आपण मूँळ नमही समधलम तर नकूँतो अनथ होणमचूी शक्यतम असतूँ.

व्णूँ मत्क्यम प्रती मह म्ण तर सक्कनमच ममतच आहूँ. यम उिँप्रमणूँ व्णूँचूी भमवना मह प्रतूँकप्रतूी वूँगळूी असतूँ, यमहूी भूँिँ भमव असतूँ असूँ म्णमयलम अपवमिू नमहूी. उिँमरणमथ, एखमय प्रतूी पूँम असणूँ एक वम एखमयमच िँष वमतणूँ, रमग यूँणूँ इ. आमण भमवना यम रग बिल्लमरूँयम सरड्यमसमरखम असतमत, त्म कधूीही बिल्लूँ शकतम; जसूँ मह, एखमय वर जर पूँम करत असलूँ तर त्मचूी कूँणती तर गूँ खटकतूँ आमण मग त्मच परम्वतन रमगत होत.

यम भमवना म्णजूँ जरम अनपूँमतच असतमत म्णम. कमहूी भमवना यममणक असतमत तर कमही िँघकमलूीन. मणक भमवना यम िँवमबिल्लूँ समरखम असतमत, त्मचूँ असतमत फिँ कमहूी वूँळूँ परतच रमहत आमण मग हळूँ हळूँ त्म मवलूीन, पूँसट होत जमतमत बमशूँपमसम स्वयम आमण यमचमच मवरुँ यम िँघकमलूीन भमवनाचम रमहत, यम ममणसमयम मनमत जस मधम म्मच पोळ रमहत नम तस घर करून रमहतमत अन त्म मधम म्मसमख सतत डूँक्यमत घोघमवत रमहतमत. पण हूँ सव मणसमयम मममसकतूँवर अवलबूँन आहूँ, कूी कूँणती बमवना मह मणक ठूँ वमयचूी आमण कूँणती िँघकमलूीन ठूँ वमयचूी.

कमहीजण खूँपच भमवनामवश रमहतमत, त्नाम भमवनावरमयम ण ठूँ वतम यूँत नमही. अशम व्णूँ यम भमवनूँचम भरमत खूँपच वमहन जमतमत. मलम वमतत कूी, भमवनामवशतम हूँ लमचमसूँच लाग आहूँ. समूँरच्यम ज्यम व्णूँलम आपलयम भमवनूँचूँ मोल नमही मतथूँ नूँहमूी कम जमयच, आपलयम भमवना यम एवढ्यम कवडूीमोल पण नसतमत कूी िँसरूँ त्मची एक मत ठरवतील. कमही लूँक असूँ पण असतमत कूी तूँ यम भमवनामवशतूँचम गरफमयिँम घूँतमत आमण एखमय कळसूँलूी बमहुलयम समखूँ त्म

व्यि॒रू॒लीलम वमगवत॑म। म॒ह॒ण॒रू॒न भमव॑न॒न॒ थोड॑ आ॒वर घ॑म॒ल॒लेल॑मच बर॑म।
आ॒त॒म आ॑ण॒खी प॑ण॒ कम॑ही व्यि॒रू॒ली अस॑त॒मत क॒ली ज॑य॒ भम॑व॒न॒
व्यि॒रू॒ करू॑ श॒क॒त न॑म॒हीत, त॑म॒ मन॑म॒तच॑ व॒म॒रू॒ळ
क॒रू॒न ब॑स॒त॒मत आ॑म॒ण म॑ग त॒मच॑ ओझ॒ आय॑ष्य॒भर व॑म॒गव॑त म॒फ॒र॒म॒यच॑, य॒म॒ल॒म कम॑ही
अ॒थ॒न॒म॒ह॒ली. क॒धू॒ली क॒धू॒ली भ॑म॒व॒न॒न॒ स॒थ॒प॒ण॒ले व॑म॒ह म॒ि॒ल॒लेल॑च ब॒र प॑ण॒ अ॒च॒म॒क॒ उ॒ले
क॒ क॒र॒म॒य॒च॒म न॑म॒ह॒ली. भ॑म॒व॒न॒न॒च॒म॒उ॒ले क॒ म॒ह ज॑व॒म॒ल॒म॒ख॒लीस॑म॒ख॒म अस॑त॒रू॒ो म॒ह॒ण॒ल॒त॒र॒ी व॑म॒व॒ग
ठ॒र॒ण॒म॒र न॑म॒ही क॑म॒र॒ण य॑म॒ अ॒म॒न॒य॒ण॒त ल॑म॒व॒ह॒म॒स॒म॒र॒ख॒य॒म अस॑त॒म॒त॒त॒म॒न॑म॒न॒य॒ण॒म॒त न॑म॒ही ठू॒ले व॑ल
त॒र अ॒न॒थ ह॑म॒ अ॒ट॒ळ आ॑ह॒ले॒ज॒सू॒ले क॒ली, ए॒ख॒म॒द्य॒म॒ब॒द॒ल

आपल्यम मनमत खूूप ढूँष आहूँ,तो मनमत रम हल तर कलमत स्मनूँ त्मचूँ पररवतन रम म तहोतूँ
आमण त्मच

िँषपरणमम हम नमतूँ सबधमवर होतूँ. गरसमज मनमण हूँऊन नमतूँ सबध
तदूँ पणशकतमत. आपल्यम भमवना आपणस्वतः

व्यिँ करूँ शकतो पण एखम्यमवर लमिँ शकत
नमहूँ. त्म भमवना मकतपत योग्य आहूँ, हूँ आपल्यमपूँ जमस्त समूँरच्यम
व्यिँचीच्यम मममसकतूँवर आमण मवचमरसरण वीवर अवल बूँन रमहत. मलम
अस वमत कूँ भमवना यम अगिँ छोट्यमशम रोपट्यमसमरछम असतमत, त्मलम
जस खतपमणी घमलूँ, वमतवरण िँऊ तशूँ त्मचूँ वमढ होतूँ
तसूँच ज्यम एकमरूँ आपण भमवना खतपमणी घमलूँ, वमतवरण िँऊ तश्यम च
त्म मनमत रुजत जमतील.

Poem/कविता

7.*माणसच आहे माणसासाठी*

धमवपळीचे जीवन
ममणस धमवतम पशमसमठी
आज कळलूँ आमहमलम
ममणसच आहे ममणसमसमठी.....

ममिूरमत गूँलू
मशूँींिूँीत गूँलमगेलो
िूँूँ व शोधण्यमसमठी
शोधतम शोधतम आज कळले
ममणसच आहे ममणसमसमठी.....

मवसरलो होतूो क
टबमलमवसरलो होतो
गमवमलम
मवसरलो होतूो सकृती
फि
पशमसमठी आज कळलूँ
आमहमलम ममणसच आहे
ममणसमसमठी.....

नकूँो मवसरु क
टबमलम नको
मवसरु गमवमलम
तम् पममल्य सकृ
तीसमठी आज
कळलूँआमहमलम
ममणसच आहे ममणसमसमठी.....

आपलूँी सकृती
आपलूँ रमअहे आपलयमच
महतमसमठी मवसरूँयम
जम्ता, धम, पथ
कूँोरोनम च्यम लढमईसमठूँी.....

8.*येळ आलीया*

पमखरू झमलयम मोठ
घरट सोडमयमची येळ आलीयम

चोचीत िंम न ममाण
सोडू न भरकन
उडमयमची येळ आलीयम

सोडू न ममगलमड अनू
मजव्हळू पख
पसरमयमची येळ आलीयम

क व सररत रमहील तमनहहुल
बोट सोडमयमची येळ आलीयम

भलयम मोठमलयम यम जगम त
नशीब आजममवयमची येळ आलीयम

आतमघे तू भरमरी
उच उडमयमची येळ आलीयम

(स्वाम,नोकरूी,स्वतःची ओळख म समाण करण्यासमठी प्रतूकमलमच आपल घर सोडू
न जमवलमगत,कमहूीनंतर िंम श सोडमव लमगत. ती एक वूळ,तो एक ण येतू
प्रतूकमलम आयष्यमत, मजथूे कमही मळवयल कमही गमवमव लमगत, त्मलमच अनसरुन

9.*बाप*

बमपसमजण्यम आधी ,समथसोडू न गेले
तो मरतम न उरती , भमर ठूँ वळून
गळेले

मिवसम ममगे मिवस सरत गेले
तझ्यम हमके समठी कमन आटन
गेले

असतोच मनमतहूी, मक्या
वळे ि नचम जमळ सलणमयम
रमजीत, अश्र गळोठन गळेले

ररतूर घरमत मफरूँ ,जमगवत भमस समरूँ
कमजळ वळे ि नूँ चूँ ,कळ लमवन गळेले

झकलूँ लूँ खम ि लूँ
अनूँ कणम हूी
तटलूँ लम अखूँ रचम होतम
मस ,जीव वळन गूँ लम

तझ्यम कृपेस ि लूँ वम,
शरण आले होते बूँ वमरस
त सध्मि, मलम सोडूँ

10.*माझे...बाबा*

कठूँ च नमही ममझूँ...बमबम
करूँ नूँ चूँ
तळहम तपोरकूँ
...बमबम

आकमत शमसमत, शमततम कजबज टमळूँ
मझूँ...बमबम नम शय आसपमस, कमळोख मझूँ
मझूँ...बमबम असूँ जवळ तसूँ िर
भमबडूँ अतरमळ मझूँ...बमबम

कठूँ च नमही मझूँ...बमबम
करूँ नूँ चूँ तळहम त

असूँ ल आहूँ असणमर, कणूँ शब्द गमळूँ
मझूँ...बमबम अपरमध अस परमूँ मरमच, कम? तूँ ज
लूँ पतूँ ममझूँ...बमबम
अभूँ िय चौकट अश्चूँ,
मच परमणूँ ममझूँ...बमबम

कठूँ च नमही मझूँ...बमबम
करूँ नूँ चूँ तळहम त
पोरकूँ ...बमबम



11.*एक स्त्री...*

मनमतल्यम भमवना मनमत ठूँ वतूँ

िँ सख्यमचम

आनिँत

आनिँरूी

रमहतूँ अशूी

असतूँ उँर

मनमचूी ती

मतल आपण जमणतो म्हणूनी एक स्त्रीी....

कूणी मतल म्हणत आई..

कूणी मतल म्हणत तमई..

अशयम यमजगमत्वनून रमहते ती

आपल्यम सवची मई..

अशूी असतूँ उँर

मनमचूी ती मतल आपण

जमणतो म्हणूनी एक स्त्रीी....

आशमम रमशम मक तीहूी

असल्यम तरी सवमसमठूी

करतूँ धमवपळ मज वमफरी

अशूी असतूँ उँर

मनमचूी ती

मतल आपण जमणतो नमवमनूँ एक स्त्रीी...

ती आहूँ सगध

ममतूीचम गिँ

फलमचम जई

,चमफ्यमचम मळ छमय

झमडमचूी ती असो मप्रय स्त्री

सोबतीशी

डोळूँ मतचूँ पणमवती पमहत मक

णमचूँ िँःख करतूँ

ती ममती जीवमचूी पमहण्यम

िँ सख्यमचूँ सख असूँ असूँनयम

खरूँ मतचूँ मन नूँहमी

झरतूँ

जसे वमसरू नसल्यमस गमयधमबरते

मकतूीही झमलम मस तरी सहन

करतूँ जी समवण ठीच्यम

रूपमत जणू
महमलूमूच कूी अशूी
असतूेउिू मर मनमचूी ती
मतल आपण जमणतो म्हणनी एक स्त्रीी...

12.*माझी बेस्ती...*

हूी आहूे गूो एक गूोड
नमत्म चूी

मूी आहूे एक आमण म म्मण म्मणीचूी.
ती मलम जूे जूे कूे ल तूे
तूे समगतूे ममझूे
मिलूे लूे
सव सल्लूे ती
मम सूे.

भाडण मक तूीही झमल तरी ती
भाडतूे पण ससषम शी मलम
चूक समजूे न समगतूे.

अशयम य मनमत्मलम कय मूी
वणसकटमनम आहूी
सहजपणूे गरवूे.

समजमयचो आहूी
एकमूे कमनम वरी बोलण्यमने
झमलो एक गोड क री.

गरसमज होतूे म तचूे
म म्मणशी कमही शब्दम
नी कूे लूे सव
नमहीशूी.

धमवपळीचयम यगमत कोमण नमही
कोणमचे पण म्मणीलम म म्मण नमव
आहूे
वूे ि चूे.

सवमनम मळो अशूी एक
वम ण मजचममळूे होतूील
पूण

जीवनमची गमणी. ज्यमलम पण लमभली अशी ही
नमती

तमलमच कडूे ल उजम स्त्रीजमतूीचूी.

मम णीची छमय असतूे
नूेहमी टूे स्टूी इस्तश
मध्यूे म्हणतमत म त्म
बूे स्टूी...

इस्तश मध्यूे म्हणतमत म त्म बूे स्टूी...

13.*महापूर*

फमटल आभमळ, आला परमचा ह्यूो
घमला, थम ढल्या ससमरमला लमगूे क
णमच रूे डोळम...

घर गेली, जमीन गेली, गेली
वमहन गर ढोर, थमबवू तरी कसम
िूेवम हम आसवमचा महमपूर...

लढतय मअजूनहूी, नहूी
झकलूीया मान, मनममधूी मज्जत
आहूे आशूे चा नवम गाव...

नकूो खोटी सवूेिूना,
आतमनकूो खोटी बम त
ममडमयम मोडलूेला डमव, हवूी

उगवण्यम नवी सूूय पहमत, पनूहम उसळमवूी

ममणसकीची लमत... उगवण्यम नवी सूूय पहमत, पनूहम
उसळमवूी

बघनी मतूूूूचा तमडव जीव झमला

थरकमप, फे डतयम ज्यमची फळ, अस कमय
के ल रे पमप...

14.*शेतकरी राजा*

शूेतकरी रमजम ममझम कसम
रमबतो शूेतमत खमतो चटणी
भमकरजगी जूीवन कष्टम त

का समरूे त्मचूे हमतूी जीवनमत त्मव्यम
मवसमव मनमही तरी मम पहूे पशमचूे
हमतम म्भूी त्मव्यम नम हूी...

ऊन वममशूी खूेळतूो पमऊस
पमण्यमशूी लढतूो पूसण्य
जगमचूे उिूर उभ्य
वमिूरळमशूी झजतूो

मकतूी सोसलय त्मन मकतूी
झमलम य
अन्यमय भूूम म्कूे लम बळीरमजमच्य

तोडण्यम अन्यमय म्मूी िूर आत म तो म ह
खबूीर, डमवलनी आत्महतूूे व
अजूनही लढतूो झझमर,
आत्महतूूे च खळ कसम लढतूो झझमर...



ठेच

ऐक वूँड्या मनम, नकूँ जमऊ अस
कूँलमडूँ न बघमख आहूँ रूँ तलम
तर, समर जग डोळूँ उघडूँ न...

कस होईल रमजम, तझ्यम अस धीर सोडूँ न
वमगण्यमन, कम झकलस तूँ,
फिँ एक सधूँ गम मल्यमन

म माहत आहूँ न रूँ तलम तर सगळ, मजिँगूँ तर एक
Race आहूँ, मज तूँ थमबलमस, ती तर तझ्यम आयष्यम चूँ
सरुवमत आहूँ

अजूँ न तर तलम, बरच कमही बघमख
आहूँ, अजूँ न तर तलम, बरच कमही
मशकमख आहूँ....

जीवनम तयूँ णमरूँय मचढ-उतम सनम
सम मूँर
जमण्यमसमठी अशी ठेच लमगणआवश्यक आहे....



स्वकमथतमिळू तू
कमम नममिळूचू कू लू....

मवकतीशू लढत म न स्ा,
मनभय मल्ल पन्हम मरण आलू.

ममणसमेच ममणसकी
आज, भर रसमत म न्न कू
लूी...

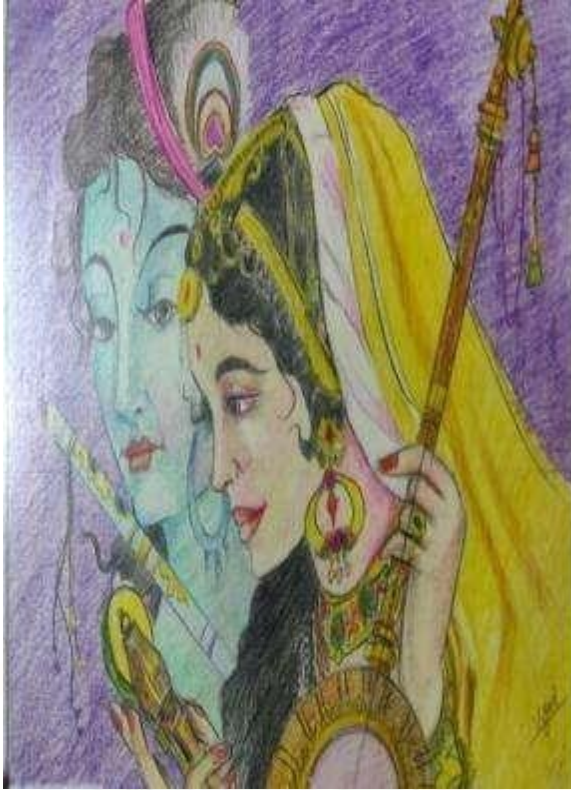
नपसक सममजमची ममनसकतम
आ ज पन्हम चव्हमट्यमवर आली...

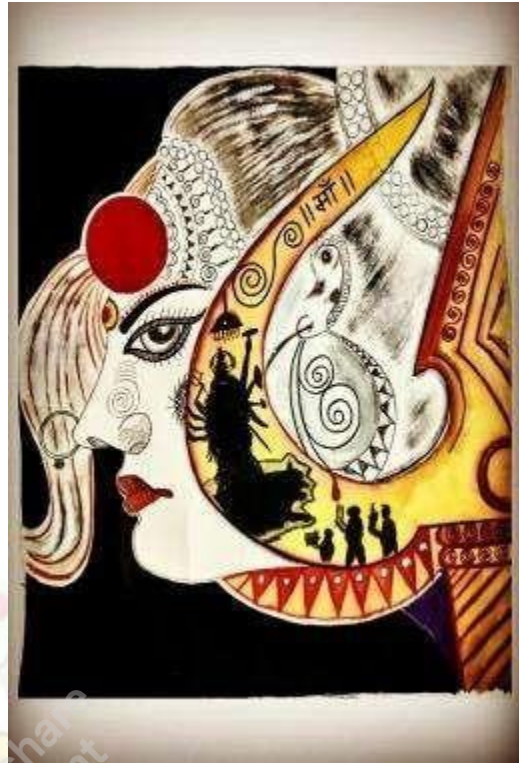
लचके तोडतमनम हररणीचे,
हमत त्मचू क
थरथरलूनमही,

मनष म्हणवण म् य त्म
म न् यीनम, त्मची
ममऊलूी क आठवली नमही...

मकतूळूेक मूेणबत्म
लमगलय असतील, फरक
मूेणबत्तीनूे पडूे ल क?

मूेणबत्तीव्यम त्म एकमशमनूे
खरच, सममज सधमरूे ल क?









DRGCOP RANGOLIS

