



CHALAPATHI INSTITUTE OF PHARMACEUTICAL SCIENCES

(AUTONOMOUS)

"Accredited by NAAC with 'A' Grade"

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CREATIVE
ideas
of
PHARMACY
STUDENTS



MOTTO

- ★ To encourage the students in various activities other than academics.
- ★ To express the views of the students on a common platform.
- ★ Committed to encourage and elevate inherent talents of the students in various skills.

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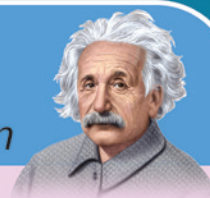


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"Creativity is seeing what everyone else has seen, and thinking what no one else has thought". - Albert Einstein



Welcome to PRAXIS 3rd edition (2016)

The Editorial board of Chalapathi Institute of Pharmaceutical Sciences proudly presents its unique creation in the form of annual magazine "PRAXIS" every year which serves as a platform to highlight creativity, art, fun, message and intelligence. It's an opportunity to gather together and organize ideas that are worth sharing with the Chalapathi pharmacy community at large. We are excited to welcome many new writers as their articles comprise a multitude of new experiences, perspectives, and writing styles for you to enjoy. We have tried to encapsulate the pharmacy community and provide a window into day to day life.

Team of PRAXIS is thankful to all the students who contributed to this edition. The editorial board extends its special thanks to Y.V Anjaneyulu Garu, Founder and Chairman, Chalapathi Educational Society and Prof. Rama Rao Nadendla Garu, Principal, Chalapathi Institute of Pharmaceutical Sciences for giving valuable suggestions and encouragement all over the journey of PRAXIS. All the thinkers, writers, cartoonists can connect with us at cipspraxis@gmail.com. We are equally open to comments, criticism and suggestions.

Finally, we hope you enjoy the new design of this year's issue. For the third year in a row we have a new layout and are enthusiastic about our updated look. While our student writers and their articles form the foundation of our magazine, the editors want to ensure that our readers receive this information in the most exciting, innovative, and informative way possible.

- Thank you...

EDISP EAK





SADINENI YAMINI

Managing Director - SHREEYAM Group,
AP Skill Development Council Member,
President - South Indian
Non Government Charities Trust
Member- Industrial Development Forum.

PERSONAL TOUCH

1. Madam, can you share a few details about your family, schooling and academics?

I was born in Guntur. My schooling was at Hyderabad and I am an MBA graduate. I have a brother elder to me and my husband is Kishore Babu, we have three children.

2. Your strengths & weakness....

Strengths are that I am dedicated and straight forward, my weakness is that I am short tempered and I think being helpful is another weakness.

3. Who is your role model?

I like to be different from others and I never felt any one as my role model because I ever take myself as an inspiration, and my great support is my mother and my husband.

4. How did you get the idea of starting a pharmaceutical industry?

The idea developed as a chance. My husband had 16 years of experience in this field.

5. Mam, what is American Radio Relay League- 2016 and how did you feel when your photo was featured in ARRL -2016 year calendar?

ARRL is a government partner for International Telecommunication Union. The calendar usually features the excellent personalities and being a part of this made me very happy.

6. Can you brief out about HAM Radio, Mam.

It is very useful during disaster management to communicate with the world. It has been used since Diviseema cyclone till Hudhud.

7. Madam, over the past 10 years you have been involved in various social activities, can you share your feelings regarding that?

One or the other way we need to have peace of mind, myself I find it in doing social activities and I feel we need to contribute something from our side to the society.

8. What is your opinion regarding the present younger generation and what would you like to suggest them?

Nowadays youth are fickle minded. They are not sticking to their goals. Practical experience is not being developed properly, industries require the practical knowledge people, so one should develop that. They need to spend most of the time in productive things to reach their goal rather than wasting their time in social media.

PERSONAL TOUCH

9. What are the challenges you are facing as AP- Skill development Council Member?

There are no challenges, the government has its own restrictions. So the institutions should come out. The institutions are not interested in infrastructure development, so the quality output is nil. We are trying to enhance that and make them worthy.

10. What is your future plan?

I have already started relocating my business to Andhra Pradesh from Hyderabad, and have a plan to expand my company's services more aggressively in fore coming years. I am also excited to take part in Capital Region Development Activities in AP.

11. Mam, would you like to suggest our present generation regarding entrepreneurship (Pharma Industry).

Yes, one should analyze the trends of market for past 10 years, so that they can have a clear idea about the upcoming demands and market status. The young students should prepare mentally to put up in trend by using the emerging technologies.

Everyone says financial management is required to start a industry, but I say "Skill will be the finance for the business". If you are skilled, opportunities will wander around you, just you need to pick up. All this is possible if you have a strong will power.

12. How do you feel by your achievements? Are you satisfied?

I am not satisfied because I don't feel success is limited, it is Omni thing of life.

13. What do you feel about our institution (Chalapathi Institute of Pharmaceutical Sciences)?

It is a "Jewel of Pharmacy Education". Quality, infrastructure and discipline are its strengths. There are very few of this kind of institutions and yours is the one among them. It's a challenge to me to raise these kind of institutions as a member of APISDO. To me, you are fortunate enough to have a leader like Dr. Rama Rao Nadendla garu, and the rest is on your part.





There are two beggars, one is tall and other is fat. They used to sit on same lane and beg. But, one day the tall beggar took a piece of cardboard and wrote “Deaf and Dumb” on it and he hung the cardboard on his chest. Then, he came to another lane and sat down by the side of road. He kept his bowl in front of him and many people went up and down the road. Some of people look pity towards the beggar and they threw coins into his bowl. Then, one day fat beggar saw the tall beggar and he took a piece of cardboard and wrote “I am blind” and the fat beggar had come and sit near the tall beggar and starts begging and shouted as “I am a poor beggar, I am lame, can’t walk. I am blind, have pity on me”, by this some people began to throw coins in his bowl too.

One fine morning, a young man passing that way thought to give some money and he took out a coin, he wanted to give it to the tall beggar. Then, the fat beggar begun to scream “please don’t give it to him, he is a cheat, he is not deaf and dumb” “please give it to me I am a poor blind beggar”. By listening this the tall beggar was very furious and said “sir, I’m not a cheat, this fat beggar is cheat, he is not blind, he could see the coin in your hand” “so, please give to me, I am a poor, deaf and dumb”.

Then the young man laughed and he said “both of you are cheaters” and told them “if you are honest in your work you may find the way to get food, but if you start cheating others one day you will be caught”. “So one should be honest at all times in his life in all situations” and he put the coin back in to his pocket and went his way.

“Don’t cheat others, it makes you happy for a while. But it will make a mark through out your life time”.

R.Ramya Sree
I /IV B.Pharmacy



THE POOR MAN'S WEALTH

There were two best friends living in a village. They are ram and Krishna. Krishna was a poor farmer. Ram was a land lord.

Krishna used to be very relaxed and happy. He never bothered to close the doors and windows of his house at night. He always sleeps peacefully without any tensions. Although he has no money he was happy.

Ram used to be very tense always. He was very keen to close the doors and windows of his house at night. he could not sleep well. He was always bothered that someone might break open his safes and steal away his money. He envied the peaceful Krishna.

One day, Ram called Krishna and gave him a boxful of cash saying "look my dear friend, I am blessed with a plenty of wealth. I find you in poverty. So, take this cash and live in prosperity."

Krishna was overwhelmingly happy. He was joyful throughout the day. Night came. He went to bed as usual. But, today he is not able to sleep. He went and closed the doors and windows. He still couldn't sleep. He began to keep looking at box of cash. The whole night he was disturbed.

As soon as day broke, he took the cash box to Ram and returned it to him saying "dear friend, I am poor, but peaceful. Today your money had taken away my peace, so please bear with me a take your money back."

MONEY CANNOT GET EVERYTHING



D.Sai Chandrika
I/IV B.Pharmacy

COMICS

Chintu : Bunti do you know why Mr.Bean keeps his pencil inside the horlicks.

Bunti : To stir the horlicks.

Chintu : No, To make the pencil " Taller, stronger and sharper."

Raju : Hey Ravi what are doing? Why are you removing wheels of your car.

Ravi : Hey fool ! see the board the parking is for two wheelers only.

S. Sri Lakshmi Sowjanya
I/IV B.Pharmacy



Heartful Life Not Only Gives Peace Of Life But Also Saves Truth Of Life

A Woman baked chapathi for members of her family and an extra one for a hungry passerby. She kept the extra chapathi on the window sill for whosoever would take it away. Everyday, a hunchback came and took away the chapathi. Instead of expressing gratitude, he muttered the following words as he went his way:

**“ THE EVIL YOU DO REMAINS WITH YOU,
THE GOOD YOU DO COMES BACK TO YOU”**

This went on day after day. Everyday the hunchback came, picked up the chapathi and uttered the same words. The woman felt irritated. “ Not a word of gratitude”, she said to herself.... “Everyday this hunchback utters this jingle! What does he mean?”.

One day, exasperated she decide to do away with him, “I shall get rid of this hunchback” she said and what did she do? She added poison to the chapathi she prepared for him! As she about to keep it on the window sill, her hands trembled. “What is this I am doing?” she said. Immediately, she threw the chapathi into the fire, prepared another one and kept it on the window sill. As usual the hunchback came , picked up the chapathi and uttered the words:

**“THE EVIL YOU DO REMAINS WITH YOU,
THE GOOD YOU DO COMES BACK TO YOU”**

The hunchback proceeded on his way, blissfully unaware of the war raging in the mind of the woman. Everyday, as the woman placed the chapathi on the window sill, she offered a prayer for her son who had gone to a distant place to seek for his fortune. For many months she had no news of him... she prayed for his safe return.

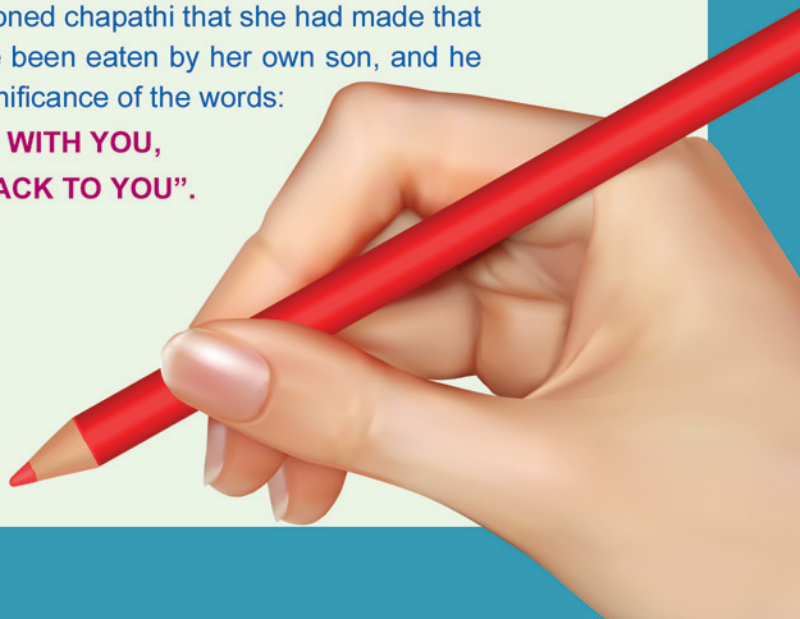
That evening, there was a knock on the door. As she opened it, she was surprised to find her son standing in the doorway. He had grown thin and lean. His garments were tattered and torn. He was hungry, starved and weak. As he saw his mother, he said, “Mom it’s a miracle I am here. While I was a mile away, I was so famished that I collapsed. I would have died, but just then an old hunchback passedby.

I begged of him for a morsel of food, and he was kind enough to give me a whole chapathi. As he gave it to me he said, “This is what I eat everyday: today, I shall give it to you, for your need is greater than mine”. As the mother heard those words, her face turned pale. She learned against the door for support. She remembered the poisoned chapathi that she had made that morning . Had she not burnt it in the fire, it would have been eaten by her own son, and he would have lost his life. It was then she realized the significance of the words:

**THE EVIL YOU DO REMAINS WITH YOU,
THE GOOD YOU DO COMES BACK TO YOU”.**



G. INDRANI
I/II M.Pharmacy



RAZIA SULTANA

(THE FIRST WOMAN RULER OF INDIA)



Birth: 1205

Years of ruling: 1236-1240

Introduction:- Razia Sultana, a brave sultan belonged to slave dynasty and was the first muslim woman to rule India. Only woman to occupy the throne of Delhi. She succeeded her father Shams-ud-din Iltutmish to the sultanate of Delhi in 1236. She was talented, wise, brave, excellent administrator, and a great warrior that attracted her father which resulted that she became the next sultan of slave dynasty. Though her reign was just for 3 years her bravery, her struggle and her undaunted spirit has been preserved in the treasures of the history. Razia Sultana's tomb in Delhi is one of those places, which reveals the undaunted spirit of the brave woman who ruled Delhi once for all.

Great father of Razia:- Iltutmish (1210-1236) a doting father, who ordered grand celebrations to welcome the birth of his first daughter after many sons. He took personal interest in her education and training, and by the time she turned 13, Razia was acknowledged as an accomplished archer and horse rider who would frequently accompany her father in his military expeditions.

Words of Iltutmish:- "This daughter of mine is better than many sons."

Reason behind being the next sultan of slave dynasty:-

Once when Iltutmish was busy with the siege of the Gwalior fort, he had entrusted the government in Delhi to Razia. On his return he was so impressed with her performance that he decided to appoint her as his successor.

After Death of Father:- One of Iltutmish son's Rukn-ud-din Firoz occupied the throne. He ruled Delhi for about 7 months. In 1236 Razia Sultan defeated her brother with the support of the people of Delhi.

Work of Razia Sultana:- Being an efficient ruler Razia Sultana set up proper and complete law & order in her empire. She tried to improve the infrastructure of the country by encouraging trade, building roads, digging wells. And also she established schools, academies, centre for research, public libraries that included the work on ancient philosophers along with the Quran and the traditions of Muhammad. Hindu works in the sciences, philosophy, astronomy, literature were reportedly studied in schools and colleges, she contributed even in the field of art, culture and encouraged poets, painters and musicians.

End of Razia:- when she was trying to curb a rebel against her by the Turkish governor of Batinda, the Turkish nobles who were against such female throne, took advantage of her absence at Delhi, dethroned her. Her brother Bahram was crowned. To save her own head Razia sensibly decided to marry Altonia the governor of Batinda and marched towards Delhi with her husband on October 13th 1240. She was defeated by Bahram and the unfortunate couple was put to death the very next day.



CH.L.BHARATHI
I/IV B.Pharmacy



Sri Lakshmi.K
I/II M.Pharmacy

LESSON IN

life

A wise man sat in the audience and cracked a joke.
Everybody laughs like crazy.
After a moment, he cracked the same joke again, this time
less people laughed.
He cracked the same joke again and again, when there is no
laughter in the crowd,
He smiled and said:
You cant laugh at the same joke again and again, but why do
you keep crying over the same thing over and over again?

POEM



1: Take time for work

It is the price of success

Take time to think

It is the source of power

Take time to play

It is the secret of youth

Take time to read

It is the foundation of wisdom

Take time to be friendly

It is the road to happiness

Take time to dream

It is hitching your wagon to a star

Take time to love and beloved

It is the privilage of the god

Take time to look around

It is too short a day to be selfish

Take time to laugh

It is the music of the soul.

2. MY MOM

I look back on these years
To see how far I have come and grown,
I take a trip down memory lane,
And what I see has shown.....

That every step I've taken,
You have been there by my side.....
From infancy to adulthood,
We've stood the test of time.

Your constant care and loving,
And your warm inviting heart,
Has always been a treasure that
I knew would never depart.

If I could be 'just half' the person
You have been to me.....
Then you have taught me well dear mom,
For in my heart I see.....

A woman whose most gentle soul,
Embraces me each day.....
A woman whom I dearly love,
Much more than words can say.



T.Gnana Prathyusha
II/IV B.Pharmacy

- > Not your aptitude but the attitude decides your altitude.
- > Not the beginning but the ending should be interesting.
- > Not the cunning but the learning makes you winning.
- > Not the desire but your dare decides your future.
- > Not the earner but a learner becomes richer.
- > Don't be a fool and be cool so that you can reach your goal.
- > Live life to express not to impress.
- > Work for a cause not for applause.
- > Don't strive to make your presence noticed just make your absence felt.
- > Not your tears but your trails make you step stairs.



K.Aparna
I/IV B.Pharmacy

BALANCE SHEET OF



- What comes to you is Credit.
- What goes from you is Debit.
- Birth is your Opening stock.
- Death is your Closing stock.
- Your ideas are your Assets.
- Your views are your Liabilities.
- Your happiness is your Profit.
- Your sorrow is your Loss.
- Your soul is your good will.
- Your heart is your fixed assets.
- Your duties are your outstanding Expenses.
- Your friendship is your hidden Adjustment.
- Your character is your Capital.
- Your knowledge is your Investment.
- Your patience is your Bank Balance.
- Your thinking is your current Account.
- Your behavior is your Journal Eternity.

Bad things you should always Depreciate



R.Ramyasree
I/IV B.Pharmacy

GUESS

- I am not an Engineer.....
- ✓ But I know Engineering.
- I am not a Doctor.....
- ✓ But I know Pharmacology.
- I am not a B.Sc student.....
- ✓ But I know Organic chemistry & Microbiology.
- I am not a MBA graduate.....
- ✓ But I know Management.
- I am not a Software Engineer.....
- ✓ But I know about Computers.
- I am not a Lawyer.....
- ✓ But I know Law.
- I am not a Pathologist.....
- ✓ But I know Biochemical's & Blood testing's.
- I am not a CA graduate.....
- ✓ But I know Accounts.



I am Multi-talented

Guess who I am.....?

"PHARMACIST"

Proud to be a Pharmacist.



P.Supirya
II/IV B.Pharmacy

FUNNY ANSWERS TO SERIOUS QUESTIONS

1: *If you throw red stone into blue sea, how will the red stone come out of the sea?*

A: It becomes wet.

2: *What looks like half apple?*

A: The other half.

3: *What can you never eat as breakfast?*

A: Lunch and dinner.

4: *Ganga River is in which state?*

A: Liquid state

5: *If a peacock can lay one egg on 1st day, two eggs on 2nd day. How many eggs does it lay on 3rd day.*

A: Peacock does not lay eggs.



D. Harshitha

I/IV B.Pharmacy



K. Sandeep Kumar
I/IV B.Pharmacy

BISCUIT POETRY



*Dear Marie,
I am Parle,*

*Today is a Good day,
Because you Krack-Jacked me,
Now I am in 50-50 position,
Don't play Hide and seek with me.*

FACTS

amazing

- 01: Thomas Edison, light bulb inventor was afraid of the dark.
- 02: Bullet proof vests, fire escapes, wind shield wipers and laser printers were all invented by woman.
- 03: When withdrawing money from an ATM the "Whirring" sound before your money pops out is actually a recording. The actual mechanism is so far back that you can't bear it.
- 04: The animal responsible for the most human deaths worldwide is the "Mosquito".
- 05: In most advertisements, the time displayed on a watch or clock is usually 10:10.
- 06: Dell computers was started by a 19 year old man with only \$ 1000.
- 07: The creator of Nike Swoosh symbol was paid only \$35 for the design.
- 08: Crows can sleep standing up, but they can only dream lying down.
- 09: Tigers can see 6 times better at night than humans.
- 10: Squirrels forget where they hide about half of their nuts.
- 11: It is physically impossible for pigs to look up in to the sky.
- 12: February 1865 is the only month in recorded history not to have a full moon.
- 13: The first household refrigeration cost about Rs 6,40,000 in todays money.
- 14: There are 170,000,000,000,000,000,000,000,000 ways to play the ten opening moves in game of chess.



R. RAMYASREE
I/IV B.Pharmacy

LOGIC QUESTION

1 = 5
2 = 25
3 = 125
4 = 625
5 = ?

Answer = 1 { 1=5; 5=1 }



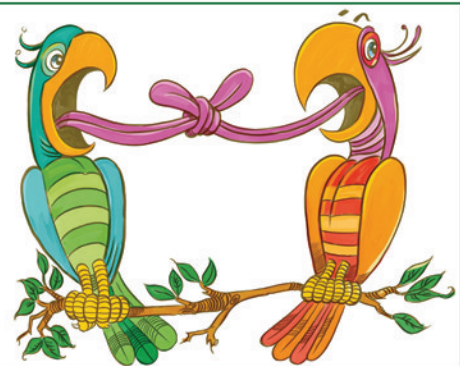
D. Vyshnavi Praneetha
I/IV B. Pharmacy

TONGUE Twister



D. Vyshnavi Praneetha
I/IV B. Pharmacy

Luke Luck likes lakes
Luke duck likes lakes
Luke luck licks lakes
Luck's duck licks lakes
Duck takes licks in lakes luke luck likes
Luke luck takes licks in lakes duck likes.



MEANING OF PHARMACIST



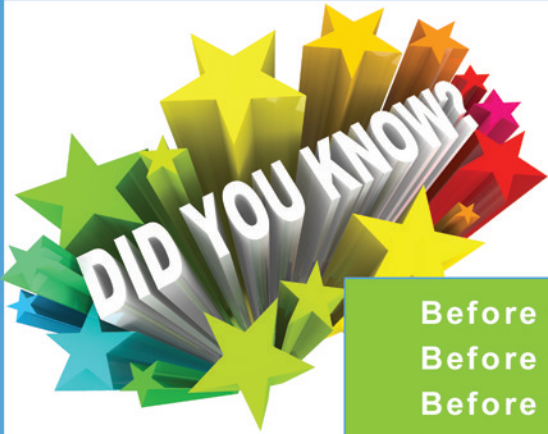
P Powerful
H Honourable
A Abled
R Research Minded
M Minion
A Assist
C Clutch
I Innovate
S Swash Buckler
T Tentative Man

Meanings:-

Minion : Very humble
Assist : Help
Clutch : Grasp
Innovate : Change by introducing something new
Swash Buckler : Dare devil adventurer
Tentative : Experimental



G. Ramya
I/IV B. Pharmacy



1: I always feel happy. You know why? Because I don't expect anything from anyone. Expectations always hurt..... Life is short, so love your life, be happy and keep smiling. Just live for yourself and,

Before you speak, listen,
Before you write, think,
Before you spend, earn,
Before you pray, forgive,

Before you hurt, feel,
Before you hate, love,
Before you quit, try,
Before you die, live,

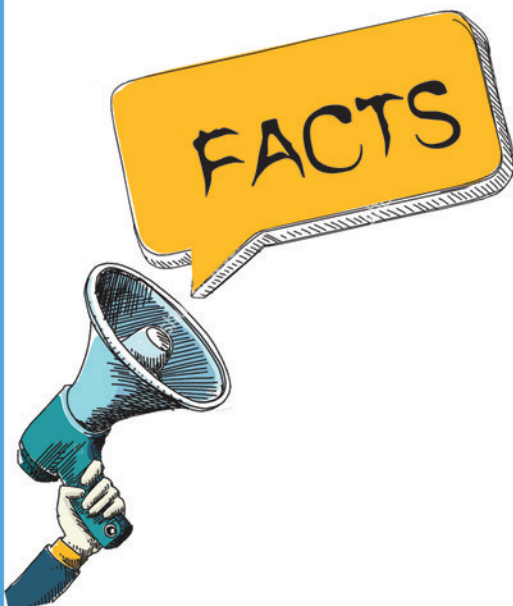
And make atleast one to live. That was the success of our life.

- 2: Billgates never did Lakshmi pooja, but he is the richest man.
Einstien never did Saraswathi pooja, but he was intelligent.
Belive in work not in luck,
Trust in God but don't depend on him,

The best om is home - The best age is courage
The best mile is smile - The best stand is understand
The best end is friend - The best day is Today.

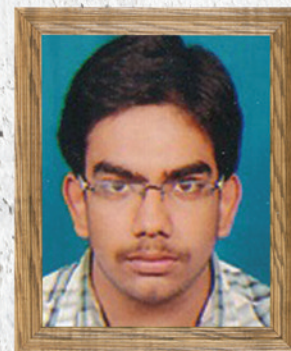
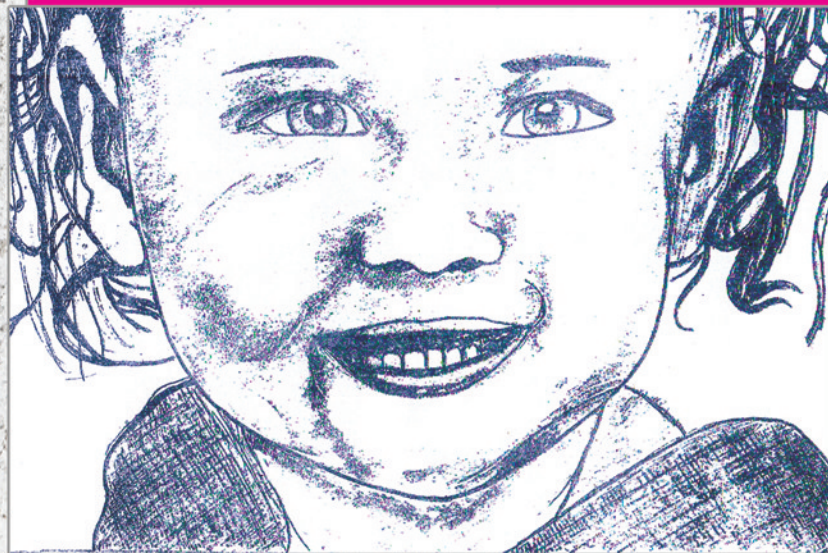
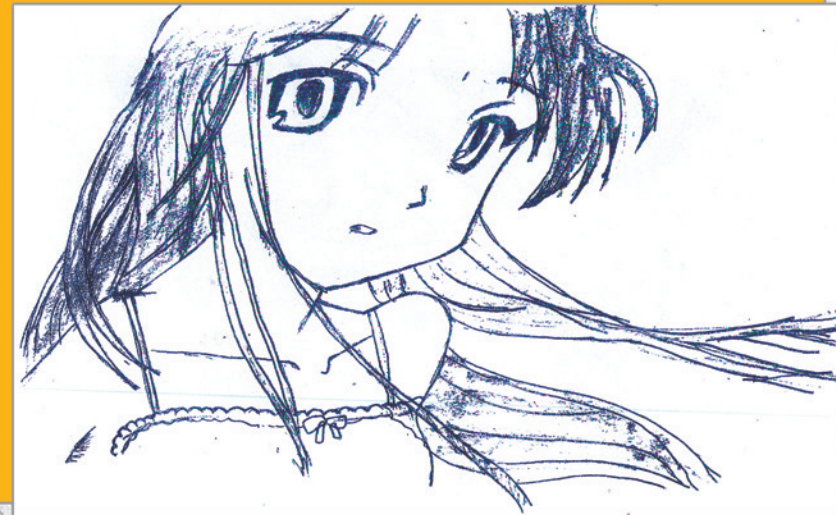
- 3: A negative think shows you difficulty in every opportunity.
But a positive think shows you an opportunity in every difficulty.

- 4: Cell phone bring you closes to person far from you,
but it takes you away from the one sitting next to you.



- 1: Our finger nails grow 4 times more faster than our toe nails.
- 2: The animals that can clean its own tongue is?
The Giraffe can clean its 21 inch long tongue by its own.
- 3: How many glasses of milk does a cow produces in its lifetime?
A cow can produce 20,000 glasses of milk in its lifetime.
- 4: The insect cockroach clean itself when human being touches it, because it don't like the smell of human being.

DRAWINGS



Y.V.H.SHANKAR
IV/VI PHARM D

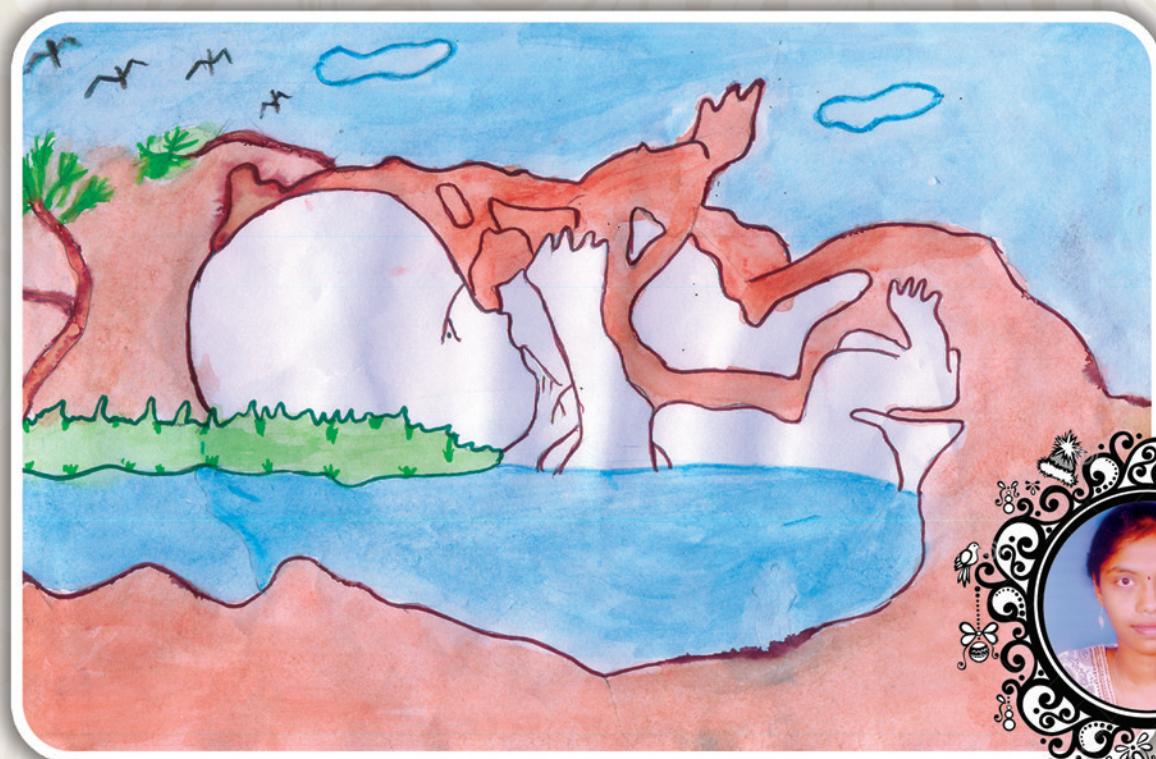
DRAWINGS



Drawings



V. Reshma
II/IV B.Pharmacy



T. Gnana Prathyusha
II/IV B.Pharmacy

HOW WORM BECAME BEAUTIFUL



SK. GERALDINE
I/IV B PHARMACY

Everybody likes beautiful people, especially those who are beautiful in mind and heart.

An ugly brown worm is crawling along the ground one day in fall. High overhead in the tree a Robin sang, part of his song was about the worm and it mean : **“you will be beautiful some day”** but ofcourse, the worm did not understand what the robin meant. The north wind began to blow and it too said: “you will be beautiful some day”. But the worm thought how cold the north wind was and it crawled upon a branch and spun a cocoon.

Soon the snowflakes came fluttering out of the grey sky and covered the cocoon with a soft, white blanket. the cocoon must have tumbled from the tree, for the elsie, walking through snow one morning, saw cocoon laying on the ground and wondered what it was, and by the spring time came, in the tree the first blue bird sang its sweet song that meant : **“you will be beautiful some day”**, but the worm slept on.

A tiny leaf pushed out of its green blanket close beside the cocoon and said, because it had become beautiful some day. The little worm did not know what they were saying, but it stirred in its warm blanket like a baby just waking from its nap.

In the blue sky the bright sun shone and shone upon the cocoon, saying, “you will be beautiful someday”, and although the worm still did not understand, it know that it was awake and that it must get out of its blanket that was now rough and solid. so it made a hole in one end of cocoon and crawled out of it into the beautiful world where everything had been saying that it would be beautiful some day.

How strange it felt when it tried to crawl. Something on its back seemed so heavy. It moved about and all at once it found that strange, heavy on its back was a pair of wings, so beautiful that no artist could copy them . slowly it moved the graceful wings back and froth. Then in some way that no one can understand, it knew how to use them and up, up, up into the bright sunshine it flew - a gorgeous butterfly, the worm had become **BEAUTIFUL.**

jokes



Y.Kavya Sree
I/IV B.Pharmacy



1. **Vinay** : Results vachai ra, chudham ra.
- Raju** : Nuvvu chusi cheppu ra, nenu ma daddy tho vunnanu.
- Vinay** : Ok, chusi chepthanu.
- Raju** : Arey marchipoku, okavela nenu one subject fail ithe "Good Morning" ani cheppu, two subjects fail ithe "Good Morning" to you and your dad ani cheppu.

After Sometime...

- Vinay** : "Good Morning" to your family members and neighbours also ani cheptheadu.

2. **Wife** : How much do you love me?
- Husband** : I love you so much, I can't measure.
- Wife** : No just tell me.
- Husband** : Okay, I am a cell phone and you are my sim card, I am nothing without you.
- Wife** : Wow! That's soo good.
- Husband** : (To himself)- Thank god she don't know. I am China phone with four sim cards.



3. **Britisher** : Why you Indians differ in colour, look we are all white.
- Abdul Kalam** : Horses are in different colours, but donkeys are all the same.



4. **Pharmacist to customer,**

Sir please understand,
To buy an anti- depression pill you need a prescription.
Simply showing marriage certificate and wife's picture
is not enough.

5. **Sardar (To call centre):-** My Internet is not working properly.

- Officer** : Okay sir, double click on my computer.
- Sardar** : Where is your computer? I can't see it.
- Officer** : No, No, click on My Computer on your computer.
- Sardar** : Arey ooye! How can I click on your computer from my computer?
- Officer** : Listen sir, there is an icon labeled "My Computer" on your computer, Double click on it.
- Sardar** : What the hell, what is your computer doing on my computer?
- Officer** : Nooo, click on icon named my computer.
- Sardar** : Oh teri.....pagal insane
Tell me where is your office. I will come and click on your computer.

P.Harika
I/IV B.Pharmacy



గొప్పతనం

సేమ్యా కన్నా స్నేహం గొప్పది
మంచూరియా కన్నా మానవత్వం గొప్పది
పానీ పూరీ కన్నా ప్రేమ గొప్పది
కాజా కన్నా ఖలేజా గొప్పది
దోశ కన్నా ధైర్యం గొప్పది
బిర్యాని కన్నా బంధం గొప్పది
పకొడి కన్నా పరువు గొప్పది
నూడిల్స్ కన్నా నమ్మకం గొప్పది
జిలేబి కన్నా జీవితం గొప్పది
అమ్మేట్ కన్నా ఆలోచన గొప్పది
వైన్ కన్నా వైద్యం గొప్పది
వడ కన్నా విలువలు గొప్పవి
మసాలా కన్నా మనసు గొప్పది
సాంబార్ కన్నా సాహసం గొప్పది
బజ్జీ కన్నా భవిష్యత్ గొప్పది
గారె కన్నా గౌరవం గొప్పది
గొప్పతనం అనేది తినేతిండిలో ఉండదు
చేసే పనిలో ఉంటుంది.....



Mr. Y.V.H. SHANKAR
IV/VI Pharm D



Mr. REHMAN
II/VI Pharm D

మనిషి జీవితం రోగాల నివాసం

అరిస్తే ఆయాశం, అలసితే నొప్పులు
తింటే అజీర్తి, తినకపోతే అశాంతి
మాట్లాడితే మూర్ఖ, మధ్యలో ఈర్ష్య
కదిలితే కాలు నొప్పి, నడిస్తే నడుం నొప్పి
కళ్ళల్లో కారం, కడుపులో వికారం
మనిషికి లేదు స్యూరిటీ
జీవితానికి లేదు గ్యారెంటీ
ఇదే మన లక్షణం, మారాలి తక్షణం
మారితే సరి, ముదిరితే హరే!
లేకుంటే చావుకి శ్రీకారం, జీవితానికి ఓంకారం
నువ్వు నవ్వింపు, నవ్వుని పంచు
ఆనందంగా జీవింపు, జీవితాన్ని ఆస్వాదించు!!

మన స్టూడెంట్స్

ఇటీవల పాశ్చాత్య మోజులోపడి మన పద్ధతులు పక్కన పెడుతున్నారు. మన పండుగలు పబ్బాలు మర్చిపోతున్నారు, వాటి ప్రాశస్త్యం తెలుసుకోలేకపోతున్నారు. చివరకు ఎలా మారిపోతున్నారంటే

అమెరికా వెళ్ళే మార్గం తెలుసుకుంటున్నారు

- అమరావతి గురించి ఆలోచించటంలేదు

మైకేల్జాక్సన్ గురించి మొత్తం తెలుసు

- మన తానసేన్ ఎవరో తెలియదంటారు

కార్ల్ మార్క్స్, షేక్స్పియర్ల రచనలు బట్టి పట్టారు

- కాళిదాసు గురించి కనీసజ్ఞానం లేదు

ఆది మానవుడి గురించి పరిశోధనలు చేస్తారు

- అమ్మ పుట్టింటి గురించి పట్టించుకోరు

వస్తాదులా కండలు పెంచేసి బలప్రదర్శనలిస్తారు

- వజ్రాసనంలో నిమిషంపాటు కూర్చోలేరు.

ట్యూలిప్స్, ఇంగ్లీషు మొక్కల గురించి లెక్చరిస్తారు

- ఇంట్లోని తులసిమొక్క మహత్తు బొత్తిగా తెలియదు

రోమన్ సామ్రాజ్య పతనం వెనుక ఎవరున్నారో చెప్పగలరు

- రామాయణంలో కథానాయకుడెవరో చెప్పలేరు.

ప్రాచీనభాషలు, లిపి గురించి రీసెర్చి చేస్తారు

- ప్రాంతీయ భాష తెలియదు, మాతృభాష మాట్లాడటం నామోషీ.

అంతర్జాతీయంగా ఆర్థికరంగంపై ప్రసంగాలిస్తారు

- చాణుక్యడి అర్థశాస్త్రం గురించి ఆవగించుకొనలేనా తెలియదు

వాలంటైన్స్ డే, మదర్స్ డే, ఫాదర్స్ డేలు పాటిస్తారు

- వినాయకచవితి, నాగులచవితి, అట్లతద్దెలంటే పాపం తెలియదు

కాబట్టి మన గురించి మనంతెలుసుకోనంత కాలం మనం స్వాతంత్ర్యం

కోల్పోయిన స్వతంత్ర భారతీయులమే.



మన గురించి మనం
తెలుసుకోవాలి!



K. Srikanya
I/IV B.PHARMACY

మన పోపుల పెట్టే మన ఆరోగ్యం

1. **చెక్కరను నియంత్రించే దాల్చిన చెక్క:** దాల్చిన చెక్కలో ప్రొటీన్లు, పీచు, ఐరన్, సోడియం, విటమిన్-సి ఇంకా ఎన్నో పోషక విలువలు ఉన్నాయి. దీనిలోని జెషధ విలువల వల్ల శరీరానికి ఎంతో మేలు జరుగుతుంది. ఇది రక్తంలోని చక్కెర స్థాయిపై ప్రభావం చూపుతూ, కొలెస్ట్రాల్, ట్రైగ్లిసరైడ్ సాయిని తగ్గిస్తుందని అధ్యయనాలు పేర్కొంటున్నాయి.



2. **వెల్లుల్లి గుండెకు నేస్తం:** పచ్చివెల్లుల్లి తినడం వల్ల రక్తపోటు అదుపులో ఉంటుంది. వెల్లుల్లిలో యాంటీ ఇన్ఫ్లమేటరీ గుణాలు కీళ్ళనొప్పుల్ని తగ్గిస్తాయి. ఆక్సీకరణ నుంచి శరీరంలోని కొవ్వును నివారించే కార్బినోజెవిక్ మిశ్రమ పదార్థాలు ఏర్పడే యాంటీ ఆక్సిడెంట్స్ ఇందులో మెండుగా వున్నాయి.

3. **కుంకుమపువ్వు:** అందం ఆరోగ్యం ఇది చాలా ఖరీదైన సుగంధ ద్రవ్యం. దేశ విదేశాలలో ఆహార పదార్థాలలో రుచి, రంగు, సువాసనకోసం వాడే కుంకుమ పువ్వులో క్యాన్సర్ నిరోధక గుణాలు వున్నాయి.

4. **లవంగాలు శ్వాసకు మేలు:** లవంగాలలోని యాంటీ బ్యాక్టీరియల్ గుణాలు దంత రక్షణనిస్తాయి. నోటిని, శ్వాసను తాజాగా వుంచుతాయి, హృదయానికి ఆరోగ్యమిస్తాయి. యాంటిసెప్టిక్, యాంటి బయాటిక్ జెషధాలలో లవంగాలను ఉపయోగిస్తారు.



5. **పచ్చి యాలకులు:** ఊపిరితిత్తులలో కఫాన్ని కరిగించి, శ్లేష్మాన్ని తొలగించే శక్తి యాలకులకు ఉంది. శ్వాస సంబంధిత ఇబ్బందులతో బాధపడే పిల్లలకు యాలకులు వేసిన పాలను తాగించాలి. ఇవి జీర్ణక్రియ వ్యవస్థపై చక్కగా పనిచేస్తుంది. అజీర్ణం, కడుపు ఉబ్బరాన్ని తొలగిస్తుంది.



6. **నల్లమిరియాలు:** ఘాటుగా వుండి నాలుకను చురుక్కుమనిపించే మిరియాలు జీర్ణక్రియకు తోడ్పడతాయి.



T. Lakshmi Tulasi
I/IV B.PHARMACY



అనురాగానికి అర్థం అమ్మ
మమకారానికి మూలం అమ్మ
ప్రేమకు ప్రతిరూపం అమ్మ
తనవన్నీ త్యాగం చేస్తూ
మన ఎదుగుదల కోరుకుంటుంది.....

మన పెదవిపై చిరునవ్వు
తన గెలుపుగా భావిస్తుంది అమ్మ
చివరి క్షణం వరకు
అనుక్షణం నీకై బ్రతుకుతుంది అమ్మ
చివరిశ్వాస నినుచూస్తూ
నీ చేతుల్లో ఒదలాలని తపించిపోతుంది అమ్మ
ప్రేమ అనే పదానికి అర్థం అమ్మ
నీ ప్రేమ అమూల్యం అమ్మ
లోకంలో మన తొలిప్రేమ అమ్మ
తొలి నమ్మకం అమ్మ
అమ్మంటే తెలపడానికి భాష చాలడం లేదు
కాని చెప్పాలన్న ఆశ ఆగడంలేదు
నాకు మరో జన్మంటూ ఉంటే
నీకు అమ్మగా పుట్టాలని ఉంది.
నేను నువ్వు అయిన ఆ క్షణం
ఒక జీవితకాలం, కావాలనీ
ఆశిస్తూ....



G. Sitha Pragna
III/IV B.Pharmacy

ఒక్క అమ్మాయిని అమ్మగా స్వీకరిస్తారా!
అక్కగా స్వీకరిస్తారా!
భార్యగా స్వీకరిస్తారా!
కాని అదే అమ్మాయిని నీ కూతురుగా ఎందుకు భావించరూ???

ప్రతి అమ్మాయి కన్నీటి వెనుక కారణం ఉంటుంది!
ఏడుస్తూన్న ప్రతి అమ్మాయి మోసం చేస్తున్నట్టు కాదు
ఏడుస్తున్న ప్రతి అబ్బాయి మోసం చేయడని కాదు!!



పుట్టే ఆ పాపకి కూడా
తెలియదు పాపం తను
ఒక అమ్మాయి అని తెలియక
తన చిన్న చిన్న కళ్ళతో లోకాన్ని చూడాలని
తన అమ్మ వెచ్చటి ఒడుగులో ఒదగాలని
తన నాన్న అడుగులో అడుగులు వేయాలన్న
తన అన్నయ్యతో కలిసి ఆడుకోవాలని
అనుకుంటుంది కాని తన కలలు కలలుగానే
మిగిలిపోతాయని తెలియదు పాపం తనకే???

V. Reshma
III/IV B.Pharmacy

ఇండియా

WOW!

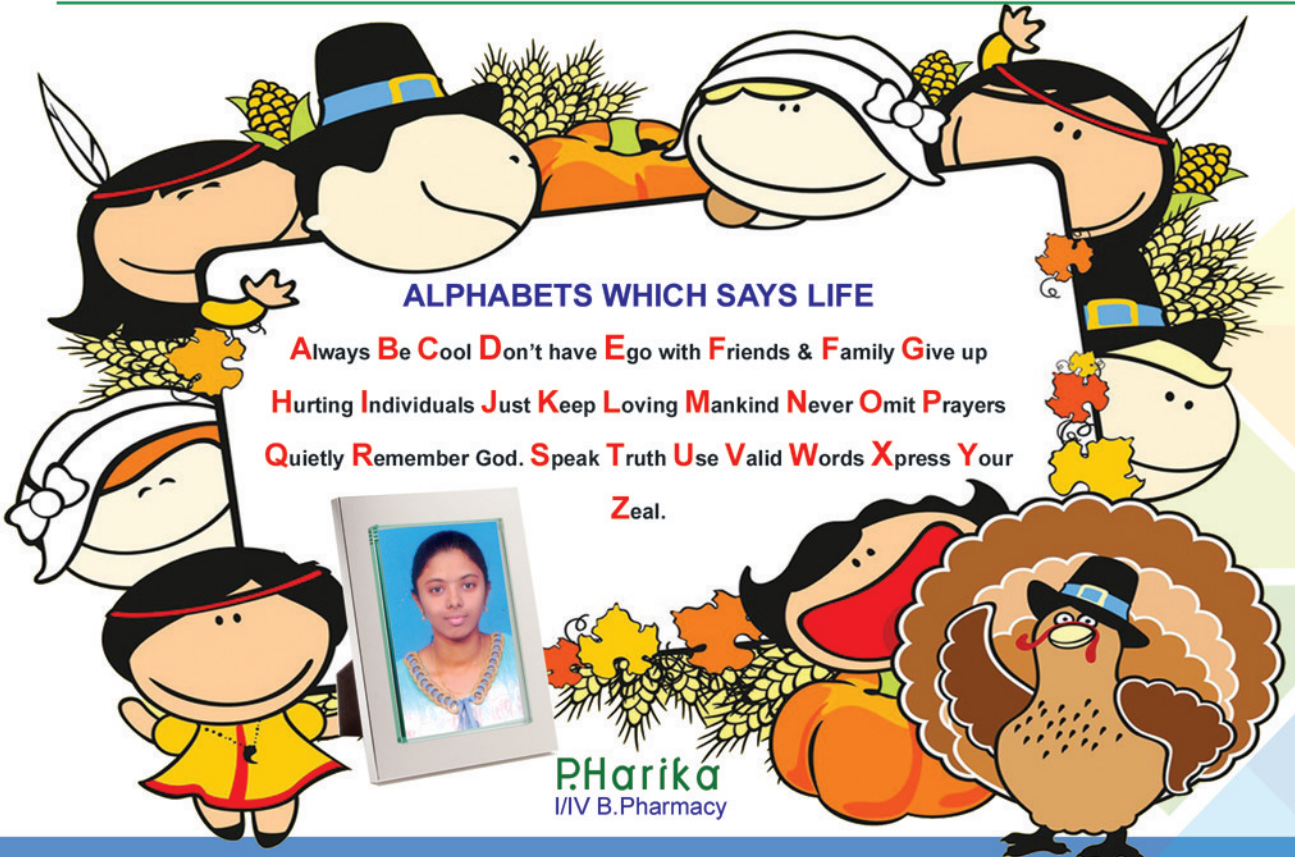
ప్రపంచ మొట్టమొదటి వైద్యుడు చరకుడు ఇండియన్
 ప్రపంచ మొట్టమొదటి బ్రెన్ సర్జన్ సుశ్రుతుడు ఇండియన్
 ప్రపంచ మొట్టమొదటి కళాశాల ధన్వంతరీ ఆయుర్వేద కళాశాల ఇండియన్
 గణితంలో "0" ను కనుగొన్నది ఇండియన్
 చదరంగం, వైకుంఠపాణిని కనిపెట్టింది ఇండియన్
 క్రీ.పూ. మే చంద్రునికి, భూమికి మధ్యదూరం కొలిచిన భాస్కరాచార్యులు ఇండియన్
 హిందూ, బౌద్ధ, జైన, సిక్కు మతాల జన్మభూమి ఇండియా గ్రీకు, లాటిన్ కంటే పురాతనమైన
 సంస్థ పుట్టిన దేశం ఇండియా
 మీవిద్య, కరాటే లాంటి విద్యలకు ఆద్యులు ఇండియన్
 కుటుంబం, సహజీవనం, సహనం అనే ప్రక్రియ ఈనాటికి పటిష్టంగా ఉన్న దేశం ఇండియా.
 ప్రపంచ మొట్టమొదట విశ్వవిద్యాలయం క్రీ.పూ. తక్షశిల. క్రీ.శ. నలందా, ఇండియా
 ప్రపంచంలో మొట్టమొదటి హాస్టల్ గల పాఠశాలు (గురుకులాలు) ఇండియా.
 భవిష్యత్ వాణి చెప్పిన బ్రహ్మం గారు ఇండియన్

S. Tejaswi
 I/IV B.PHARMACY



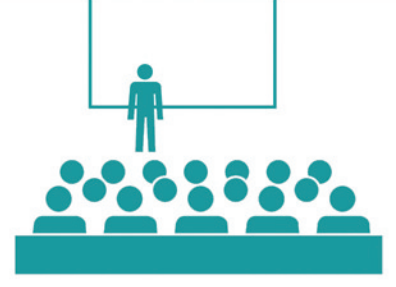
ALPHABETS WHICH SAYS LIFE

Always Be Cool Don't have Ego with Friends & Family Give up
 Hurting Individuals Just Keep Loving Mankind Never Omit Prayers
 Quietly Remember God. Speak Truth Use Valid Words Xpress Your
 Zeal.



P. Harika
 I/IV B. Pharmacy

ఎందుకు చేద్దామి?



ఒక ఊరిలో నలుగురు విద్యార్థులు, నది ఒడ్డున నడుచుకుంటూ వెళ్తున్నారు. నదిలోంచి కొట్టుకు వచ్చిన నక్షత్రపుచేప (స్టార్ ఫిష్) లను మళ్ళీ నీళ్ళలోకి విసిరేస్తూ కబుర్లు చెప్పుకుంటూ నడుస్తున్నారు. ఇంతలో ఒక వృద్ధురాలు కనపడి “చూడండి బాబూ వేలాదిగా కొట్టుకొస్తున్న ఈ చేపల్ని మళ్ళీ నీళ్ళలో వేయటం మీ తరమా? ఇలా ఎన్నింటిని బతికించగలరు? అని అడిగింది. దానికి అందులో ఒక అబ్బాయి “ఏ చేపకి బతకాలని రాసుందో, అదే మా కంట పడుతుంది దాన్ని నీళ్ళలోకి విసిరేస్తాం” అన్నాడు.

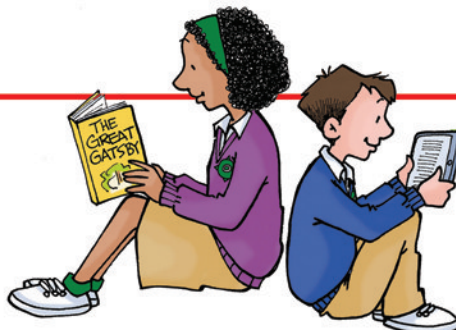
“మంచిది నాయనా” అని మెచ్చుకుని ఆ వృద్ధురాలు “చూడండి బాబూ, ఇక్కడున్న గవ్వల్ని మర్చిపోకుండా ఇంటికి తీసుకెళ్ళండి మీకు మంచి జరుగుతుంది” అని చెప్పి వెళ్ళిపోయింది. ‘ఏదో ముసల్ది... ఏదో చెప్పింది’ అని గుణుక్కుంటూ ఒక అబ్బాయి ఒక గవ్వ తీసుకొని జేబులో వేసుకున్నాడు. రెండోవాడు ఏమీ తీసుకోలేదు మూడోవాడు పది, నాలుగోవాడు రెండు జేబులునిండి వేసుకున్నాడు. ఇంటికి వెళ్ళారు. మర్నాడు ఉదయం లేచేసరికి వాళ్ళగవ్వలు, అత్యంత ఖరీదైన మణులుగా మారిపోయాయి.

రెండు జేబుల్నిండా తీసుకున్నవాడు అత్యంత ధనికుడయ్యాడు, పది తీసుకున్నవాడు చిన్న వ్యాపారం పెట్టుకున్నాడు, ఒక్కటి తీసుకున్నవాడు చిన్న ఉద్యోగంలో చేరాడు. ఏమీ తీసుకొనివాడు, వీళ్ళ ఇళ్ళలో పాలేరు పనిలో చేరాడు.

ఈ కథ చదువుతున్న విద్యార్థులందరూ ఇందులో సారాంశం కనిపెట్టే ఉంటారు. ఆ సముద్రపు ఒడ్డుని పాఠశాల అనుకుంటే, వృద్ధురాలు టీచరు, ఏరుకున్న గవ్వలు మనకు అభిన జ్ఞానం అనుకోవాలి. ఎంత జ్ఞానం సంపాదిస్తే అనక అంత సుఖంగా ఉండవచ్చు అనే సత్యం స్టూడెంట్స్ గుర్తించాలి. ఆ నలుగురూ కూడా సహజంగా మంచివారే, నదిలోంచి కొట్టుకు వస్తున్న చేపల్ని రక్షించే గుణం ఉంది. కాని ఇతరులు చెప్పింది వినే విషయంలో ఎవరి అభిప్రాయాలు వారికున్నాయి. అవే వారి భవిష్యత్తు నిర్ణయించాలి.



G.Nikitha
I/IV B.Pharmacy





HEALTH TIP

అరటి పండు

అద్భుత జ్ఞాపకశక్తి



పళ్ళలో అద్భుతమైన పండు అరటిపండు తింటే జ్ఞాపకశక్తి పెరుగుతుందని ఇటీవల NEW ENGLAND JOURNAL OF MEDICINE వెల్లడించింది. ఇక ముందు నుండి ఆపిల్ పండుకి బదులు A BANANA A DAY KEEPS THE DOCTOR AWAY అని అనుకొని బిల్ల గుడ్డి చెపుతున్నారు. ఎందుకంటే అరటి పండులో పొటాషియమ్ సమృద్ధిగా ఉండటం వల్ల బ్రెయిన్ పవర్ పెరుగుతుంది. తద్వారా జ్ఞాపకశక్తి పెరుగుతుంది. దానివల్ల ఒత్తిడి కూడా తగ్గుతుంది.

అరటిపండులో ఆపిల్ కన్నా రెట్టింపు కార్బోహైడ్రేట్లు ఉన్నాయి. అలాగే రెట్టింపు విటమిన్లు ఉన్నాయి. ఆపిల్ కన్నా మూడురెట్లు ఫాస్ఫరస్ అరటి పండులో అధికంగా ఉంటుంది. అరటిపండు తినే వారిలో గుండె జబ్బులు తక్కువనే విషయం మనం గమనించదగ్గ విషయం. అరటిపండు తరువాత శక్తివంతమైనవి జామకాయ ఆతరువాతే ఆపిల్ పండు.

కాబట్టి పిల్లలు పెద్దలు అందరూ రోజూ ఉదయం ఒక అరటిపండు తింటే అనేక ఆరోగ్య సమస్యలను దూరం చేసుకోవచ్చు. అయితే షుగర్ వంటి వ్యాధులున్నవారు వైద్యుడి సలహా ఈ విషయంలో పాటించాలి.



G. Nikitha
I/IV B.Pharmacy

Organic Banana





DILIP SHANGHVI

"HOW A MAN WHOSE NAME IS NOT AMBANI BECAME THE RICHEST INDIAN"



DILIP SHANGHVI

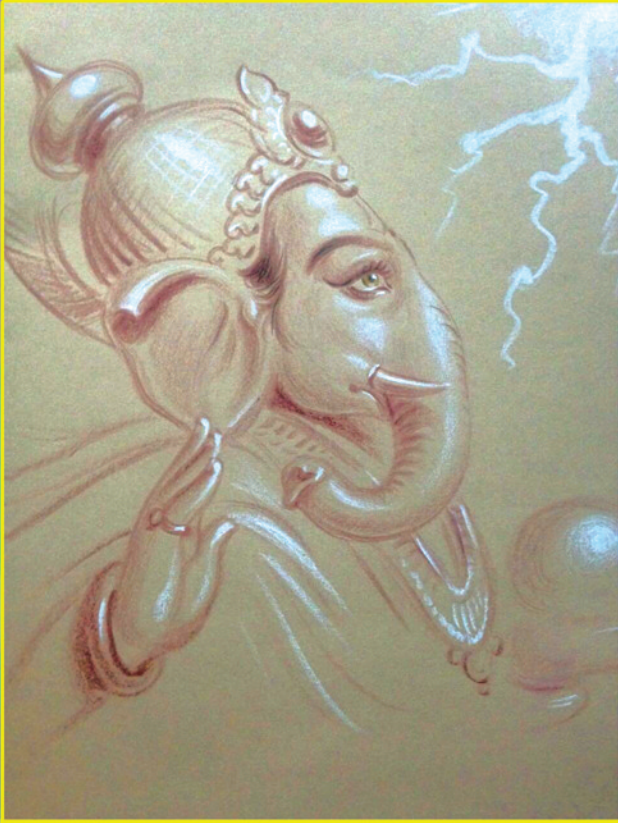
Former Chairman of
Sun Pharma

There are many people who influence our lives, but there is that one special person who showed us more than we could see in the world. That special someone is DILIP SHANGHVI.

There are several Pharmaceutical majors based in India, but few have been able to match or replicate the steady rise and growth of Sun Pharmaceutical Industries Limited. The man behind its unmatched success is Dilip Shanghvi, the former Chairman of the company which is now the leading drugmaker in India. Shanghvi's recent acquisition of Ranbaxy Pharmaceuticals has made Sun Pharma India's largest and the **WORLD'S FIFTH LARGEST SPECIALITY GENERIC PHARMACEUTICAL COMPANY**.

- In 1983, 27-year-old Dilip Shanghvi borrowed Rs10,000 from his father and came to Mumbai from Kolkata to set up a Pharmaceutical Business.
- In 2015, he became India's richest man.
- On March 4, he dethroned Mukesh Ambani, the chairman of Reliance Industries, who was till then the richest Indian.
- In April 2014, Sun Pharma acquired Ranbaxy for \$4 billion (Rs25,237 crore).

With a two-man marketing team and five products, he started a small manufacturing facility in the industrial town of Vapi in Gujarat. In 1989, after launching a few cardiology products, Shanghvi began to export to neighbouring countries, and has never looked back.



DRAWINGS



DRAWINGS



A. Maneesha
IV/VI Pharm.D

HAND MADE DESIGN

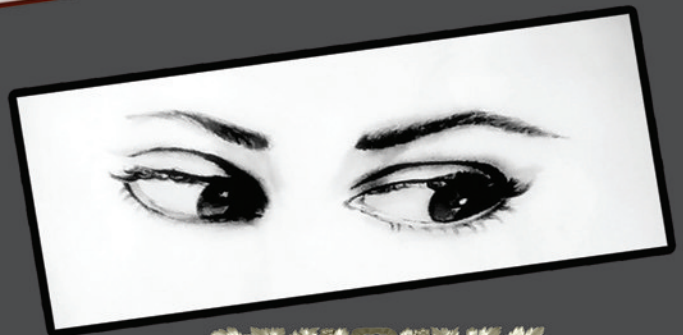


FINAL
OUTPUT



G.Madhulatha
III/VI Pharm D

Paintings



Navya Devireddy
II / VI Pharm .D

PRATIBHA AWARDS


GOVERNMENT OF ANDHRA PRADESH

Prathibha Awards -2015

Certificate of Merit


N.KUSUMA PRIYA
 II M.PHARMACY
 (2011-2013 BATCH)


N GEETHA ANUPAMA
 II M.PHARMACY
 (2011-2013 BATCH)


B.ARCHANA BAI
 IV B.PHARMACY
 (2011-2015 BATCH)


N.SAI MADHUR
 IV B.PHARMACY
 (2011-2015 BATCH)


Sri Ganta Srinivasa Rao
 Hon'ble Minister for Human Resource
 Development, Andhra Pradesh

Tirupathi
 14-11-2015


Sri Nara Chandrababu Naidu
 Hon'ble Chief Minister of
 Andhra Pradesh


GOVERNMENT OF ANDHRA PRADESH

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 IV B.PHARMACY
 2010-14 BATCH


V.ANUSHA
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 2010-14 BATCH


S.SUBHASHINI
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 2010-14 BATCH


G.RATNAMANI
 IV B.PHARMACY
 2010-14 BATCH


Sri Ganta Srinivasa Rao
 Hon'ble Minister for Human Resource
 Development, Andhra Pradesh

Vishakapatnam
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Sri Nara Chandra Babu Naidu
 Hon'ble Chief Minister of
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