



**CHALAPATHI INSTITUTE OF
PHARMACEUTICAL SCIENCES**



AUTONOMOUS

(Affiliated to Acharya Nagarjuna University)

Accredited by **NAAC** with '**A+**' Grade and Accredited by **NBA** (B.Pharmacy)

2024
Praxis

CREATIVE THOUGHTS

of CLPT

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"Courage gives wings to creativity"

Welcome to **10TH** **Praxis EDITION (2024)**

The PRAXIS editorial board of the Chalapathi Institute of Pharmaceutical Sciences (Autonomous) is delighted to welcome you to this year's edition. As we continue to navigate post-pandemic challenges, we invite our students to embrace a creative and supportive environment where life's obstacles are transformed into opportunities for growth.

PRAXIS remains dedicated to nurturing self-confidence, enhancing emotional intelligence and encouraging honest self-expression by celebrating both strengths and weaknesses. We believe that fostering creativity, reducing anxiety, and stimulating critical thinking not only enrich the academic journey but also contribute to deep, meaningful learning.

With steadfast determination to entertain and inspire, we proudly present this edition, crafted by the vibrant minds of our student community. Our heartfelt thanks go out to Sri. Y. V. Anjaneyulu, founder and chairman of the Chalapathi Educational Society, and Prof. Rama Rao Nadendla, principal of the Chalapathi Institute of Pharmaceutical Sciences, for their unwavering support and for providing us with a platform to showcase our talents and intellectual pursuits.

We eagerly welcome new contributors to join us in this creative endeavor. The overwhelming response from past editions fuels our excitement for what lies ahead. PRAXIS is a space where student pharmacists, thinkers, writers, cartoonists, and artists can come together, collaborate, and grow. For contributions, comments, criticism, or suggestions, please connect with us at praxisclpt@gmail.com.

Here's to a successful and inspiring journey in 2024!

Editorial Team

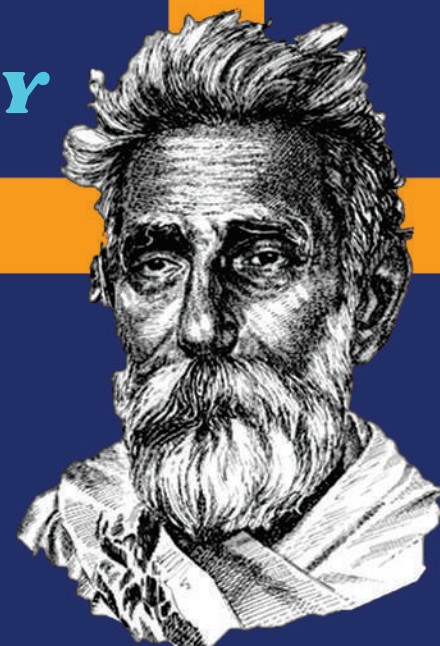
Inside

Amazing Facts | Did you know | Stories | Riddles | Tongue Twisters
| Puzzles | Photography | Telugu Jokes | Paintings
Scientific Fact | Drawings....

01

FATHER OF INDIAN CHEMISTRY

-Acharya Prafulla Chandra Ray



Acharya Prafulla Chandra Ray (1861–1944) was an eminent Indian chemist, educator, and visionary, whose pioneering contributions to both science and education left an indelible mark on India's intellectual landscape. Born in Khulna (now in Bangladesh), Ray displayed an early passion for learning, which took him to the University of Edinburgh, where he obtained his BSc and later, a DSc in chemistry.

Ray is best known for his groundbreaking work in the field of chemical research, particularly for synthesizing mercurous nitrite, a discovery that garnered international recognition. However, his contributions extended far beyond the confines of the laboratory. He was a professor at the University of Calcutta, where he mentored a generation of scientists who would later shape India's scientific future. Beyond his academic prowess, Ray was deeply committed to the idea of scientific self-reliance in India. In 1901, he founded Bengal Chemicals and Pharmaceuticals, the first Indian-owned pharmaceutical company, with the belief that India could compete with the West in industrial chemistry. His advocacy for Swadeshi, or the promotion of Indian-made goods, was not limited to chemicals but was part of a broader vision of India's economic independence.

Ray's intellectual pursuits were paired with a profound sense of social responsibility. He championed the cause of education, particularly for women, and believed in the power of knowledge to uplift society. A prolific writer, Ray authored several influential works, including A History of Hindu Chemistry, which highlighted the contributions of ancient Indian scientists to the field of chemistry. His legacy is one of a polymath who bridged tradition and modernity, combining a deep reverence for India's intellectual heritage with a firm belief in the transformative power of science and innovation. Ray's contributions to Indian science, education, and industry earned him the title "Acharya," meaning a learned master, and his work continues to inspire generations.

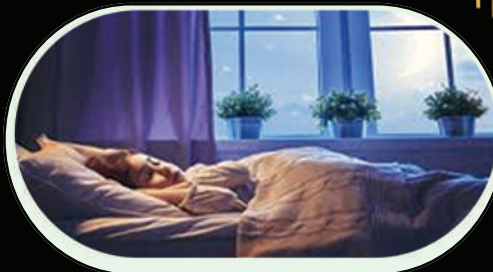
J. Deepika

VI Pharm.D
Y22PHD0111



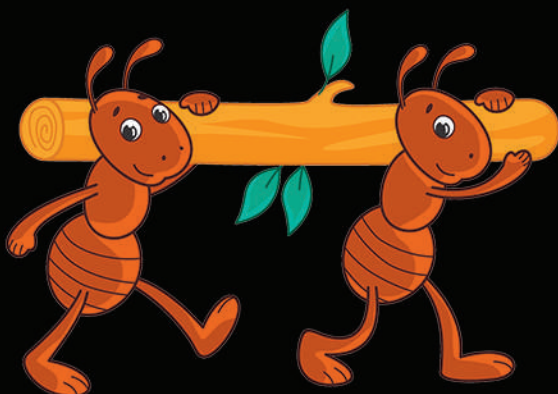
AMAZING facts

Human body is originally programmed for 2 four-hour sleep cycles that is why we often wake up in the middle of night and unable to sleep.



Bees can fly higher than Mount Everest.

Most astronauts become two inches taller in space



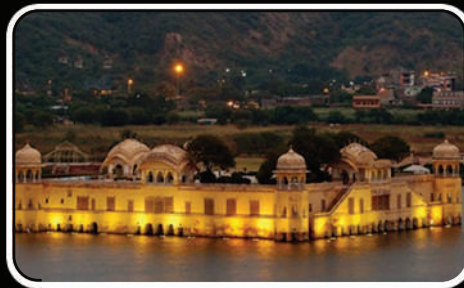
The total weight of all ants on earth is greater than total weight of all the humans on the planet.

Popcorn is one of the worlds oldest preserved foods.



AMAZING facts

In addition to the taj mahal ,there is the 300 -year -old Jal mahal in India, a massive palace sitting in the middle of a lake.



A persons height is determined by their father ,and their weight is determined by their mother.

Women are biologically sensitive to high pitched noise so that they can hear their offspring even when they are asleep.



India has the largest school in the world. It is called Montessori school and it has over 32,000 students.

M.Mounika

Y22BPH0559

III/IV B.Pharmacy





Almost any object or situation can become the source of philia (love) or phobia(fear). Here are some examples:

Pyrophilia	: Fondness of Fire	
Aurophilia	: Obsession of gold	
Mageiropophilia	: Passion about Cooking	
Necrophilia	: Obsession of Death	
Oselenophilia	: Addicted to Moon	
Nostophilia	: Fondness of returning home	
Melophilia	: Obsession of Music	
Chorophilia	: Fondness of Dancing	
Hypnophilia	: Obsession of Sleep	
Didaskaleinophilia	: Fondness of going to school	
Cenophilia	: Passion about new ideas/things	
Astrophilia	: Fondness of Stars or Celestial space	
Cibophilia	: Fondness of food	
Spectrophile	: Passion about ghosts	
Nephophilia	: Fondness of clouds	
Anemophobia	: Fear of Air	
Cyberphobia	: Afraid of Computers	
Nomophobia	: Afraid of being without mobile phone	
Ombrophobia	: Fear of Rain	
Somniphobia	: Terror of Sleep	
Trichophobia	: Horror of Hair	
Zoophobia	: Fright of animals	
Ablutophobia	: Fear of Bathing	
Catoptrophobia	: Afraid of Mirrors	
Dendrophobia	: Terror of Trees	
Anthrophobia	: Fear of Flowers	
Bibilophobia	: Afraid of Books	
Autophobia	: Fear of being alone	
Hippopotamontrosesquipedaliphobia	: Fear of long words	

K. Hima Varshini

Y22BPH0553
III/IV B. Pharmacy

INCOMPATIBLE Food COMBINATIONS

Some food combinations can be hard for the body to digest and may lead to discomfort or other health issues, which are called Incompatible food combinations. These are also called deadly food combinations. Here are some potentially "deadly" food combinations and their effects on the body:

1. Milk and Citrus Fruits (like Orange):

Effect: Mixing milk and citrus can lead to curdling in the stomach, potentially causing digestive discomfort, bloating, and gas. Citrus fruits' acidic nature may interfere with milk digestion, resulting in an unpleasant experience.



2. Ice cream and Gulab Jamun:

Effect: Hot and cold food do not well together. When you consume hot food, your body increases blood flow to the stomach to aid in digestion and to dissipate the heat. Conversely, cold foods can slow down digestion and cause constriction of blood vessels in the stomach.

3. Carbonated Drink is and Mint Effect: The combination can lead to a dangerous reaction, potentially causing stomach irritation, and if excessive amounts of both are consumed, it may result in bloating, stomach pain, or gas.



4. Ghee and Honey:

Effect: Mixing ghee and honey in an equal ratio can turn toxic and can invite trouble for your health. On mixing ghee and honey, a substance called Clostridium Botulinum spreads rapidly in the body and can lead to respiratory problems, stomach ache and even cancer.

For optimal digestion, it's best to space out meals with complex combinations and give the digestive system time to process food fully before consuming contrasting foods.



T Renu Sri

Y22PHD0128
III/VI Pharm. D

06

DRUG ANTIDOTES

- | | |
|---|------------------------------|
| 1. Heparin poisoning | - Protamine sulphate |
| 2. Acetaminophen toxicity | - N-Acetylcysteine |
| 3. Iron poisoning | - Desferroxamine |
| 4. Methotrexate | - Leucovorin |
| 5. Cyanide Poisoning | - Sodium thiosulfate |
| 6. Anticholinergics | - Physostigmine |
| 7. Aspirin, Tricyclic antidepressants (TCA's) | - Sodium bicarbonate |
| 8. Benzodiazepine toxicity | - Flumazenil |
| 9. For many oral toxins | - Activated charcoal |
| 10. Dopamine | - Phentolamine |
| 11. Narcotics/ Opioids overdose | - Naloxone |
| 12. Warfarin (Coumadin) | - Vitamin K |
| 13. Beta blockers | - Glucagon |
| 14. Digoxin | - Digibind or Digifab |
| 15. Alcohol withdrawal | - Chlordiazepoxide (Librium) |



D. RUTH HEPSIBA

Y22PHD0107
III/VI PHARM.D



Changes in Pregnant Women

1. Blood : The blood volume can increase by up to 50%, which is why some women may feel their heartbeat more intensely.

2. CVS : A pregnant woman's heart rate increases by about 10-15 beats per minute to handle the increased blood volume.

The heart expands slightly and beats faster to supply blood to the growing foetus.

3. CNS : Hormonal changes can lead to forgetfulness. About 80% of pregnant women experience memory changes have unusually vivid or strange dreams, potentially due to hormonal fluctuations, disrupted sleep patterns, and increased anxieties or excitement.

4. Ophthalmic : Water retention in the eyes can change the shape of the cornea, altering vision temporarily.

5. Skin : Women develop dark patches of skin on their face, a condition called melasma, due to hormonal changes.

6. Uterus : By the end of pregnancy, the uterus expands up to 500 times its normal size to accommodate the baby, placenta, and amniotic fluid.

7. Sense of smell : Many women experience a heightened sense of smell, which might be an evolutionary trait to help avoid potentially harmful substances.

8. Edema : Swelling and increased blood volume can cause feet and hands to grow.

9. Taste : Many pregnant women report a metallic taste in their mouths due to hormonal changes, which can impact appetite, cause vomitings and taste preferences.

10. Hair and nails : Hormones like estrogen cause hair to fall out less, making it appear thicker, while nails may grow faster and become stronger.

11. Effect on veins : Increased blood volume and pressure on veins from the growing uterus can lead to varicose veins, especially in the legs.

12. Nesting : Many women experience a nesting instinct toward the end of pregnancy, an urge to clean, organize, and prepare their home for the new baby.

13. Lactose intolerance : Pregnant women develop lactose intolerance even if they could previously digest dairy products.

14. New organ development : The placenta is an organ that grows and functions only during pregnancy, providing oxygen and nutrients to the baby. It's unique because it's expelled from the body after birth.

Changes in foetus

1. From around 10 weeks, babies start producing urine, which mixes with amniotic fluid. They also swallow this fluid, helping to develop their kidneys and digestive system.

2. Babies can taste and smell in the womb. The flavors from a mother's diet can be detected by the baby, influencing preferences after birth.

3. By 18-25 weeks, babies can hear sounds in the womb, including their mother's heartbeat, voice, and even music.

4. During pregnancy, some of the baby's cells enter the mother's body and can remain for decades, a phenomenon known as fetal microchimerism.

5. Babies practice "breathing" by inhaling and exhaling amniotic fluid to develop their lungs, even though they don't use them for oxygen until after birth.

6. Around 9-12 weeks, a baby begins to form fingerprints, which are unique to them and will last a lifetime.



K R Harsha Vardhini

**Y22PHD0110
III/VI Pharm. D**

GUSTARDO APPLE

SCIENCE

AND IT'S BENEFITS



- Controls Blood Pressure
- Boosts Immune System
- Prevents Stomach Ulcers
- Deficiency of Haemoglobin can be Treated
- Helps in Digestion as High in Fibre
- Hydrates Skin and Imparts Radiant Glow
- Controls Acne and Rejuvenates Skin
- Nourishes Hair and Promote Hair Growth
- Treats Rheumatoid Arthritis
- Treats Malarial Infections
- It Had Anticancer Properties
- Controls Cholesterol and Helps in Fat Loss
- Rich in Vitamins and Minerals
- It is rich in Antioxidants
- It helps to Treat Anemia



SHAIK SHABANA PARVIN
Y21BPH0582
IV/IV B.PHARMACY

Dr. Satyanarayana Chava is a Renowned **Indian pharmaceutical industry leader**, founder, and CEO of Laurus Labs, a multinational pharmaceutical and biotechnology company with over 29 years of experience in research and development, manufacturing, and business development, Dr. Chava has made significant contributions to the pharmaceutical industry.

EARLY LIFE AND EDUCATION:

Dr. Chava holds a master degree in chemistry from Andhra University and a Ph.D. in organic chemistry from the same institution. He also completed the Executive management program at the Indian school of Business in Hyderabad.

CAREER HIGHLIGHTS:

Before founding Laurus Labs in 2005, Dr. Chava worked in various senior roles at reputable pharmaceutical companies, including Ranbaxy Laboratories Limited. He was also the chief operating officer at Matrix laboratories limited, Hyderabad.

ACHIEVEMENTS AND RECOGNITION:

Under Dr. Chava leadership, Laurus labs has become one of the world's leading API companies and a partner of choice for prominent MNCs globally. He has been featured on the cover page of the Forbes India and named as one of the 13 hidden gems of India. Dr. Chava has also been appointed to the US Pharmacopoeial convention [USP] Board of trustees.

RESEARCH INTERESTS:

Dr. Chava's research interests include dermatitis, and he has developed a significant knowledge bank in intellectual property related matters in the pharmaceutical space, with the over 150 patents in his name.

LEGACY:

Dr. Satyanarayana Chava's legacy extends beyond his impressive professional accomplishments. He has:

1. Shaped the Indian pharmaceutical industries future.
2. Mentored numerous professionals.
3. Contributed to improving global health through innovative pharmaceutical solutions.

In **Conclusion**, He is an exemplary leader, Innovator, and pharmaceutical expert whose contributions have left an indelible mark on the industry.



SATYANARAYANA CHAVA

CEO, LAURUS LABS, INDIA



G. Sashiman

Y22BPH0537

III/IV B.Pharmacy

RIDDLES



01. What goes up but never comes down?
A. Your Age.
02. What has one eye but can't see?
A. A needle.
03. What kind of band never plays music?
A. Rubber band.
04. What is the end of everything?
A. Letter G.
05. What has hand's but can't clap?
A. A clock.
06. What can you break, even if you never pick it up or touch it?
A. A promise.
07. I have branches, but no fruit, trunk or leaves. What am i?
A. A bank.
08. What has to be broken before you can use it?
A. An egg.
09. Where does one wall meet the other?
A. On the corner.
10. Surya's parent's have three sons; Hari, Ravi and what's the name of the third son?
A. Surya.



V. Sai Surya

Y21BPH0556,
IV/IV B.Pharmacy.



SUDOKU PLAY WITH DRUGS

- **Hypertension** — persistently elevated blood pressure levels in the arteries. Most commonly used drugs are **L**isinopril (ACE inhibitors) or Amlodipine (Ca²⁺ channel blockers).
- **Type 2 Diabetes** — Elevated blood sugar (glucose) levels due to the body's ineffective use of insulin. Most common drug: **M**etformin.
- **Hyperlipidemia** — High cholesterol. Most commonly used drugs are Atorvastatin (statin), **R**osuvastatin.
- **Heart Failure** — The heart is unable to pump blood. Most commonly used drugs are Carvedilol, Nebivolol, Bisoprolol, Metoprolol (**β**-blockers).
- **Bacterial Infections (General)** Drugs: **A**moxicillin, Penicillin G, Ampicillin.
- **Antimalarial Drugs:** **C**hloroquine, Quinine, Artesunate.
- **Anti-tubercular Drugs:** **I**soniazid, Rifampicin, Pyrazinamide, Ethambutol, and Streptomycin.
- **NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)** are a class of medications commonly used to relieve pain, reduce inflammation, and lower fever. Drugs: Ibuprofen, Naproxen, Aspirin, **D**iclofenac.
- The drug belongs to class **xanthine**, used as a bronchodilator to treat respiratory diseases such as COPD, asthma — **T**heophylline.

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		M		I				C
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	C			β				

SOLUTIONS

β	A	C	N	L	M	I	T	R
M	I	N	C	R	T	β	A	L
L	R	T	β	A	I	C	M	N
C	L	A	I	T	β	N	R	M
R	N	β	M	C	A	L	I	T
T	M	I	L	N	R	A	C	β
A	β	M	R	I	L	T	N	C
N	T	L	A	M	C	R	β	I
I	C	R	T	β	N	M	L	A



T. Theja Sree

Y22PHD0131

III/VI Pharm.D.

The Unyielding Love of a Farmer



In the quaint village of Kalipur, nestled amidst lush green fields and winding rivers, lived the humble family of Raghunath, a hardworking farmer. His wife, Rajeshwari, was a devoted homemaker, and together they had three beautiful children: Vishnu, Lalitha, and Padma.

Raghunath's days began before dawn, toiling in the fields to ensure a bright future for his children. He dreamed of Vishnu becoming a successful engineer, Lalitha a renowned doctor, and Padma a brilliant lawyer. Rajeshwari managed the household, nurturing their children with unconditional love and care. The family's evenings were filled with laughter and stories, as Raghunath would return from the fields, exhausted but content. He adored his daughters, especially little Padma, whose bright smile could light up the darkest night. He envisioned her wedding day, grand and joyful, with the whole village in attendance.

Tragedy struck one fateful day. Raghunath was fatally injured in a farming accident, leaving his family shattered. Rajeshwari, now the sole breadwinner, struggled to make ends meet. Vishnu, just 17, dropped out of school to work odd jobs, while Lalitha, 15, took on household chores. Padma, only 10, felt lost without her beloved father.

As financial woes mounted, the family's land was on the verge of being seized by creditors. Rajeshwari's health began to decline, weighed down by grief and responsibility. Vishnu, determined to support his family, worked tirelessly, but the burden was overwhelming. One evening, as the family sat together, tears streaming down their faces, Lalitha remembered her father's words: "Education is key to success."

She vowed to continue her studies, inspiring Vishnu to do the same. Padma, though young, resolved to make her father proud. With newfound determination, the family faced their challenges. Rajeshwari found strength in her children's resilience. Together, they worked, studied, and prayed, keeping Raghunath's memory alive. Years passed, and the family's hard work paid off. Vishnu became an engineer, Lalitha a doctor, and Padma a lawyer. They never forgot their father's sacrifices and love. On Padma's wedding day, the village celebrated, just as Raghunath had dreamed.

As Padma exchanged vows, she looked up to the sky, feeling her father's presence. Rajeshwari smiled, knowing her husband's legacy lived on through their successful, loving children.

Moral:

Love and determination can overcome adversity

Some key lessons:

Importance of family bonding

Value of education

Power of love and resilience



Shaik Mufasera

Y21BPH0564
IV/IV B. Pharmacy

Jonathan Livingston Seagull journey is a story of unmatched ambition and intense curiosity



Jonathan Livingston Seagull doesn't feel like it fits in with the rest of the flock. They spark and care only for food, flocking around the fishing boats in the hope of picking up scraps of fish and bread, while Jonathan Livingston Seagull flies by himself working on his skills of flight and pushing the boundaries of his speed and posture. He struggled with being different and even gets suspected by the flock for behaving differently. But after making a breakthrough in flying and mastering a challenging flight from a height of 5,000 feet.

Jonathan got called to a council meeting by his flock that night. He is called "outcast" by his flock before getting abandoned and sent to faraway cliffs. Jonathan regrettably realizes that he would have to spend the rest of his life alone.

Jonathan lives a long life filled with solitude for a number of years. One night, when Jonathan is in the middle of a flight, two shining birds surround him in flight and ask him to come with them to move toward a higher realm of life. Jonathan discovers that his body shined in the moonlight and he thinks that the new place where he has come is heaven. His new body had the ability to fly higher than his old one, but it still had some limitations. A few gulls in this new world shared Jonathan's beliefs and strived to develop their creative flight techniques. Jonathan works out with a trainer named Sullivan, who praises Jonathan's talent, quickness, and calls him his finest student ever.

Chiang, the elder gull of this new flock, reveals to Jonathan mid-conversations that there are ways to transcend even the limitations of his physical body. When Jonathan eventually perfects instantaneous teleportation, Chiang is impressed, and Jonathan is chosen to be Chiang's unique student. As Jonathan continues to learn, he can't help but think about the world he left behind. He longs to return and share what he has discovered in this new world with the other gulls.

After leaving for Earth, Jonathan finds Fletcher Lynd Seagull, a newly expelled gull from his flock. Admiring Fletcher's flying, Jonathan promises to teach him, but he holds a condition that he would only teach him if Fletcher agrees to come back to its flock and share what the two have learned with the rest of the gulls. Fletcher concurs, and they both start their lessons. After three months, Jonathan succeeds in gathering an intimate group of six special students.

The flock avoids Jonathan and his students as they perform aerial stunts above the ocean just offshore. However, over time, some interested gulls from the flock approach Jonathan and the others and inquire about learning to fly and soon thousands of gulls congregate daily to hear Jonathan's musings on the virtues of freedom and the rites, superstitions, and restraints that prevent true freedom. When Jonathan Livingston Seagull finally leaves, his exceptionalism is turned into extraordinary supernatural abilities. The gull is turned into a God, and what he had achieved becomes the acts of deity and not of any ordinary Seagull.

Conclusion: In every generation there are new goals to discover the secret of exploring their passion and developing it through hard work, and so Jonathan Livingston Seagull's message lives on potentially in everyone willing to look and work hard enough.

Jonathan to deliver deeper life lessons such as freedom, self-reflection. There are a number of themes that are at work in the story such as the realization of the self, pushing ourselves to reach beyond what we think our limit.



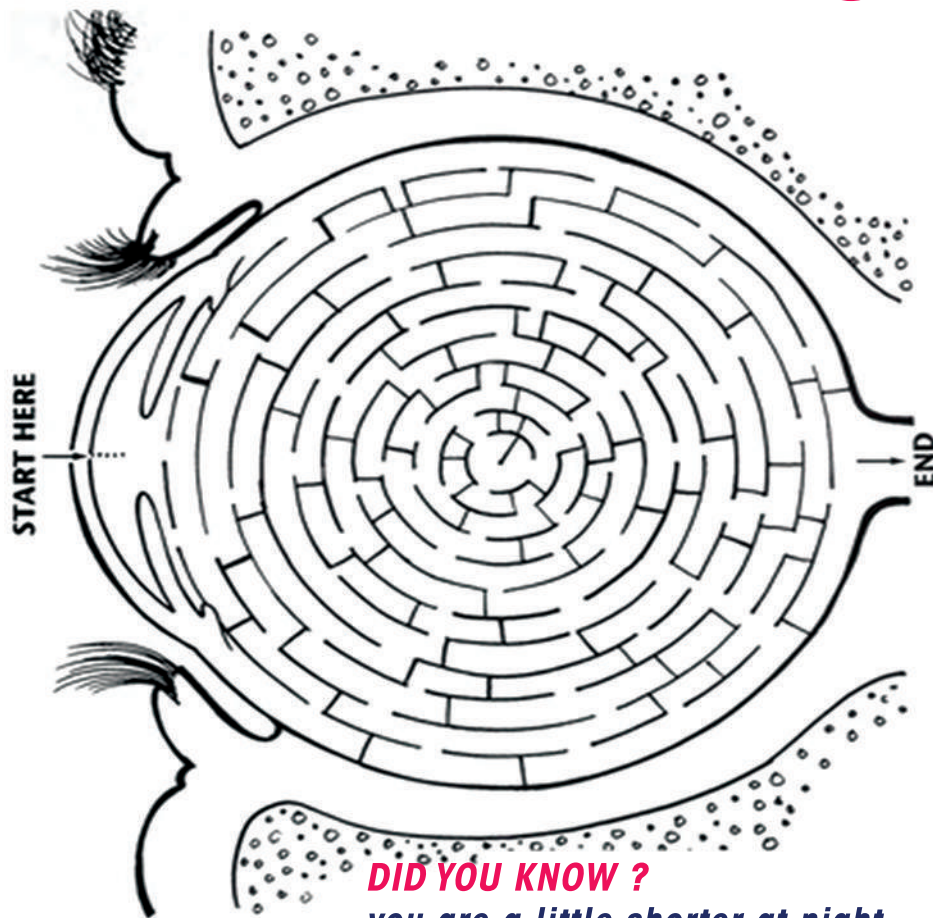
M GUNA SHANKAR

Y21BPH0590
IV/IV B. Pharmacy

FIND THE RIGHT PATH



EYE - maze-ing



DID YOU KNOW ?

*you are a little shorter at night
than in the morning*



Sashiman

Y22BPH0537

III/Iv B. Pharmacy

15

తెలుగు జోక్స్

నాన్న: ఎక్కడికి వెళ్ళావా?

కొడుకు: సినిమాకి వెళ్ళాను నాన్న.

నాన్న: మరి చేతిలో ఆ పుస్తకం ఏంటి రా?

కొడుకు: అసలే ఎగ్జామ్స్ ఇంటర్వెల్ టైములో చదువుకుందాం అని

లావణ్య: నిన్ను రెండు నిమిషాలపాటు సీ.ఎం. ను చేస్తే ఏం చేస్తావు?

భార్గవి: మ్యాగ్ చేస్తాను. రెండు నిమిషాల్లో అంతకు మించి ఏం చేస్తాం.

లావణ్య: సరే 5 సంవత్సరాలు సీ.ఎం. ను చేస్తే.....

భార్గవి: అన్ని సంవత్సరాలు చెయ్యలేను ఎందుకంటే అంత మ్యాగ్ ఎవరు తింటారు?...

బిచ్చగాడు: అమ్మా... అన్నం ఉంటే పెట్టమ్మా ఆకలి వేస్తుంది.

గృహిణి: ఇంకా వండలేదు తర్వాత రా...

బిచ్చగాడు: ఇది నా సెల్ నెంబర్. అన్నం వండగానే మిస్సిడ్ కాల్ ఇవ్వమ్మా...

గృహిణి: మిస్సిడ్ కాల్ ఎందుకులే. అన్నం అవ్వగానే వాట్సాప్ లో అప్లైడ్ చేస్తా డాన్లోడ్ చేసుకొని తిను....



Sk. Arshiya

Y24PHD0126

I/VI Pharm.D

INSTRUMENTAL RIDDLES

1. I suck it but can't store it....Who am I...?

Ans : Pipette

2. I will make noodles for you but you can't cook and eat it....Who am I...?

Ans : Extruder

3. If you give me powder...I will give a shape to it...Who am I...?

Ans : Tablet compression machine

4. I help in diagnose illness... but I'm not a test or scan...who am I...?

Ans : Thermometer

5. I am a tiny package with big impact...who am I...?

Ans : Capsule

6. I am a liquid... even brain needs me...

I am with you and in you...who am I...?

Ans : Blood



P. Sharan Jyothi

Y21BPH0601

IV/IV B. Pharmacy

Alumni Success Story

Vankayala Radhakrishna



Name : Vankayala Radhakrishna
Designation : Formulation Scientist
Company : Ascent Pharmaceuticals,
Central Islip, New York,
United States.

B.Pharmacy (2009-13 Batch)

The pharmaceutical industry is highly dynamic, with rapid advancements in drug discovery, formulation technologies, and regulatory frameworks. A solid understanding of core subjects like pharmaceuticals, pharmacology, and pharmaceutical chemistry will serve as a stepping stone for future success.

Engage in research projects as early as possible. Research experience not only enhances your technical skills but also helps you develop problem-solving abilities and a scientific mindset. Look for internships, collaborate with faculty members, and participate in national and international conferences to present your work. Hands-on experience in formulation, analytical techniques, and regulatory affairs will set you apart in the competitive job market.

Stay curious and adaptable. The pharmaceutical landscape is evolving with breakthroughs in nanotechnology, biologics, and personalized medicine. Keeping yourself updated with recent trends through scientific journals, webinars, and industry conferences is crucial. Be open to learning new technologies, as expertise in computational drug design, artificial intelligence in pharma, and novel drug delivery systems is becoming increasingly valuable.

Networking is equally important. Connect with industry professionals, alumni, and mentors who can guide you in career decisions. Build a strong LinkedIn profile, join professional organizations, and seek mentorship from experienced professionals.

Finally, develop soft skills such as communication, teamwork, and critical thinking. Success in the pharmaceutical industry requires not just technical expertise but also the ability to collaborate effectively, adapt to challenges, and innovate. Stay motivated, keep learning, and strive for excellence in whatever path you choose.

1. Can you share your current role and responsibilities at Ascent Pharmaceuticals, Inc.?

As a Formulation Scientist at Ascent Pharmaceuticals since October 2021, I specialize in developing sublingual and buccal films of controlled substances, oral solid dosage forms, transdermal patches, and oral disintegrating films.

2. How did your education at Chalapathi Institute of Pharmaceutical Sciences prepare you for your career?

My Bachelor's degree in Pharmacy from Chalapathi Institute provided a solid foundation in pharmaceutical sciences, equipping me with the knowledge and skills essential for my roles in formulation and research.

3. What motivated you to pursue a Master's degree at the National Institute of Pharmaceutical Education and Research (NIPER), Mohali?

I aimed to deepen my expertise in pharmaceuticals and engage in advanced research opportunities, which NIPER, Mohali, is renowned for.

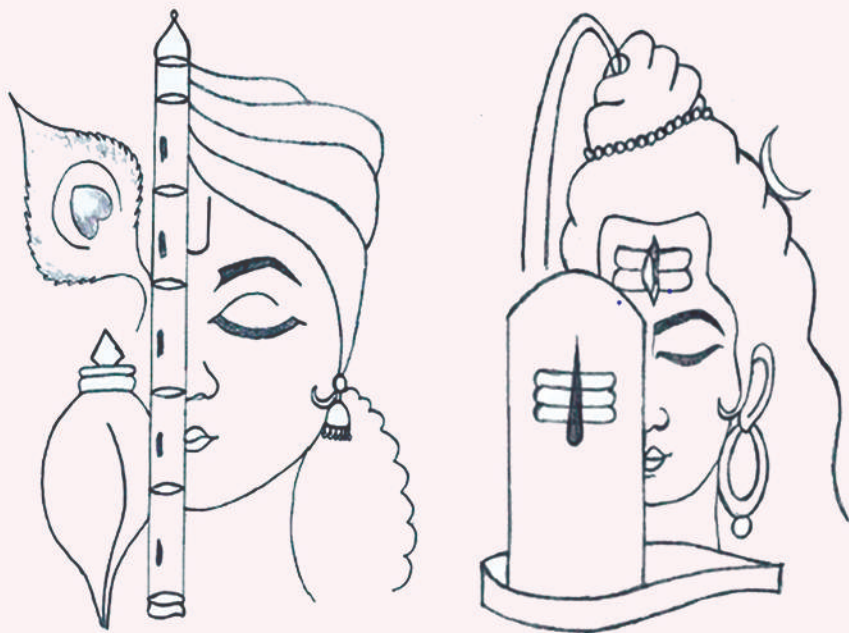
4. Can you share any challenges you've faced in your career and how you've overcome them?

Balancing innovation with regulatory compliance has been challenging. I've overcome this by staying informed about regulatory guidelines and integrating them into the development process.

5. What advice would you give to current students at Chalapathi Institute aspiring to enter the pharmaceutical industry?

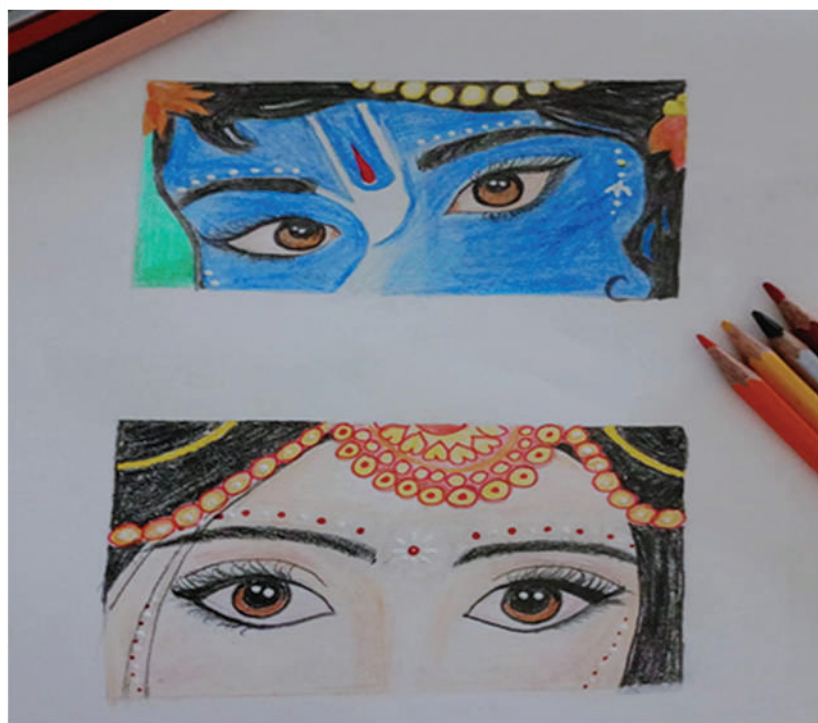
For students at Chalapathi Institute aspiring to enter the pharmaceutical industry, my advice is to build a strong foundation in pharmaceutical sciences and continuously expand your knowledge beyond textbooks.

Drawings



B V Anantha Lakshmi

Y21BPH0502
IV/IV B. Pharmacy



M. Swarna Latha

Y23PHD0117
II/VI Pharm.D

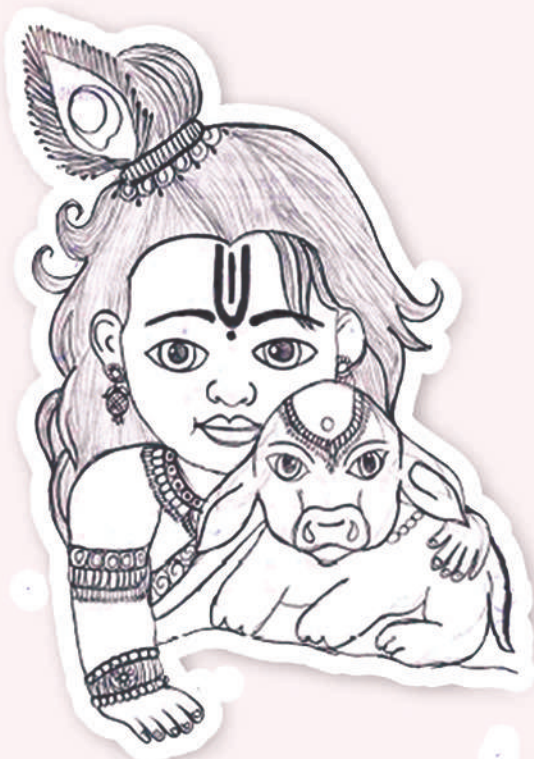
Drawings



S Karthik

Y22BPH0594

III/IV B. Pharmacy



Drawings



A V Bhuaneswar
Y21BPH0588
IV/IV B. Pharmacy



S. Pujitha
Y22PHD0127
III/VI Pharm D



Drawings



Sri Lakshmi

II/VI Pharm. D
Y23PHD0110



N Vennela

Y22PHD0101
III/VI Pharm. D



Uma Maheswari Y21BPH0580 | IV/IV B. Pharmacy



Drawings



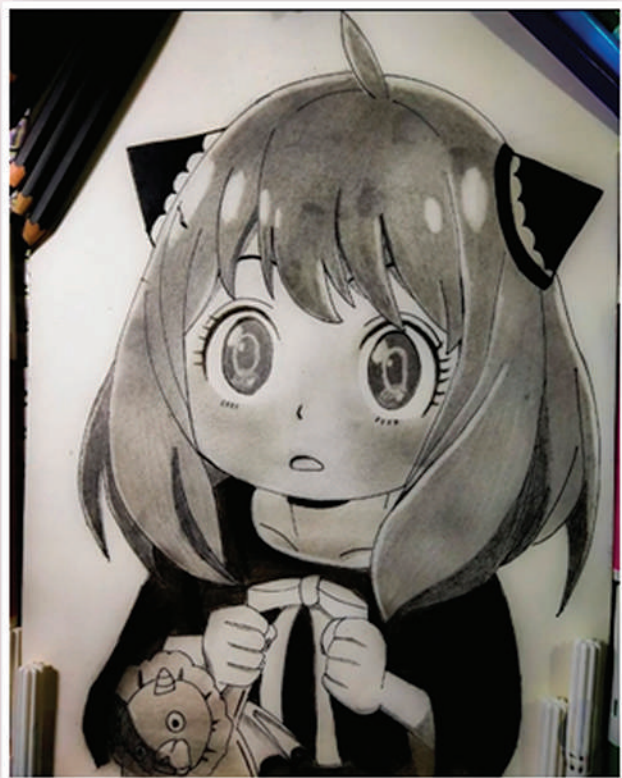
B. Bindu Madhavi

Y24PHD0106

I/VI Pharm.D



Drawings



Siddharth Kumar

Y24BPH0581
I/IV B.Pharmacy

YOGA

1. Mountain Pose (Tadasana)



- **Use:** Improves posture, balance, and focus.
- **Benefits:** Strengthens thighs, knees, and ankles; enhances body awareness.

9. Bridge Pose (Setu Bandhasana)



- **Use:** Strengthens back, glutes, and legs.
- **Benefits:** Opens chest, improves digestion, alleviates stress.

2. Downward Facing Dog (Adho Mukha Svanasana)



- **Use:** Stretches the entire body, builds upper body strength
- **Benefits:** Relieves back pain, reduces stress, boosts circulation.

10. Child's Pose (Balasana)



- **Use:** Resting pose for relaxation.
- **Benefits:** Stretches the back, hips, and thighs; calms the mind.

3. Plank Pose (Phalakasana)



- **Use:** Core strengthening, stabilizes spine.
- **Benefits:** Tones abs, arms, and shoulders, improves balance and endurance.

11. Seated Forward Bend (Paschimottasana)



- **Use:** Stretches the spine, shoulders, and hamstrings.
- **Benefits:** Improves digestion, reduces anxiety, calms the mind.

4. Cobra Pose (Bhujangasana)



- **Use:** Opens chest and lungs, strengthens the spine.
- **Benefits:** Eases lower back pain, improves flexibility in the spine

12. Cat-Cow Pose (Marjaryasana-Bitilasana)



- **Use:** Gentle flow to warm up the spine.
- **Benefits:** Relieves back tension, improves flexibility, stimulates organs.

5. Warrior I (Virabhadrasana I)



- **Use:** Builds lower body strength and stability.
- **Benefits:** Opens hips, stretches legs, improves concentration.

13. Boat Pose (Navasana)



- **Use:** Core-strengthening pose.
- **Benefits:** Tones abs, improves balance, strengthens lower back.

6. Warrior II (Virabhadrasana II)



- **Use:** Strengthens legs and shoulders, improves stamina.
- **Benefits:** Increases flexibility in hips and groin, enhances focus

14. Camel Pose (Ustrasana)



- **Use:** Deep backbend that stretches the entire front body.
- **Benefits:** Opens chest, improves spinal flexibility, relieves fatigue.

7. Triangle Pose (Trikonasana)



- **Use:** Stretches the sides of the torso, improves balance.
- **Benefits:** Reduces stress, helps with digestion, strengthens thighs and knees.

15. Corpse Pose (Savasana)



- **Use:** Final relaxation pose to end practice.
- **Benefits:** Relieves stress, relaxes the body, improves mindfulness and focus.

8. Tree Pose (Vrikshasana)



- **Use:** Balancing pose to improve focus and stability.
- **Benefits:** Strengthens legs, opens hips, enhances body awareness.

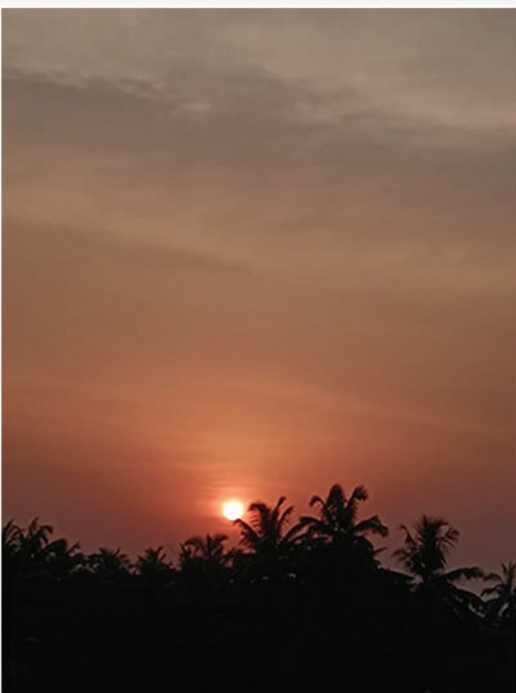
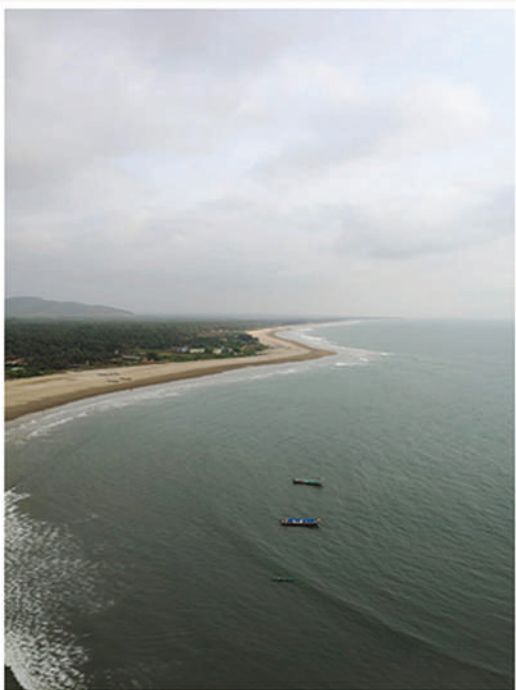


MCL Sai Sravanthi

Y22PHD0117

III/VI Pharm.D

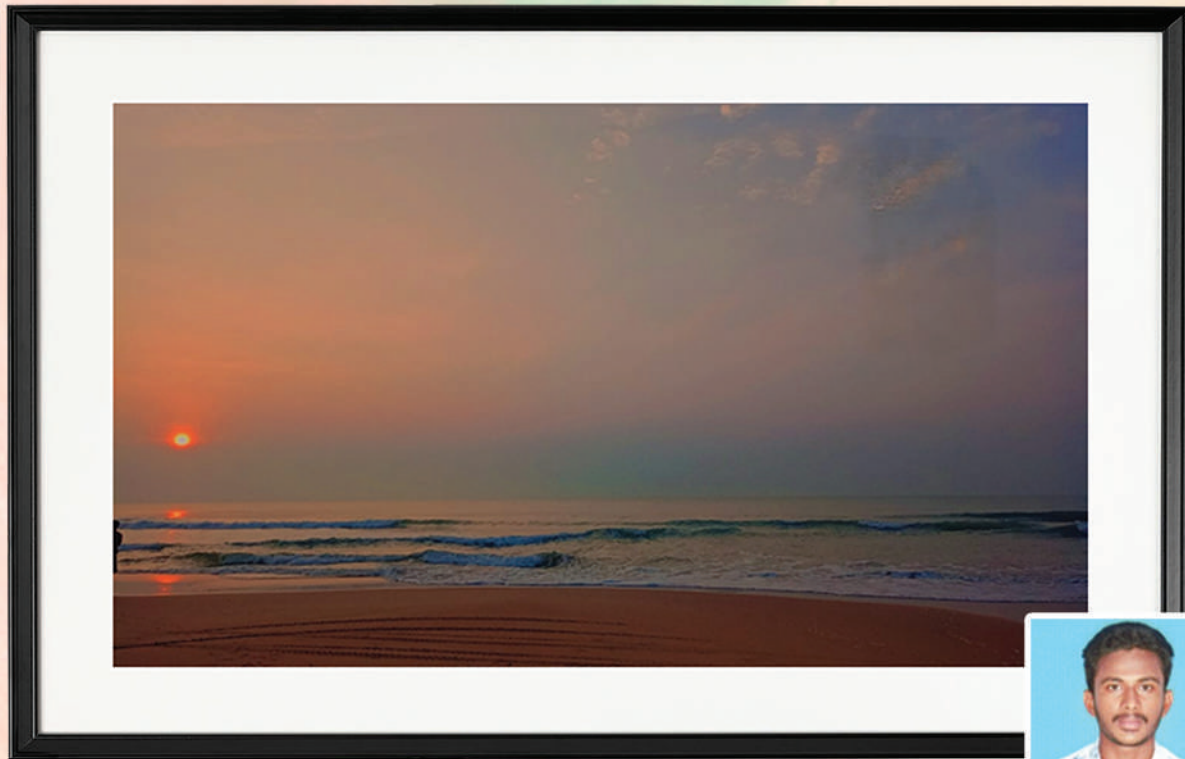
Photography



Tejaswi B

Y23MPHRA463
II/II M Pharmacy

Photography



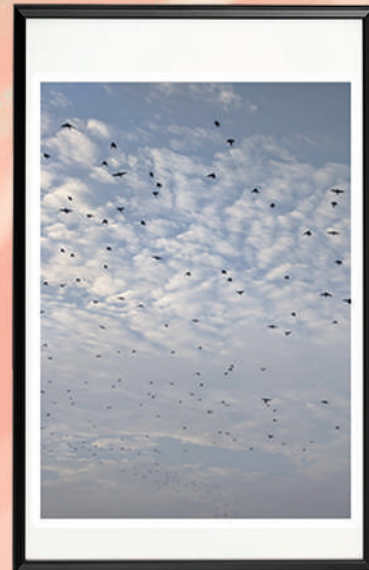
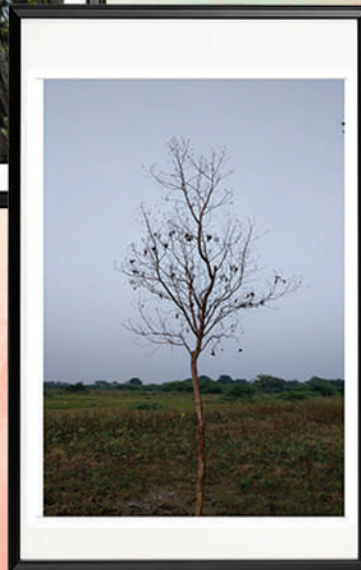
R Lohith

Y21BPH0551
IV/IV B. Pharmacy

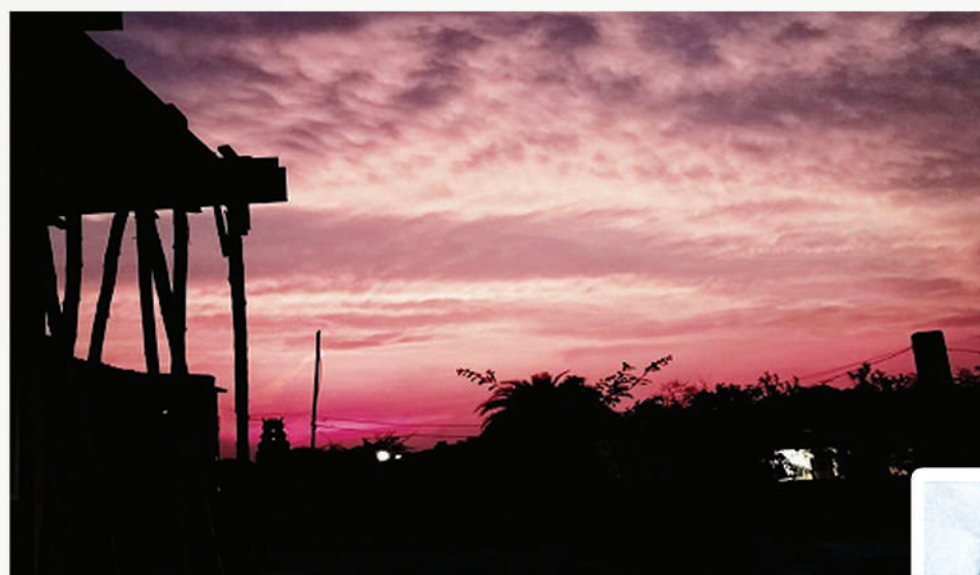
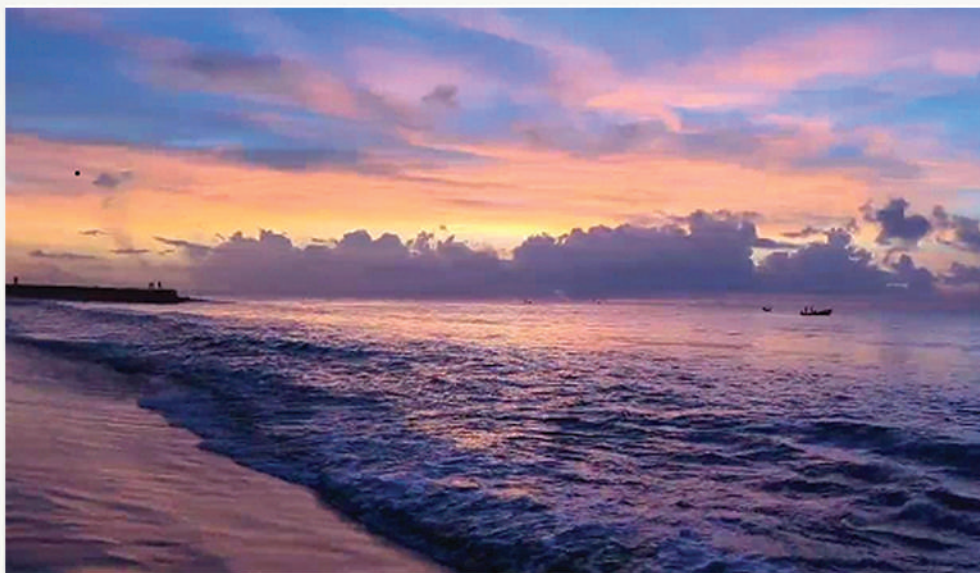


M Shahida Anjum

Y21BPH0561
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Photography



P. CHANDRIKA

Y22PHD0123

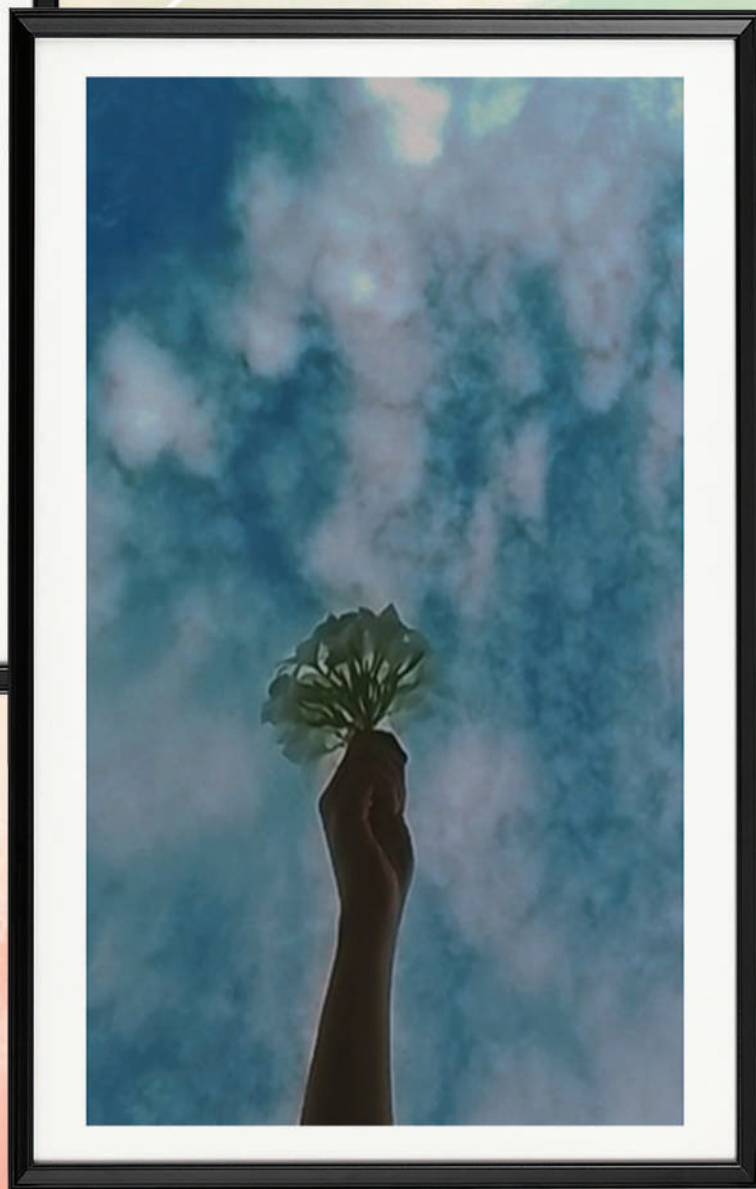
III/VIPHARM.D

Photography



G ABHI CHOWDARY

Y22PHD0102
III/VI PHARM D



Photography

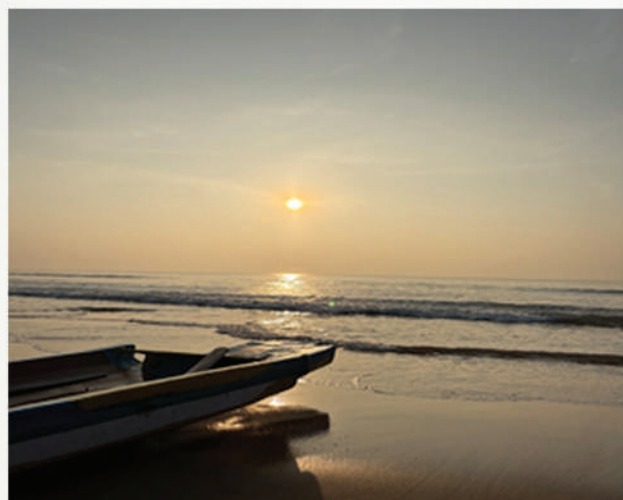
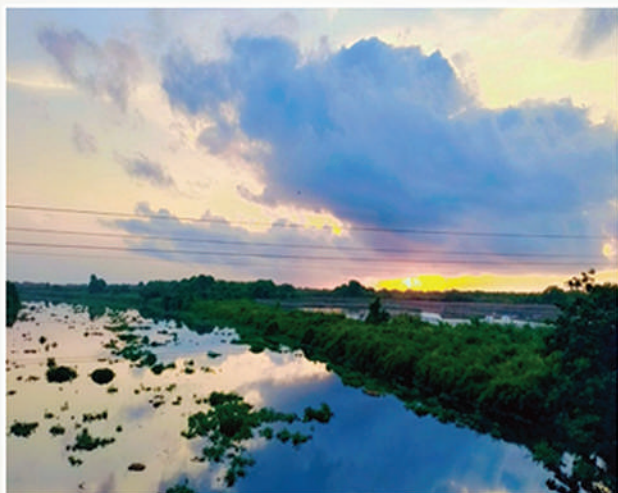


M. Meghavaradhan

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Photography



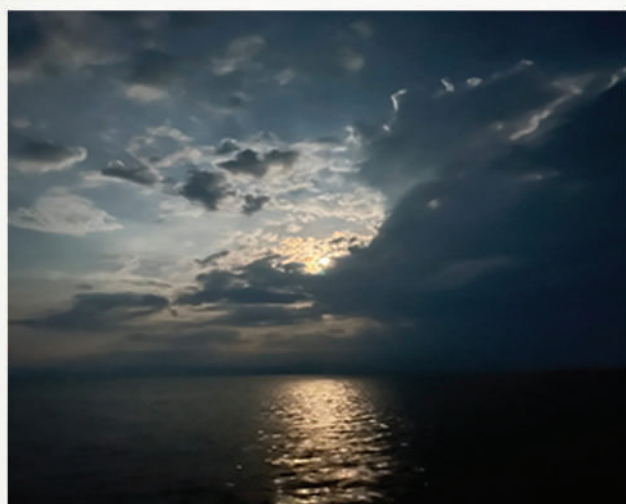
V. Sujit Abhishek

Y24PHD0128

I/VI Pharm.D

30

Photography



K. Abdul Raziq Khan

Y24PHD0115
I/VI Pharm. D

Paintings



Ch Sruthi

Y23PHD0104 | II/VI Pharm. D



P. Pavani

Y23PHD0121 | II/VI Pharm.D

Paintings

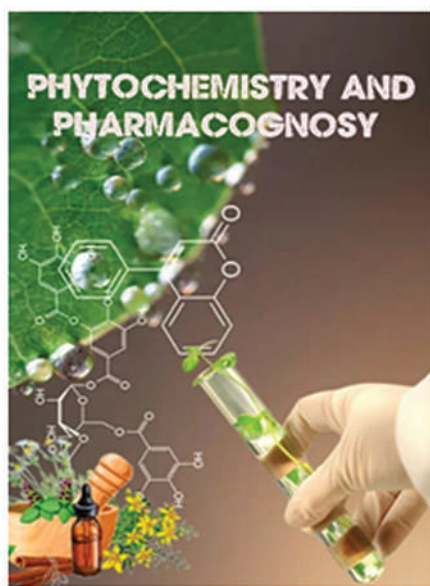


Siddharth Kumar

Y24BPH0581
I/IV B.Pharmacy

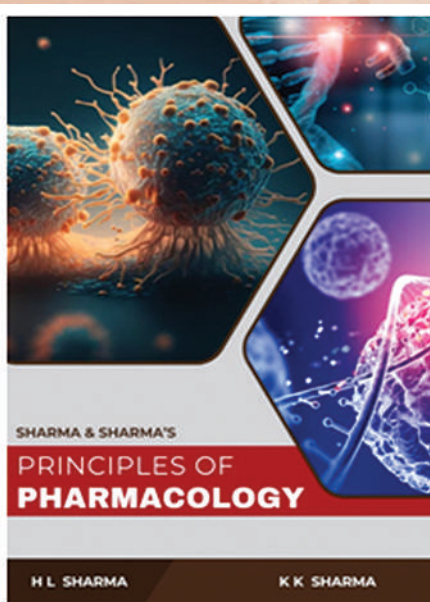


National Library Week Cover Page Challenge



D Sneha Latha

I/II M.Pharmacy
Y24MPHPY445



Sk. Musharaff

IV/IV B. Pharmacy
Y21BPH0576



M. Neha Chowdary

IV/IV B. Pharmacy
Y21BPH0541

Did You Know?

- Kiwi contains twice as much vitamin c as an orange.
- Lemons can kill bacteria-as they have high acid content which makes them suitable for cleaning.
- Black berry juice was used to dye cloth, navy blue and indigo.
- A banana is not a fruit in reality, it is an herb.
- Potatoes were the first food to be grown in space.
- Corn is actually a member of the grass family.
- Bananas, mangoes, peaches and avocados are pollinated by bats.
- The only fruit that has its seeds on the outer skin is the strawberry.
- Apples, peaches and raspberries are all members of the rose family.
- Apple is made of 25% air that is why they float.
- Pear is a fruit that ripens from the inside out.
- Carrots were originally purple in color, changing in the 17th century to orange with newer varieties.
- Eating cucumbers before bed time can help you wake up feeling refreshed and headache free.
- Peanuts are one of the ingredients in dynamite.
- Fruits makes you glow and happy.



T Sahiti

Y22PHD0130
III/VI Pharm. D



A Friend of mine once told me :

"Sad" has 3 letters,
but so does "Joy".

"Enemies" has 7 letters,
but so does "Friends",

"Fall" has 4 letters,
but so does "Rise".

"Immature" has 8 letters,
but so does "Maturity".

"Curse" has 5 letters,
but so does "Bless"

"Ignorance" has 9 letters,
but so does "Knowledge".

"Ignore" has 6 letters,
but so does "Listen".

"Negativity" has 10 letters,
but so does "Positivity".

You have two realities to choose
from. It's up to you to decide which one you want to live in.



Y. Naga Sai Sneha

Y23PHD0133
II/VI Pharm.D

HEALING THE INNER WORLD

1. Rejection Trauma

Meditate for 30 minutes.

SYMPTOMS

- You easily make negative assumptions about what others are thinking.
- You are worried about letting people in.
- You found Compromising difficult.

AFFIRMATIONS

- Positive energy nourishes body and helps to radiate joy to others.
- A happy joyful life is being created right now.

2. Betrayal Trauma

Meditate for 25 minutes

SYMPTOMS

- Trouble, recognizing, expressing, managing emotions.
- Anxiety, depression and other mental health symptoms.
- Nightmares

AFFIRMATIONS

- Every challenge should face as an opportunity to grow and improve.
- One's Contributions are unique and meaningful.

3. Abandonment Trauma

Meditate for 10minutes

SYMPTOMS

- Fear of being left behind or abandoned
- Inability to form healthy relationships in the teenage of adult years.
- Low Self-esteem and feeling of self-worth.

AFFIRMATIONS

- All my words, thoughts and actions are divinely guided and protected.
- The universe will guide me on anything and everything divinely.

4. Injustice Trauma

Meditate for 12 minutes

SYMPTOMS

- Chronic chest or back pain.
- Unpredictable and irrational emotions.
- Disorientation and short attention span.

AFFIRMATIONS

- I deserve to feel safe, comfortable and Confident in this body.
- I accept myself the way I am and try to be honest and perfect.



Y. Lavanya

Y21BPH0591
IV/IV B. Pharmacy

MEDICAL TRIADS

01. Murphy Triad:

- Pain in right iliac fossa
- Vomiting
- Fever

02. Charcot's Triad:

- Pain in abdomen
- Jaundice
- Fever

03. Osler's Triad:

- Telangiectasia
- Capillary fragility
- Hereditary hemorrhagic diathesis

04. Tetany in Children Triad:

- Stridor
- Carpo pedal spasm
- Convulsions

05. Trotter's Triad:

- Conductive deafness
- Immobility of soft palate
- Facial palsy

06. Rigler's Triad:

- Ectopic gall stones
- Small bowel obstruction
- Pneumobilia

07. Parkinson Triad:

- Pin rolling tremors
- Rigidity
- Bradykinesia

08. Reiter's syndrome Triad:

- Urethritis
- Conjunctivitis
- Arthritis

09. Miller Fisher Syndrome:

- Ataxia
- Areflexia
- Acute external ophthalmoplegia

10. Plummer Vinson Syndrome:

- Dysphagia(esophageal)
- Glossitis
- Iron deficiency anemia

11. Virchow's Triad:

- Endothelial injury
- Stasis of blood flow
- Hyper Coagulability

12. Wilm's tumor Triad:

- Hematuria
- Fever
- Renal mass



G. Santosh kumar

Y22PHD0109
III/VI Pharm. D

MOON

QUOTES



And just like the moon
You are going to different phases of
Light and Dark
And everything of between
And though
You always may not appear
With the same brightness
Some nights you just need
Yourself for yourself
A dark night makes you realize
The values of lives,
Not everyone deserves
To see all your sides
BE THE ONE
NOT AMONG THE ONE....



P Sonya Vardhini

Y21BPH0562
IV/IV Pharmacy

QUOTES



*"Success
isn't just
reaching the
summit
—it's the awe
we feel
gazing at the
endless
horizon of
what's yet to
come."*



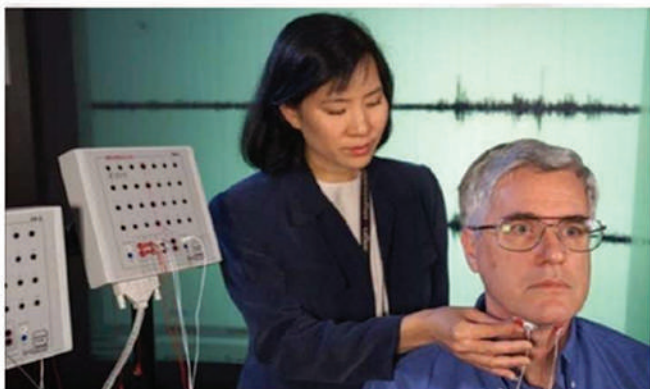
*"Creativity is the spark, but
practice is the flame that keeps
the fire burning."*



Sk. Shameer Basha

Y24MPHPC410
I/II M.Pharmacy

SYSTEM TO COMPUTERIZE SILENT-SUBVOCAL SPEECH



It has been found that small button-sized sensors stuck under the chin and on either side of the "Adam's apple," could gather nerve signals and send them to a processor and then to a computer program that translates them into words. Eventually, such "subvocal speech" systems could be used in spacesuits, in noisy places like airport towers to capture air-traffic controller commands, or even in traditional voice-recognition programs to increase accuracy, according to NASA scientists.

"What is analysed is Silent, or Sub auditory Speech, such as when a person silently reads or talks to himself. Biological signals that arise when reading or speaking to oneself with or without actual lip or facial movement. A person using the subvocal system thinks of phrases and talks to himself so quietly, it cannot be heard, but the tongue and vocal chords do receive speech signals from the brain.

NASA scientist conducted a study on recognizing subvocal sounds. In their first experiment, scientists "trained" special software to recognize six words and 10 digits that the researchers repeated sub vocally. Initial word recognition results were an average of 92 percent accuracy. The first sub-vocal words the system "learned" were "stop," "go," "left," "right," "alpha" and "omega," and the digits "zero" through "nine." Silently speaking these words, scientists conducted simple searches on the Internet by using a number chart representing the alphabet to control a Web browser program.

Each alphabet was put into a matrix - like a calendar and numbered the columns and rows, and the scientist could identify each letter with a pair of single-digit numbers. Then they silently spelled out 'NASA' and then submitted it to a well-known Web search engine.

They electronically numbered the Web pages that came up as search results. These numbers again used to choose Web pages to examine. This proved that one could browse the Web without touching a keyboard. The latest venture is to build "noncontact" sensors that can read muscle signals even through a layer of clothing.

A second demonstration will be to control a mechanical device using a simple set of commands with a simulated Mars rover. We can have the model rover go left or right using silently 'spoken' words. People in noisy conditions could use the system when privacy is needed, such as during telephone conversations on buses or trains.

"An expanded muscle-control system could help injured astronauts control machines. If an astronaut is suffering from muscle weakness due to a long stint in microgravity, the astronaut could send signals to software that would assist with landings on Mars or the Earth.

A nerve signal plays a vital role in word detection. An amplifier is used to strengthen the electrical nerve signals. These are processed to remove noise, and then processed to see useful parts of the signals to show one word from another.

After the signals are amplified, computer software "reads" the signals to recognize each word and sound. The keys to this system are the sensors, the signal processing and the pattern recognition.



G ABHI CHOWDARY

Y22PHD0102

III/VI PHARM D

01. Meditation

It helps us to calm the mind & reduce the stress.

02. Manage time well

Make an organised schedule and set priorities to avoid stress.

03. Listening Music

Music can reduce cortisol levels, which can help reduce stress.

04. Head massage

Head massage Increases blood flow to the scalp, neck, and shoulders, which can help relax blood vessels and neck muscles.

05. Reading a book

Reading can even relax your body by lowering your heart rate and easing the tension in your muscles.

06. Get enough Rest

Quality rest helps the brain process emotions, reducing anxiety and improving mood

07. Aromatherapy

Aromatherapy reduces stress by using essential oils to stimulate the brain's limbic system, promoting relaxation and emotional balance.

08. Healthy diet

Essential amino acids healthy diet reduces stress by stabilizing blood sugar, supporting brain function, and promoting balanced mood-regulating hormones.

09. Strengthen your social network

Social networks reduce stress by providing emotional support and a sense of belonging.

10. Exercise

Exercise reduces stress by releasing endorphins and improving mood while promoting better sleep and reducing anxiety.



MANAGEMENT TECHNIQUES



Ratna Kumari

Y22PHD0129

III/VI Pharm.D

er de os r s ow




Rajkumar R R Priyanka

III/IV B. Pharmacy
Y22BPH0585

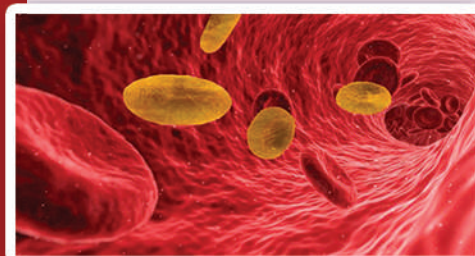
01.	Clever cloud computing cowboys capture cascading cyber security codes.
02.	Green global guardians gracefully grow gigantic greenhouse gardens.
03.	Stellar space scientists swiftly scan sophisticated solar systems.
04.	Sizzling sous chefs skillfully slice scrumptious sourdough samples.
05.	Viral video vloggers vividly validate vibrant virtual ventures.
06.	Radical robot racers rapidly reset revolutionary racing realms.
07.	Dynamic digital fitness fanatics frequently forge fantastic form flows.
08.	Passionate planetary protectors precisely predict potential precipitation patterns.
09.	Brilliant brain engineers brilliantly build breakthrough binary blueprints.
10.	Melodic music makers masterfully mix magical multi-track masterpieces.
11.	Daring digital currency designers dramatically draft decentralized dollar developments.
12.	Mechanical marvel makers meticulously manufacture mind-bending machine movements.
13.	Innovative internet innovators instantly ideate incredible investment interruptions.
14.	Eco-warriors elegantly engineer extraordinary environmental exploration efforts.
15.	Quantum questing quarks quietly quarrel through quintessential quantum quagmires.

INTRESTING FACTS

One of the rarest blood types in the world is Rhnull, sometimes referred to as 'golden blood'. People with this blood type have a complete absence of any of the Rh antigens. It was first discovered in an Aboriginal Australian and is extremely rare, with fewer than 50 individuals known to have Rhnull blood in the 50 years after its discovery. Its rarity means that donations of Rhnull are incredibly scarce and difficult to obtain when a Rhnull individual needs a blood transfusion, relying on the cooperation of a small network of regular Rhnull donors around the world to ensure this blood type is always available when needed.

Interestingly, for reasons that aren't well understood by scientists, not all 'foreign' antigens are equally likely to be targeted for destruction by antibodies. So, although there are 36 recognized blood group systems in total, there are only certain types that doctors and patients need to be careful about when it comes to blood transfusions. ABO antibodies, for example, are pretty much always clinically significant. Other blood groups that are likely to cause transfusion reactions include the blood types MNS, Kell, Kid, and Duffy.

GOLDEN BLOOD



DRUNKEN AUSTRALIAN PARROT

A slew of Australian parrots is truly going "down under" in the tropical climate. Red-collared lorikeets (rainbow lorikeets) have been found stumbling around, falling off their perches, and showing signs similar to human drunkenness. Lisa Hansen, a veterinary surgeon at the Ark Animal hospital told the London Times, "They act quite as a drunken person would. They stumble around and are very uncoordinated."

In an article about Australia's monsoons from the November 2004 issue of National Geographic, writer Roff Smith noticed the quirky bird's drunken habits. The only drunks we saw were



rainbow lorikeets, a noisy flock of them, stoned on the overripe and fermenting fruit scattered beneath the huge mango tree that shaded the homestead at Vanrook Station. They chattered incessantly and chased their reflections into windows.

But as with humans, the intoxication of these birds is not really a laughing matter. Some take months to recover while others have died from the mysterious illness. This year there have been over 200 birds treated and still, no one quite knows what causes their symptoms. Some of the theories include fermented nectar from a plant in their diet or an unknown virus

INTRESTING FACTS

CAPSULA MUNDI

Capsula Mundi is a cultural and broad-based project, which envisions a different approach to the way we think about death. It's an egg-shaped pod, an ancient and perfect form, made of biodegradable material, where our departed loved ones are placed for burial. Ashes will be held in small egg-shaped biodegradable urns while bodies will be laid down in a fetal position in larger pods.



The Capsula will then be buried as a seed in the earth. A tree, chosen in life by the deceased, will be planted on top of it and serve as a memorial for the departed and as a legacy for posterity and the future of our planet. Family and friends will continue to care for the tree as it grows. Cemeteries will acquire a new look and, instead of the cold grey landscape we see today, they will grow into vibrant



ABSENCE OF MOON

The moon can appear full, shining like a beacon in the night or just a sliver of a nightlight. Still, it's always there. But what if we didn't have a moon?

Nights would be much, much darker. The next brightest object in the night sky is Venus. But it still wouldn't be enough to light up the sky. A full moon is nearly two thousand times brighter than Venus is at its brightest.

Without the moon, a day on earth would only last six to twelve hours. There could be more than a thousand days in one year! That's because the Earth's rotation slows down over time thanks to the gravitational force or pull of the moon and without it, days would go by in a blink.

Moonless earth would also change the size of ocean tides making them about one-third as high as they are now. Forget about seeing any lunar eclipses or any solar eclipses without the moon, there would be nothing to block the sun.

Without a moon, the tilt of our earth's axis would vary over time. This could create some very wild weather. Right now, thanks to our moon, our axis stays tilted at twenty-three point five degrees. But without the moon, the earth might tilt too far over or hardly tilt at all leading to no seasons or even extreme seasons.



S Harika Durga Sri

Y21BPH0587

IV/IV B.Pharmacy

THE FARMER AND THE WELL



One day, a farmer was looking for a water source for his farm, when he bought a well from his neighbour. The neighbour, however, was winning. The next day as the farmer came to draw water from his well, the neighbour refused to let him take any water.

When the farmer asked why, the neighbour replied, "I Sold you the well, not the water," and walked away. Distraught, the farmer went to the emperor to ask for justice. He explained what had happened.

The emperor called on Birbal, one of his nine and wisest, Courtiers. Birbal proceeded to question the neighbour, "Why don't you let the farmer take water from the well? You did sell the well to the farmer?"

The neighbour replied, "Birbal, I did sell the well to the farmer but not the water within it. He has no right to draw water from the well.

"Cheating will not get you anything. If you cheat, you will pay soon enough" Birbal Said, "Look, Since you sold the well, you have no right to keep the water in the farmer's well. Either you pay rent to the farmer, or take it out immediately." Realizing that his scheme had failed, the neighbour apologized and went home.

The Moral:
"Cheating will not get you anything.
If you cheat, you will pay soon
enough"



Y. Lavanya
Y21BPH0591
IV/IV B.Pharmacy

MORAL STORY

That period is known as the "pirate era" since there were more pirates living there 2000 years ago. An old child named Ichigo lived in east blue. He was 12 years old boy. He had a tremendous desire of becoming the best chef in the world, so he began his adventure by getting a job on a large ship as a cook.

Every passenger on the ship commented on him how well he prepared their meals, while everyone else was enjoying the bay. Around was a pirate ship toss a few kilometers from the ship, and the captain's name was Black Swan. He had a title called "god of hunger" because he would left the enemy for hunger after enemy lost the fight. Referred to him as a "god of hunger.

To steal everything on ship as the pirate ship headed for the ship to assault. Captain Black Swan attacked the ship, everyone on board began to panic and flee for their lives; eventually, pirates killed everyone.

The captain arrived to kitchen room. Then the captain Black Swan sampled the food that Ichigo had made and found it to be very excellent, the youngster tried to attack from behind him, captain kicked him with his leg.

Only the captain and Ichigo survived when the ship crashed to a stone and the everyone else perished in the river. The youngster was carried by the captain, brought two bags with him. The size of one bag is modest, while the other is large. In the middle of the river; they were waiting on a stone for another ship to escape from this place.

The youngster began to fight the captain for the huge bag of food after he handed him the small one, and the captain kicked him, saying, "I won't give." Days and months have gone by while they wait for a ship to escape. The youngster ate all the food, so there was nothing left to eat. He rushed to the bag and opened it. There is nothing edible in it contains only gold and money .The child went up to the captain and asked, "How did you survive?" When the youngster discovered he had eaten his own leg, he was astonished and devastated. Then a ship finally approached, they managed to flee and begin a new life by opening a restaurant.

Why the evil pirates save the boy? Because the boy when he was 6 years old boy saved the captain by giving him food when he was pretty beaten by his enemy and left him to death by hunger. This is the reason he saved the boy.

MORAL OF THE STORY:
Food is more valuable than money
hence don't waste food.



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