

Gandhi Jayanti - aka Intl Day of non-violence

SAURABH TAKLIKAR

Mahatma Gandhi's birthday known as Gandhi Jayanti, is a gazetted holiday in India on October 2 every year. Gandhi, the Father of the Nation is remembered for his contributions towards the Indian freedom struggle.

Mohandas Karamchand Gandhi was born on October 2, 1869, and died on January 30, 1948. He was a political and spiritual leader in India and played a key role in the Indian independence movement. Gandhi developed the novel technique of non-violent agitation, which he called Satyagraha. He is known for his non-violent civil disobedience in India and South Africa. These included the start of the non-cooperation movement in 1922 and the Salt Satyagraha March starting on March 12, 1930.

Through Gandhi's efforts, India finally gained its freedom on August 15, 1947. The nation mourned for him after he was assassinated on January 30, 1948. The United Nations' (UN) International Day of Non-Violence is also held on October 2 to coincide with Mahatma Gandhi's birthday.

What do people do?

Many people celebrate Mahatma Gandhi's birthday across India. Events like prayer services, commemorative ceremonies and tributes are paid at various locations all over India. Art exhibitions and essay competitions are held. Presentation of awards to projects stimulating a non-violent ways of life and screening of films and book readings on

Mahatma Gandhi's life and achievements.

Many people sing Raghupati Raghava Raja Ram, Gandhi's favorite devotional song. Gandhi statues are offered floral tributes throughout the nation, educational institutes and offices. Some people also avoid eating meat or drinking alcohol on Oct 2.

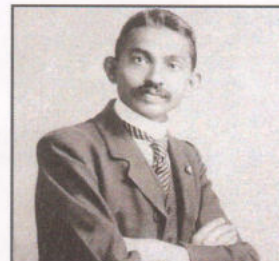
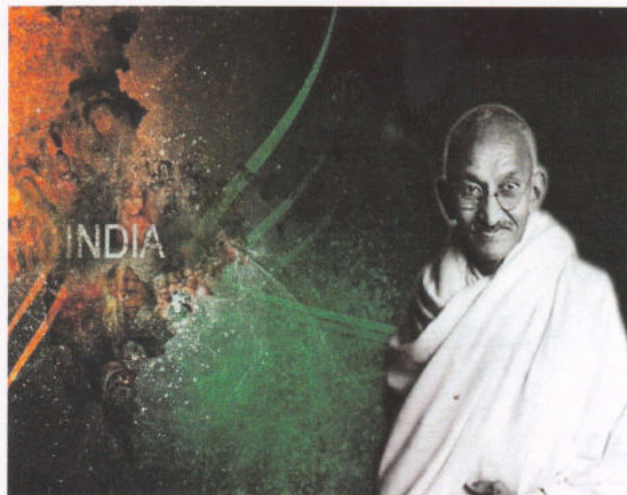
Public Life

Government offices, post offices and banks are closed on Mahatma Gandhi's birthday. Stores and other businesses and organizations may be closed or have reduced opening hours. Those wishing to use public transport on the day may need to contact the local transport authorities to check on timetable.

The locations in India play important roles in the celebrations of Gandhi Jayanti. The Martyr's Column at the Gandhi Smriti in New Delhi, the Raj Ghat on the banks of the river Yamuna in New Delhi where Mahatma Gandhi's body was cremated.

Triveni Sangam where the rivers Ganga, Yamuna and Saraswati converge. The British controlled the production and distribution of cloth in India until early 1900s.

Gandhiji felt that India could never become independent until we produce our own cloth. He encouraged people to spin and weave cotton cloth using small-scale traditional spinning wheels and looms. Hence, simple hand spinning wheels for cotton became an important symbol of the struggle for Indian independence, Mahatma Gandhi's life and work.



Interesting facts about APJ Abdul Kalam

ARSALAN SYED

As we celebrated the birth anniversary of the missile man Dr APJ Abdul Kalam on October 15, here are some of the interestingly lesser-known facts about the great scientist:

- ◆ Dr APJ Abdul Kalam was born on October 15, 1931. He belonged to a very poor family. His father owned only a ship to support his family.
- ◆ Dr Kalam was a hardworking since his childhood. At the age of 5 he sold newspapers to earn a living.
- ◆ Dr Kalam's aim was to become a pilot. His dream took him very close reality when he stood 9th in the Indian Air Force selection, where only 8 candidates were allowed.
- ◆ In 1969 he went into ISRO and he got promoted as the Director of Satellite Launch Vehicle Project.
- ◆ Dr Kalam was known as the Missile Man because he invented missiles named as 'Agni and Prithvi.'
- ◆ Dr Kalam was the winner of the Bharat Ratna Award before becoming President of India.
- ◆ A biopic was made on him in the Bollywood named 'I Am Kalam'

◆ He loved to keep the company of children very much, hence he always motivate them to achieve higher status in life.

◆ Once a journalist him by which name he wants to be known - a scientist, the president of India or a teacher? So his answer was 'I want to known for APJ Abdul Kalam's 101 inspiring quotes.'

◆ When Dr Kalam once visited Switzerland on May 26 was declared as Science Day in his memory.

◆ Dr Kalam followed only 38 people on Twitter. Among them there was only one cricketer VVS Laxman.

◆ Dr Kalam was selected MTV Youth Icon twice in 2003 and 2006.

◆ He used to donate his salary for a trust "Providing Amenities to Urban Area (PURA)"

◆ Dr Kalam's inspiring autobiography, 'Wings of fire' was translated in French, Chinese and 13 other languages. He wrote 15 different books on different topics.

◆ Whenever he met failure, he never blamed anything or anyone, but himself.

◆ As a president of India, he used to feel very bad about the death sentences given by the court to the guilty people and criminals.



Freedom fighters and our role

MOHAMMED SADIO

India the world's largest democracy with the longest written constitution got independence in the year 1947. It was a momentous year in the history of India, when it gained freedom from the British Empire that ruled it over 100 years. The freedom of India was not easily gained. It is not an easy task for a nation to free itself from the clutches of an empire that has been ruling it for years. The freedom struggle in the country went on for decades and the freedom fighters played a significant role in attaining independence. The freedom fighters of India played an extensive role in getting independence for the country.

INDIA IN THE PAST

The 'Revolt of 1857' was the first war of independence of India. The revolt started as a mutiny by the sepoys of the East India Company. The Muslim and the Hindu sepoys together began this revolt. This marked the initiation of the Indian Freedom Struggle. In 1876, another movement started against the British rule and it was the foundation of the Indian National Congress (INC). The struggle for freedom wasn't demanded or fought for in a single day, but it took over 90 years for the country to regain its political independency and it was a mass based movement. Hundreds of freedom fighters campaigned against foreign domination and

helped in getting the country freed from British rule. Mahatma Gandhi gave a push to the INC party and raised the struggle for freedom in a non-violent way. The Non-corporation Movement was a great success and a stepping stone for Indian freedom struggle. With the contribution of these freedom fighters and their freedom struggles and



movements, India attained independence on 15th August 1947. The hardships they faced and the sacrifices they made led to the freedom of the country. Mahatma Gandhi, who is considered to have played a very important role in the

struggle, is known as the father of the Nation. Dr. Rajendra Prasad became the first President of the Republic of India. Jawaharlal Nehru became the first Prime Minister of independent India and Sardar Vallabhbhai Patel became the first Deputy Prime Minister. Dr. B. R. Ambedkar became the principle architect of the constitution of India.

ing towards development. If these freedom fighters has not contributed in the freedom struggle, the current situation of the country would have been different India, the democratic republic, might not have headed for success. We are independent and free only because of the efforts and sacrifices made by our country's freedom fighters. Today as we freely move around in our country without anyone questioning or imposing any kinds of restrictions on us we feel satisfied and contented. This satisfaction is due to the efforts taken by our freedom fighters to free our country from the British. It's because of our freedom fighters that today we are enjoying freedom. Now India has become a land of diversities. It's our responsibility that the secular and sovereign nature of the country shall remain intact. The message of love and brotherhood should be maintained by all the religions and the cultures of India. Hence all religions collectively play an important role in maintaining the harmony, culture, history and peace in the country.

I might not be able to pay my respect to all of those great souls. But that doesn't mean that their contribution wasn't worthwhile. The free air that we breathe, and every walk that we take is all because of those noble ones and this is a tribute to them- this one is to them, to freedom.

INDIA IN THE PRESENT

It has been almost seven decades since India gained independence and the country has progressed at a faster pace. The nation has been growing economically and socially and is head-

DEPRESSION AND SOCIAL NETWORKING

Social media is pervasive in our society. Just about everyone is familiar with social networking sites such as Facebook, Instagram, LinkedIn, Twitter. They have become part of our society to such a degree that most of us have an online personality as well as a private personality. We spend hours of time watching our friends and families' momentous occasions, such as birthdays, weddings and vacations as well as countless images on occasions of childbirth, picnics, events other social events.

Although reaching out with friends and family members through social media sites can make us happy, numerous studies show the negative effects of social media as well. Research has linked social media to feelings of envy and insecurity, low self-esteem, social isolation and even depression.

Research has shown that when one feels envious of the lifestyles of their friends on Facebook they are far more likely to report feelings of depression. Although it can be a positive resource, Facebook can be a platform where we can compare our own lives and accomplishments to others. This can



have a detrimental effect if we compare ourselves and our accomplishments to others and find ourselves deprived of joys and endeavors.

Studies have also shown that the longer the time people spend on social media the worse they feel. This is particularly true with those who are prone to depression or are already depressed.

Depressed people often don't want to leave the house or socialize and social networking sites offer a way to passively participate in socialization. However, when those who are depressed watch all positive posts from their friends and acquaintances it can make them feel worse about themselves. This can create a negative cycle with social media.

Psychologists are concerned about the negative cycle that occur when long period of time is spent on social media focusing on others successes brings negative feelings about oneself. But that is not the only drawback of social media. Social networking use is not only negative but time spent on social media is the time that could be better spent doing other things.

EMERGENCE OF CUPPING THERAPY (*Hijama*)

FAHAD HUSSAIN

Cupping therapy (also known as Hijama in Arabic) is a safe, non-invasive and economical way of curing and preventing many diseases. Though Chinese use of this method was limited to certain medical complications like lungs infection, colds, to treat internal organs' disorders, joint pain, etc the scope of cupping is much higher than this limit.

The word '*hijama*' means 'drawing out' in Arabic. It is now being recognized as an alternative medicine or alternative way of treating different diseases and bodily disorders. Modern medical science also endorses the various benefits of cupping and even encourages its practice in certain diseases.

In this non-surgical procedure, toxic or 'bad' blood is drawn out from the body. Certain 'cupping points' on the body are addressed to do so. On such selected points, blood is encouraged to accumulate and then sucked out by using a little vacuum system. The blood is made to accumulate on the surface of the skin where minute incisions are introduced on the skin; the blood comes out from the incisions and is collected in a cup from where it is removed.

BENEFITS OF CUPPING

Cupping is an ancient bloodletting technique that has been in use in many countries to treat certain diseases or bodily disorders. While the Chinese seems to have done a leading role, the Arabs have adopted it as a much-

stressed Sunnah of the Prophet Mohammed (pbuh). The Europeans were also doing cupping to treat many diseases. The British Cupping Society



says it can treat a variety of conditions. This has not been backed up by studies. But the organization says cupping therapy is used to treat the following:

INDICATIONS OF CUPPING

- Blood disorders such as anaemia and hemophilia
- Rheumatic diseases such as arthritis and fibromyalgia
- Fertility and gynaecological disorders
- Skin problems such as eczema and acne
- High blood pressure (hypertension)
- Migraine
- Anxiety and depression
- Bronchial congestion caused by allergies and asthma
- Varicose veins.

It is noted that cupping promotes the flow of energy in the blood. It removes toxins and other waste material from the blood. It helps fasten recovery time and people recover from diseases much

faster after cupping. This technique is known to prevent many diseases and therefore can be considered one of the best preventive measures against many diseases.

NO SIDE EFFECTS

Cupping has no side effects as long as performed properly. It is also worth noting that about 70% diseases or disorders are caused by the failure of blood to circulate properly in the body. Furthermore, we get sick or our body organs fail to perform healthily when our blood keep circulating loaded with toxins and other impurities. Unless the toxic waste is removed from the body or from the blood, not only we do not recover fast from a disease but also



become easy victim to other diseases or disorder. Cupping is the best way to remove the toxic waste from the blood stream and the results will obviously be a healthy and properly functioning body.

HOW IS CUPPING PERFORMED

Firstly moderate quantity of black seed oil or olive oil is applied to the rel-

evant area. This helps to prepare the skin thereby increasing comfort once the cup is applied, it improves the seal between the mouth of the cup and the skin and in the case of massage Hijama it also provides the necessary lubrication to allow the cup to move smoothly and freely over the skin. We begin every treatment by applying a cup - or several cups - to the appropriate points using a moderate suction. We use hand-held, manual pumps for this purpose as we believe it is by far the most accurate method of ensuring the correct pressure within the cup. These cups will remain in place for several minutes.

In the case of dry Hijama the cups would then be removed and replaced, adjusting the suction accordingly for the main treatment. They would then remain in place for between 5 and 20 minutes accordingly. In the case of massage Hijama, one or more cups would be used to manipulate the skin and underlying tissues.

A Sunnah Hijama treatment also involves the release of stagnant subcutaneous blood from the point(s) being treated. This is done by making very fine scratches on the skin's surface thereby allowing a small amount of blood to come through the skin. Once these scratches have been made the cups are then replaced and left in place for up to 20 minutes depending on the aim and nature of the treatment. The cups are finally removed and the area is cleaned.

Reference:

www.webmd.com and www.islam.ru

MBA IN PHARMA MANAGEMENT

Nowadays everyone is concerned about the post-graduate studies and apart from the conventional M Pharm course, pharma graduates can explore the field of management. MBA in Pharmaceutical is a good option. If you have an aptitude to pursue the pharmaceutical management and build your career in various domains of the industry, then surely a course in Pharmaceutical MBA will help you go places in the Pharmaceutical industry.

The course in Pharma MBA is offered throughout the country in very few selected institutes. The course aims at meeting Pharma industry's demands for professionals who are well-equipped to take on the challenges of business in the knowledge economy and developing marketing and other professionals in different functional areas who have insight into the market place and are aware of global trends. The course of pharma MBA is different from that of MBA in many terms. It consists of the subjects included in general MBA in addition to the subjects from pharma field like anatomy and physiology, pharmacology, IPR, drug regulation, international marketing, etc. Entrance exams play a significant role for the

admission to these institutes. It is mandatory to attend one of the few entrance exam like CMAT, GPAT, MAH-MBA-CET, ATMA, NMAT etc. The fees structure may range from 2 lakh to 8 lakh depending



upon the college.
SCOPE FOR CANDIDATES

1. Marketing
2. Project management (clinical trials, R&D)

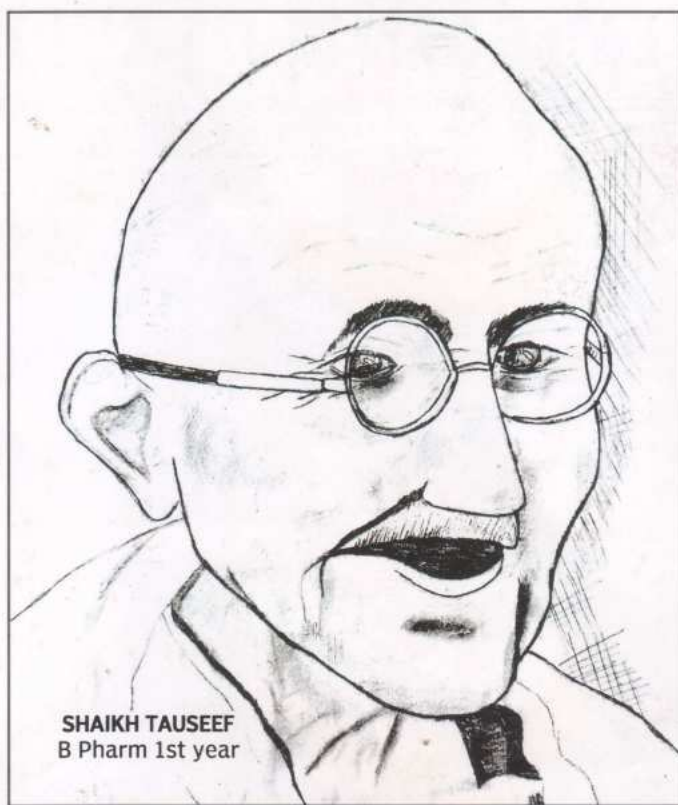
3. Production management
4. Supply chain
5. International Marketing/Business
6. Entrepreneurship
7. Corporate strategy management
8. Consultancy and market research
9. Business development (Product development)
10. Higher studies (PhD in management)

LIST OF FEW COLLEGES OFFERING MBA DEGREE IN PHARMA

1. NIPER, Mohali (Punjab)
2. Manipal University, Uddpi (Karnataka)
3. NMIMS, Mumbai.
4. Dept. of Management Science (PUMBA), Pune (Pharma-Biotech MBA)
5. Jamia Hamdard, New Delhi.
6. SIES College of Management Science, Mumbai.
7. Institute of Pharmaceutical and Healthcare management, Kolkata.
8. Indian Institute of Pharmaceutical Marketing, Lucknow.
9. MITCON Institute of Management, Pune.



NUSRAT PATHAN
B Pharm 3rd year



SHAIKH TAUSEEF
B Pharm 1st year

INDIA OF MY DREAM

I dream for an India, a country and nation
Where people love their motherland

More than their caste and religion
I dream for an India, a country and nation

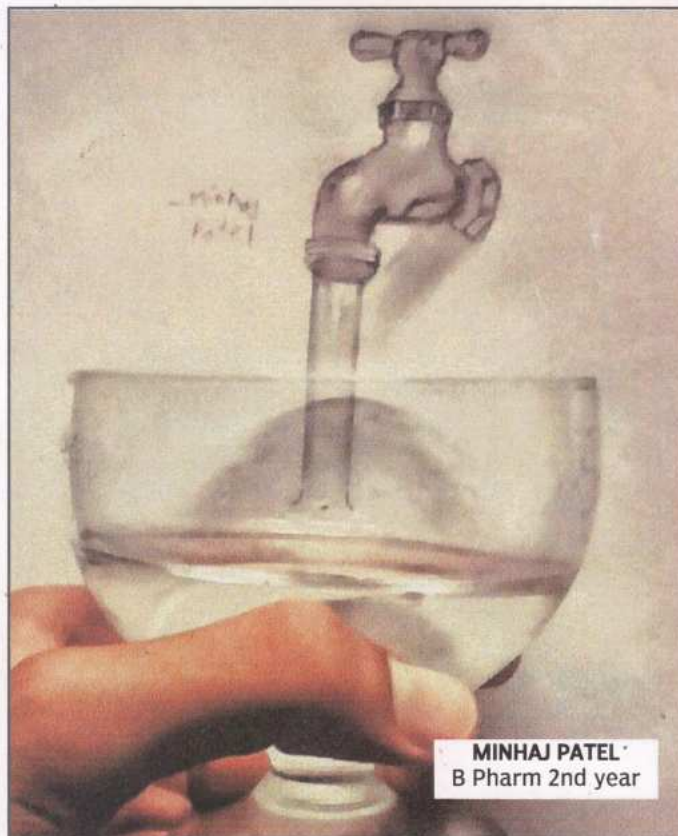
Where weak is adversity and strong is fraternity
And people are kind to each other

I dream for an India, a country and nation
Where nobody shall remain poor

Everybody will prosper,
and shall be happy I'm sure
I dream for an India, a country and nation

Where we shall have always peace
Tranquility and friendship and all that we wish

MOHAMMED SADIQ



MINHAJ PATEL
B Pharm 2nd year

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