

# YBCHRONICLE

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## DOWN THE MEMORY LANE ON I-DAY

SHAIKH DANISH

*"Give me your blood and I will give you independence."* – Netaji Subhash Chandra Bose.

Our country, India, is an ancient land with a glorious history. Our free spirit, futuristic ideas, rich traditions, and teeming prosperity made India a coveted land. We traded in gold, spices, indigo, and textiles. It is perhaps this wealth and industry that brought invaders throughout the medieval ages. In the 1600s when Britain's ambitious colonialism reached out far into Asia, India became a natural object of conquest. The days of the British Raj were the darkest in modern Indian history. Not only were our indigenous industries destroyed and wealth and produce exported back to Great Britain, our protests and struggles for freedom were put down ruthlessly. Brave men and women rose from every corner of the country – some adopted peace and non-violence and some rather radical methods. It is after much sacrifice and indomitable resistance that the British realized that their days in the country were numbered. By the mid-1900s, however, India's colonial masters could not quell the voice of a united India, of

millions of Indians seeking their freedom.

On 15 August, 1947, India awoke into independence once again. In fact, the country did not sleep. India's first Prime Minister Pt. Jawaharlal Nehru delivered his historic address and our countrymen geared up to keep our "tryst with destiny."

Each year we celebrate our Independence Day as a tribute to this spirit of freedom and to the courage and sacrifices that countless men and women made. It is entirely due to their actions that we live as free people who enjoy natural legal rights and exercise our mandate thereby participating in the administration of our country. India is the world's largest democracy – a matter of pride for each Indian, but also a product of their labours.

The unfurling of the national flag by the Prime Minister of India from the

ramparts of the historic Red Fort and the accompanying 21 gun salute is the highpoint of the day and every Indian's eye glistens with tears of pride and patriotism.

As the Prime Minister delivers a stately speech, millions tune in through their television sets looking towards the



head of our government for direction. So when our PM speaks of the need for hygiene and sanitation in his Independence Day speech, millions of children and adults become foot soldiers of Swachh Bharat Abhiyaan. When it is turn for a Make In India call, the industries gear up for a massive overhaul – ready to service the

manufacturing needs of the world. When the matter of national security is addressed, lakhs of young men and women orient themselves to enlist in the armed forces.

Independence Day is a celebration of the freedoms that we enjoy – of

thought, action, speech, movement, and mandate. While Delhi is certainly at the heart of national level celebrations, state capitals are not far behind. Schools and colleges too unfurl the tricolor, reenact the freedom struggle, sing songs, and glorify the nation's heroes. This is a reminder of what we have achieved and what values we enshrine. It teaches our children and inspires our youth.

India's Independence Day is not only a day of celebration, it is also a day of remembrance and veneration. We owe our very existence, our freedom to the martyrs who have given up their lives in the service of the nation. We owe our undying gratitude to the armed forces personnel who guard us at the cost of their own happiness, wellbeing, and safety.

This year as we celebrate the nation, its sovereignty, the tricolor, and its leaders – mahatma Gandhi, Subash Chandra Bose, Nehru, Tilak, Gokhale, Ambedkar, Bhagat Singh and others, let us look back at the hardships they overcame and inculcate their values to take the nation ahead on a path of glorious progress and development. Our nation, its security, and the sanctity of its freedom shall be our guiding light.

## Freedom struggle of India

SAURABH TAKLIKAR

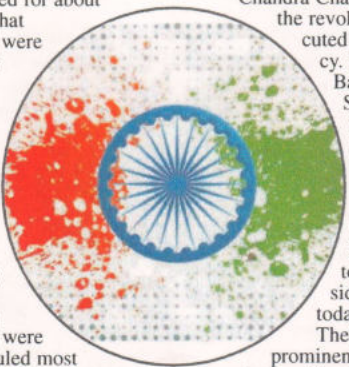
India, the largest democratic nation in the world got independence from foreign rule in 1947. It was a momentous year in the history of India when it gained freedom from the British rule that lasted for about 150 years. Prior to that many parts of India were under the control of the Portuguese, French and the Dutch. As the Indian sub-continent had no political unity or unifying force since ancient times, many have come and controlled parts of the country. Prominent and long lasting among them were the Mughals, who ruled most parts of the present country from the 16th to 18th century.

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 Hindu sepoys together

began this revolt. Rani Laxmibai, Mangal Pandey, Bahadur Shah Zafar, Nana Sahib and Tatyasaheb were some of the active leaders and freedom fighters who fought in the revolt.

Chandra Shekhar Azad, Ram Prasad Bismil, Ashfaqulla Khan and Jogesh Chandra Chatterjee were some of the revolutionaries who executed the Kakori conspiracy. Bhagat Singh, Batukeshwar Dutt, Sukhdev Thapar and Shivram Rajguru threw crude bombs in the assembly house. After the incident, Bhagat Singh, Sukhdev and Rajguru were hanged to death and are considered as martyrs today.

These were some of the prominent freedom fighters who sacrificed their lives for the country, earning the tag of martyrs and evoking a sense of pride for the nation. Let us all take a moment in saluting these glorified heroes on the occasion of Independence Day. Jai Hind!



## INTERESTING FACTS ABOUT I-DAY

- ✦ August 15 is also celebrated as Independence Day in countries like South Korea (got freedom from Japan in 1945), Bahrain (from UK in 1971) and Congo (from France in 1960).
- ✦ At the time of independence of India, gold price was (in 1947) 88.62 Rs/10 grams however now, it is 28,795 Rs/10 grams.
- ✦ Indian rupee in 1947 was equal to \$1 and currently it is 65/dollar.
- ✦ First cabinet (group of 13 ministers) of India had taken an oath on Aug 15, 1947.
- ✦ There was no any National Anthem during the time of independence of India.
- ✦ India became independent on 15th August 1947 but did not have a National Anthem till 1950. 'Jana Gana Mana' was written by Rabindranath Tagore in 1911 but wasn't officially adopted till 1950.
- ✦ On the midnight of August 14-15 free India's National Flag was hoisted atop Council House, later renamed Parliament Bhavan.
- ✦ National Flag was first hoisted on 7th August 1906 at Parsee Bagan Square in Kolkata. Ever since then it has undergone several changes till the tricolour with Ashoka Chakra was finally adopted on 22nd July 1947.
- ✦ India got freedom after lots of struggle

in 1947 in the midnight.

- ✦ First Independence day of India was celebrated in 1947, 15th August by hoisting the tricolour.
- ✦ Later it was declared as the National and Gazetted holiday when schools and colleges open for some hours only to celebrate it with some academic and cultural works.
- ✦ Earlier there was a valley named Indus which became the first inhabitant of India and then it became the reason of origin of name India.
- ✦ Princely states of India were brought together by the Sardar Vallabhai Patel during the freedom struggle movement of the country.
- ✦ Bhagat Singh threw a bomb on the British government during meeting for which he was arrested and hung. Indian freedom struggle was supported by a Britisher also, named as Dr Annie Besant who had founded the Home Rule league in India.
- ✦ Ashfaqulla Khan was a great freedom fighter who was given a death sentence where he first kissed the noose before getting hanged.
- ✦ When India became independent, Pandit Jawaharlal Nehru became its first Prime Minister and hoisted the national flag at Red Fort.



## NATIONAL EDUCATION DAY - NOV 11

## Remembering Maulana Azad on his birthday

ASNA BADIUZZAMAN

Every year on November 11 India celebrates the National Education Day with institutions across the country conducting competitions, seminars and workshops. The event is to mark the birth anniversary of Maulana Abul Kalam Azad -- the country's first education minister after India won independence from the colonial rule.

The Maulana served as the education minister from 1947 to 1958. He was born on November 11, 1888. The University Grants Commission has asked all educational institutions across the country to celebrate the day by organising events like seminars, symposia, essay writing, elocution, workshops and rallies with banners, cards and slogans. The day aims to spread awareness about the nation's commitment to education.

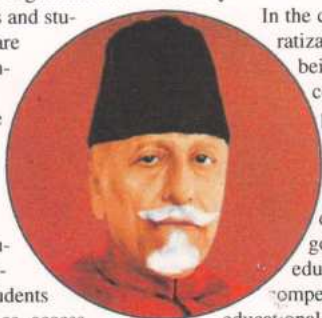
As a key resource, knowledge represents a factor of economic and social development. Interest in knowledge management in education and professional training increased lately. The knowledge society, including the informational society, is one of complexity, integrativity, reflexivity and interpretation. Formal, non-formal or informal education builds itself as a necessity and represents an important pillar of the knowledge society. There comes from it a new approach of the world we live in that allows us to understand the need for paradigm change in edu-

cation, as a consequence of social, economic, scientific, cultural and political shifts. We can anticipate an education based on technology, on promoting partnership and on accepting differences from the perspective of understanding common mission regardless of the social or ethnic group, religion or nationality.

The implementation of new technologies represents a long time effort that equally reaches the organizational culture of both teachers and students. That is why we are for the programs of continuous professional training that answer the needs of the actors involved into the educational play. Being a result of the needs of our society, the opportunities that the new technologies offer allow students to learn at their own pace, access

information, evaluate and communicate it, solve complex problems, promote various forms of expression and get some proficiency in acting with the instruments of the age of information and communication. Information has value only if we know where to find it, what to do with it, how to select it and how to integrate it into a system. In essence, knowledge rests in using and not in collecting information, in transferring and applying them. Teachers' attitudes towards using new technologies have an important part in their

implementation along the educational process. Educational methodologies that are based on information and communication technologies can contribute, by their valences, to the improvement of the educational environment. The characteristics of the means used in educational situations are closely connected to the idea embraced and to the educational paradigm that is accepted by the scientific society.



In the context of the democratization of education, being aware of the complexity of the problems regarding the teacher autonomy of initial training, our purpose is to develop a socio-pedagogical paradigm of educational autonomy competence. The essence of educational autonomy competence is based on an integrated system of attitudes, skills, knowledge, experience, spontaneity and accuracy trained under various teaching circumstances. Derived from study of pedagogical literature, resulting from the axioms on freedom in education, socially activated and validated by the progress of education sciences, the paradigm in question includes a competence pattern, defined within its structure (components and correlated elements) and function. (feedback and synchronization).

The goal of the research is to determine the theoretical and methodological foundations of teacher's educational autonomy competence formation. The research objectives: to establish the theoretical and methodological foundations of teacher's educational autonomy competence formation aiming at promoting the freedom in education; to elaborate the socio-pedagogical paradigm of the educational autonomy competence based on the theoretical synthesis. Scientific originality and novelty of the research is externalized in: the updating of the meaning of the terms pedagogy of freedom, teachers' educational autonomy/freedom, etc.; the definiteness of the concept of educational autonomy competence; the theoretical and methodological foundations of teacher's educational autonomy competence formation aiming at promoting the freedom in education.

The article is examining some principles for designing virtual environments dedicated to adults training, revealing a series of requirements for virtual learning using project-based method. The paper is based on the work of the project-team within REN-OVA - A knowledge transfer and framework construction for nursing staff across Europe to develop professional skills as managers - is supporting participants in the acquisition and the use of skills and qualifications for professional development in the health management domain, through blended learning sessions.

## Inspiring quotes by first Edu Minister - Maulana Azad

**As a child of God, I am greater than anything that can happen to me.**

Slavery is worst even if it bears beautiful names.

**You have to dream before your dreams can come true.**

Educationists should build the capacities of the spirit of inquiry, creativity, entrepreneurial and moral leadership among students and become their role model.

**Education imparted by heart can bring revolution in the society.**

Climbing to the top demands strength, whether it is to the top of Mount

Everest or to the top of your career.

**Many people plant trees but few of them get fruit of it.**

Be more dedicated to making solid achievements than in running after swift but synthetic happiness.

**The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along.**

Great dreams of great dreamers are always transcended. Teaching by tongue can be perspired but by good deed can stay stronger.

**We have not invaded anyone. We have not conquered anyone. We have not grabbed their land, their culture, their history and tried to enforce our way of life on them.**

To succeed in your mission, you must have single-minded devotion to your goal.

**Do we not realize that self respect comes with self reliance?**

A thousand years of our joint life have moulded us into a common nationality. This cannot be done artificially. Nature does her fashioning through her hidden process in course of centuries. The fact has now been moulded and destiny has set her seal upon it. Whether we like it or not, we have now become an Indian

nation United and indivisible. No fantasy or artificial scheming to separate and divide can break this unity. We must accept the logic of fact and history and engage ourselves in the fashioning of our future destiny.

**Muslim separatism is a house built on the faulty foundations of fear, namely, the apprehension that Muslims in a free and democratic India would be a vulnerable minority and that svaraj as the Muslim Leaguers never tired of repeating, would mean 'Hindu raj.**

Whenever had to happen has happened. If your hearts have still not changed and your minds still have reservations, it is a different matter. But, if you want a change, then take your cue from history, and cast yourself in the new mould.



## WORLD DIABETES DAY - NOV 14

# All about Diabetes Day

**SNEHI AMBADKAR**

World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on November 14 each year. World Diabetes Day was launched in 1991 by the IDF and the World Health Organization (WHO) in response to the rapid rise of diabetes around the world.

World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and politi-

cal spotlight.

The World Diabetes Day campaign aims to:

"Be the platform to promote IDF advocacy efforts throughout the year.

"Be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue.

"The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

While the campaigns last the

whole year, the day itself marks the birthday of Frederick Banting who, along with



Charles Best and John James Rickard Macleod, first conceived the idea which led to the discovery of insulin in 1922.

Led by the International Diabetes Federation (IDF), each World Diabetes Day focuses on a theme related to diabetes. Topics covered have included diabetes and human rights, diabetes and lifestyle, diabetes and obesity, diabetes in the disadvantaged and the vulnerable, and diabetes in children and adolescents.

Themes of previous World Diabetes Day campaigns have focused on different factors that influence the risk of diabetes and its complications:

"2013: Protect our Future: Diabetes Education and Prevention.

"2014: Go Blue for Breakfast.

"2015: Healthy Eating.

"2016: Eyes on Diabetes.

"2017: Women and diabetes

- our right to a healthy future.

"The theme for World Diabetes Day 2018-19 is The Family and Diabetes.

Diabetes is a major cause of blindness, kidney failure, heart attack, stroke and lower limb amputation.

On the world diabetes day, it is seen as an opportunity to spread awareness among the people on how this disease can be prevented or even what measures should be taken if you have the disease.

Every year thousands of people are benefited from the activities conducted on this day and slowly but steadily, one can notice the difference in the lifestyle of people as they have become increasingly conscious about their health.

## INTERESTING FACTS ABOUT SOCIAL MEDIA

### PINTEREST

1. Pinterest achieved the 10 million unique monthly visitor milestone in around one year.
2. Pinterest generates more than 400 pc more revenue per click than Twitter, and 27 pc more per click than Facebook.



3. Food and drink is the most popular category on Pinterest, with approximately 57 pc of users reporting interaction with food and drink-related pins.
4. Approximately 81 pc of American women trust Pinterest as an authoritative source of news and information.
5. Pinterest has approximately 100 million Media Access Unit Stations (MAUs)

### INSTAGRAM

1. Instagram's per-follower engagement rate is 58 times higher than Facebook's and 120



- times higher than Twitter's.
2. Selfie-related hashtags have been added to more than 41 million Instagram photos. This is either tremendously exciting or horribly depressing.
3. More than 16 billion photos have been uploaded to Instagram since launch.
4. Instagram predicts mobile advertising earnings of \$595 million this year, and forecasts estimate mobile ad revenues of \$2.81 billion by 2017
5. Instagram adoption among top brands stands at 85 pc.

### LINKEDIN

1. Two new users join LinkedIn every second
2. In 2013, LinkedIn CEO Jeff Weiner said his company's goal was to acquire 3b users, slightly less than half the world's population.
3. Last year, the most overused word in



- LinkedIn profiles was "motivated."
4. There are more than 1 m professional post publishers on LinkedIn
5. LinkedIn is available in 20 different languages.



Compiled by  
**SYED ARSALAN**

### TWITTER

1. The bird featured in Twitter's iconic logo and branding is called Larry. Sadly, Larry wasn't



- named after WordStream's own Larry Kim, but rather legendary Boston Celtics forward Larry Bird.
2. Approx 80 pc of world leaders have Twitter accounts, though frequency of tweets varies widely.
3. As of 2013, Twitter had the operational capacity to handle 18 QUINTILLION user accounts.
4. Almost half of all Twitter accounts - 44 pc - have never sent a tweet.
5. Tweets featuring images receive 18 pc more clicks than those without.

### FACEBOOK

1. Facebook accounts for approximately 21 pc of ALL social media referral traffic in the world.
2. In any given month, approximately 1.28 BILLION people are active on Facebook - roughly equivalent to the entire population of India, the



- world's second most-populous country.
3. 30 pc of Americans get all of their news exclusively from Facebook - sorry, the "paper of record."
4. The median number of friends the average Millennial Facebook user has in their network is 250.
5. While approx 55pc of SMBs have a FB page, only 1/5th have invested any money in FB ad or promoted posts.

## ACUPUNCTURE THERAPY

### Definition

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points. Acupuncture originates from Chinese system of medicine.

### Benefits:

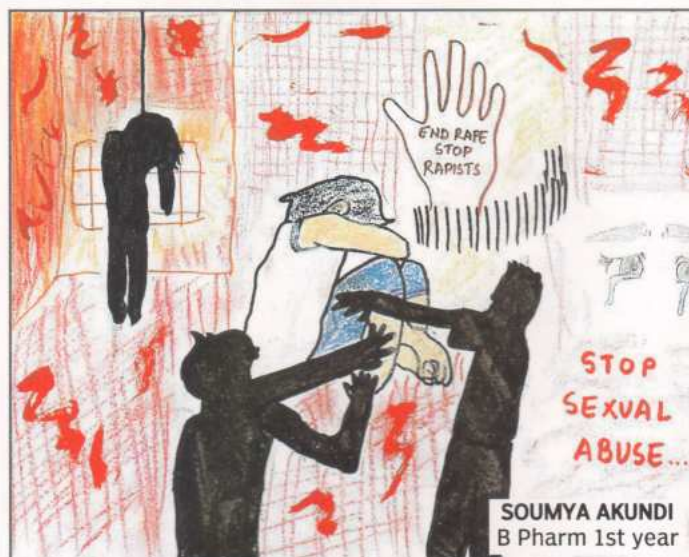
1. It is safe when performed with expertise.
2. There are very few side effects.
3. It is a very effective combination treatment.
4. It may be considered for patients who do not respond to pain medications.
5. It is useful alternative for patients who do not want to take pain medications.

### Side effects :

1. It is dangerous if the patient suffering from any hematological disorders like hemophilia.
2. It is dangerous if the patient is taking blood thinners or anti-coagulants like Aspirin, warfarin etc.
3. There may be bleeding, bruising and soreness at the insertion sites.



**MANSI JOSHI**  
B Pharm 2nd year



### EK MAUQA

(CHANCE TO CRACK GPAT)

Awargi se door hue hai jabse,  
Zindagi ko koi matlab mila hai tabse,  
Naa samjho ise ki hawa ka yun hi koi jhoka hai,  
Kyun ki apne aap ko saabit karne ka ab sirf ek mauqa hai.

Itni umeedein hain tumse saare apnon ko,  
Jaise koi toot-ta taara dekh ke maange apne sapnon ko  
Kisne tujhe apne sapnon ko paane se roka hai,  
Apne aap ko saabit karne ka ab sirf ek mauqa hai.

Waalid ki muskaan ki wajah agar tum ho,  
Waalida ki duaon ki wajah agar tum ho,  
Toh yeh duayein na kar sakti tumhare saath koi dhoka hai,  
Apne aap ko saabit karne ka ab sirf ek mauqa hai.

Duniya ke liye nahi, apne aap ke liye hi sahi,  
Jab tumhe pata hai kya karna hai aur kya nahi,  
Toh kyon haath se jaane de ye jeet ka nazara jo ki behad anokha hai,  
Apne aap ko saabit karne ka ab sirf ek mauqa hai.

**DANISH SAYYED**  
B Pharm 4th year

### AMNESIA

I wish we all could wake up with amnesia someday. When everything in the world will flex to how it was. A spread of love will oust all the hatred that day, when beautiful hearts will never look at the skin texture. Where abilities will blow more and grades will just be numbers. When humans will get treated as humans and feminism will not be requisite. When a smile will elucidate all the friction and a warm hug will fix all the broken pieces. Where ignorable will be zero in number and at the end everyone will have each other. Let's wake with amnesia one day, I know its not easy but it'd be worth it. So come let's sleep, to be awake.

**ASNA BADIUZZAMAN**  
B Pharm 1st year

### DEAR DOVE

Please don't come now because,  
The place you are looking for has lost in time.  
You came late my dear,  
Now there's nothing over here.  
Fly with your friends  
Rather than coming to this hell.  
You will see nothing but deaths or shall I call it murders?  
No matter whether it is gun powder or wood ash,  
But both are causing trash.  
Now peace has remained just a word my dear,  
They will make you darker and darker here.  
Disasters are grabbing innocence  
Seems like end is calling us.

**RUTUJA KALE**  
B Pharm 1st year

### TRIBUTE TO HOSTELITES

I miss the quiet nights, the trusted friends,  
The movie nights that never end,  
I miss the smells and sounds and sights,  
The after-midnight-blinking traffic lights,  
I miss the familiar streets and places,  
I miss the most, the darling faces,  
Of friends and family and others as dear,  
Oh, to have them back again so near,  
Here, miles from where I set out,  
I have friends who like me, no doubt,  
They are just not same as the old and worn,  
Those precious ones who's distance I mourn.

**ASNA BADIUZZAMAN**  
B Pharm 1st year

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