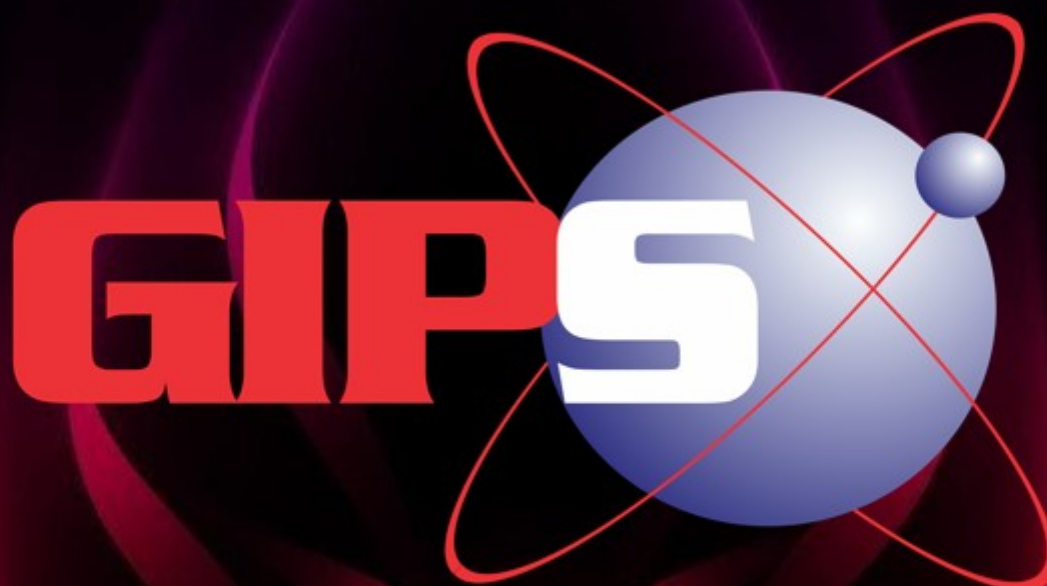




2021-2022



***GOEL INSTITUTE OF
PHARMACY & SCIENCES***

A Goel Group of Institutions College

Udyan

Cultural & Literary Annual Magazine



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About The Institute

Sri Roop Chand Agarwal and subsequently his son Sri Ramji Lal Agarwal struggled hard throughout their lives to establish the ideals of “Vasudhaiv Kutumbkam”. They strived hard for the welfare of society at large. They cherished the dream of inculcating moral values in the younger generation through exposure to proper education and ethics to develop this great nation. Thus, to fulfill the dreams of their ancestors, the present generation visualized and established Roop Chand Ramji Lal Education Trust. The Goel Institute of Pharmacy and Sciences is approved by AICTE and PCI, New Delhi. The college is affiliated to Dr. A.P.J. Abdul Kalam Technical University and the Board of Technical Education Uttar Pradesh, Lucknow.

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Goel Institute of Pharmacy & Sciences, under the umbrella of Goel group of institutions provides excellent educational environment with dedicated faculty and management for creating world class quality professionals for the various field of pharmacy viz. Education, Research, Industry, Hospital and other health care system to serve the humanity and nation.

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C H A I R M A N , S M E S S A G E



With the Grace of God & the blessings of our visionary grandparents Sri Roop Chand Agarwal & our Father Shri Ramji Lal Agarwal, we formed a Trust Sri Roop Chand Ramji Lal Educational Trust (RCRL) with a vision to educate youth from all walks of life.

I am glad to say that in 10 years of this service to the nation, Goel Group of Institutions under RCRL Trust have been delivering education to all age of young minds in almost all fields of education.

Our emphasis is that even though students come from different backgrounds but when they go out, they are perfect professional and worthy citizen of this great country, India. I assure that the Trust would fulfil the requirement of all the institutes to make its student successful professional to serve the society and country at large and I can proudly say that you send your toddler to the group and it may come out as a matured professional. I welcome you to be a part of our journey to acquire knowledge that provides benefits to both self and mankind.



In an era of globalization, a well-planned infrastructure and faculty is a must for a Conducive teaching-learning process in the campus and good connectivity to the countries at large.

I hope that my thirty years experience of in constructing a marvelous building will fulfill the dream of my ancestors, my father, Late Sri Ramji Agarwal and grandfather, Late Sri Roop Chand Agarwal, to provide grand building and world-class infrastructure which enhances the moral and confidence our students to face the challenges in the corporate and professional world.

I hope that I will also create a landscape on my campus which is lush green, sprawling, and eco-friendly. In the end, I would like to say that excellence is never an accident, it is the result of commitment, meticulous planning, firm determination, and ceaseless effort.

I hope that we nurture a sense of excellence in all our students and staff.

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DIRECTOR GENERAL MESSAGE



Pharmacy is a multidisciplinary course comprising of the application of chemistry, biology, mathematics, statistics, computer applications, biochemistry, molecular biology, cell biology, chemical engineering, etc. Over the last few years due to phenomenal growth and advancement of science and technology, the field of pharmacy and drug discovery program have considerably changed and developed.

The college of Pharmacy has been established with a mission to provide courses of study and prepare trained manpower in the field of Pharmacy, Pharmaceutical Sciences and to integrate the knowledge of medicine, clinical sciences, and drug discovery system for patient care and cure. It is designed to be a self – reliant campus with all basic amenities and resources. It enables the students to develop a strong foundation in bio – sciences and related subjects and simultaneously improving their applicability in the various stages in medicine discovery and production. A perfectly conducive learning atmosphere has a unique integration of the ingredients suiting the requirement of the contemporary pharmacy with knowledge, experience, and expertise who have demonstrated their capabilities in their past academic endeavors.

DR. SATYAWAN SINGH

M.Pharm. Ph.D.

Director General

DIRECTOR'S MESSAGE



I heartily welcome you all at Goel Institute of Pharmacy & Sciences, Lucknow, a prestigious institute situated in heart of the city, Lucknow, Uttar Pradesh. The institute is committed to develop dynamism, strong human value, technocratic and good leadership qualities in all our students with team of well-experienced highly qualified and dedicated faculty. I am happy to inform that institute has already completed its more than 10 glorious years & the idea of putting the foundation of an educational institution is so inspiring: what was once planted as a sapling is now all grown into a large tree. In these golden years institute has carved out its own niche in various fields of pharmacy and our students have excelled in the university as well as competitive national level examinations.

The present is changing rapidly, as a result the demand of industry also changing continuously. Institute has very strong links with the industry and continues to receive generous support from various organizations that proves to be of immense value in arranging training and placements for the students to strengthen their technical and personal skills. We believe in motivating the students to realize their own potential, analytical and ethical capabilities using up-to-date infrastructural facility in the campus to become a globally competitive professional and worthy citizen of our great country, India.

It is very difficult to believe that what was once dream is being fulfilled now. I am enthusiastic to maintain a goal to develop the career of the blend of extraordinary and smart students studying in this institution from each and every corner of the Uttar Pradesh, as well as to organize different kind of job opportunities in various organizations. It is my pleasure to invite you people who are the young minds of today and the responsible citizens of tomorrow at Goel Institute of Pharmacy & Sciences, Lucknow.

Dr. Amresh Gupta

M.Pharm. Ph.D.

Director



No Matter What!

I get laughed at,
I get ignored,
I often feel trapped
And keep my thoughts stored.
People can be very cruel
And very mean
But no matter what
I followed my dreams.
Life has waves,
I know that
But I stand brave
And just take the crap
I may feel exhausted
And entirely crumbled,
But no matter what,
I followed my dreams.
I know what I want,
And won't ever stop trying
Quitting?? I can't!
For now, I am flying
It's impossible, it seems,
But no matter what,
I followed my dreams.

VANSHIKA CHAUHAN
B. PHARMA 2nd Year



Silent Screams With Lost Dreams

Those little children working day
and night
Has lost that beautiful sight,
Those cute smiles are burdened
with heavy whines And innocent
faces are losing its shine
Enclosed in the darkness
Their souls quest for lost
happiness Silent screams are
hidden behind their eyes,
But it remained unrecognized.
Dreams died and tears piled
Childhood days confined and
Pretty memories became blind.
The space for love in their heart is
seized by hatred,
And their life is devastated.
With sorrows it has become hard
for them to survive,
And now, their only desire is to
get rid of their life.

PRABHAKAR GUPTA
B. PHARMA 1st Year



How Dangerous is Tobacco Smoke?

Tobacco smoke contains about 4000 different chemicals of which at least 200 are known to be poisonous to people, when someone is smoking tobacco, two kind of smoke are released; MAINSTREAM SMOKE, which have been inhaled by the smoker and is then breathed out AND SIDESTREAM SMOKE, which is released by the burning cigarette, pipe or cigar. This side stream smoke actually has higher concentration of harmful chemicals than mainstream smoke, which has already been cleansed in part by the deposit of some of these poisons in the smoker's respiratory tract before it exhaled. Studies of smokers have shown that the main health dangers from tobacco - lung cancer, emphysema, chronic bronchitis, and coronary heart diseases - are related to how much the person smokes the more someone smokes, the greater his or her risk of contracting one or more of these diseases, studies have also shown that there is no safe level of exposure to tobacco; someone who smokes occasionally is still at greater risk of disease than is a non-smoker. Tobacco smoke is like nuclear radiation; although increased exposure leads to increased risk, any exposure at all carries a threat to our health and our life

FUZAIL AHAMAD

B.PHARMA 2nd Year



Turning point of life...

What comes around, goes around.
What breaks you down become
foundation of something new
found.

Something to be learned from
crossroad of life.

The turning point of life...
Float away from the usual,
Moving out of the comfort zone.
Doing thing's that I have never
done before.

Learning a new chapter of life.
The turning point of life...

One day finally would come.
Where things will sound perfect
rhyme,

The hardship that i have faced
would change my life.

The turning point of my life...

SUDHANSHU TRIPATHI

B. PHARMA 2nd Year



Tongue, Anatomical features of the tongue, Tongue Disease, Functions of the tongue

Introduction of Tongue-

Tongue is a muscular organ related to our sensory part and it is located in mouth(buccal cavity).Sensory portions contains the taste buds or taste unit which is responsive for taste.

It forms the lower platform/floor of mouth for food landing and helps in mastication and swallowing process.

Tongue are posteriorly attached by the ligament is called as frenulum and also attached by the hyoid bone.

Tongue is covered with mucus membrane and secrete mucus and help to maintain the moisture condition of the tongue.

Anatomical features of the tongue-

Upper portion of the tongue contains the lingual papillae and taste buds which helps in the taste.

(a)Lingual papillae- These are smallest nipple like papillae which are present on the upper surface and provide the roughness in nature. It is spread all over the upper surface. it is mainly divided into three parts.

(1)Fusiform papillae- It is the most numerous cone like papillae present on the upper surface of tongue and covers the anterior two-third of the tongue.

Due to the presence of keratin containing connective tissue it provide the rough texture on the surface.it not shows a

significant role in taste sensations because taste buds are absent.

(2)Circumvallate papillae- It is the inverted (V) shaped papillae present on the posterior one- third of the tongue. They are arranged in a circular shaped row just in front of the sulcus terminalis of tongue. Its contains the sensory receptors so it help to nerve supplying .its number varies from 10-14.

(3)Fungiform papillae- It is the round/mushroom shaped papillae which are present on the rim of tongue lateral surface.

(b) Taste buds- Taste buds contains taste receptors which are receive the stimulus and give the response it also known as gustatory receptors.

Taste buds are distributed all over the tongue and responsible for different types of taste. Locations of the taste buds.

Sweet- On the front part of the tongue sweet taste bud are present.

Bitter- On the posterior part of the tongue bitter taste bud are present.

Sour- On the rim of the tongue sour taste bud are present.

Salty- Some part behind the front end of the tongue salt taste buds are present.

Umami- It also known as savory taste and it is independent of the four traditional basics taste- sweet, bitter, salty, sour. It is present on the rough surface or middle portion of the tongue.

Tongue, noteskarts. Elements of Morphology: Human Malformation Terminology

Original Elements of morphology
Tongue Disease/Disorder

A variety of the factors can cause tongue problems . The specific cause usually determines how long the problem will last and how easy it is to treat.

(1) Glossitis:-

Glossitis refers to inflammation of the tongue .In this condition blood and nerve supply working abnormally and create the inflammation of the tongue , different colours of the tongue surface. In severe condition small bumps are appear on the tongue surface and disappearance of the taste bud/papillae and feel the pain. Due to disappearance of papillae we are not feel the taste of any food. For the treatment of this disease we use the anti histamines and anti-inflammatory drug with combination.

(2) Leukoplakia:-

Leukoplakia is conditions in which thickened and white patches are appear on the gum, lower mouth and tongue. It's causative reason unknown but doctors are believed to chronic irritation from tobacco whether smoked, dipped, or chewed to be the main culprit in its development. After long time infection it modified into cancer and causes the tongue/mouth cancer.

Area of infection blood vessels are swell up and it not provide the effective immune response against the infection. In this condition our immune cell give the opposite effect on the mucus cell and it cause the Lichen planus. Sometime viruses are also responsible for this condition.

(3) Lichen planus:-

In this disease small, shiny, reddish brown bumps are appear on the tongue surface. It cause the irritation

and inflammation on the mucus membrane. Due to the inflammation of tongue it affects our speech language. this condition our immune cell give the opposite effect on the mucus cell and it cause the lichen planus. Sometime viruses are also responsible for this condition for the treatment of these disease antihistamines or steroidal drugs are used.

(4) Geographic tongue:-

In this condition smooth, red patches are formed over the tongue like zigzag pattern usually appear on the top and rim of the tongue. In this disease different-different shape, size, and texture are appear.

It is the benign form and does not cause any high risks problem.

It is non-contagious. Sometime patients feel the burning and stinging sensation on their tongue .

It is common in young adults. For the treatment of this disease proper hygiene and cleaning are required.

(5) Black hair tongue:-

It is also known as lingua villosa nigra .In this situation tongue are appear harmless dark and furry form. Due to the deposition of dead cells on the tongue papillae it cause the black hairy condition which are temporary in nature and after the proper cleaning it is also disappear.

The main cause of this disease is tobacco .Due to tobacco bad breath and metallic taste are feel in mouth.

It's also born the other tongue manifestation.

Functions of the tongue

Many functions are performed by the tongue.

(1) Taste functions:

When we eat food, we get different types of tastes it is basically produced by the taste buds which are present on the tongue. Chemical that interacts with taste bud is called tastants.it interacts with the tongue gustatory cell receptors and transfer the taste signal. Through the nerve this signal are reach the brain cell and give the response by motor unit. Many nerves are involved in the signaling procedure.

1-Motor nerves.

2-Sensory nerves.

(2) Speech functions:

Speaking is a very common communication between the many organism. In the speaking tongue play a very important role.

One Person are produced different-different Voice by the help of tongue modification.

The intrinsic muscles of the tongue are involved primarily in shaping the tongue for speech.

During the speech tongue muscles are contract rapidly and change their shape for producing the correct language and after the production tongue contains their normal position.

It is not a eaisy process between it is energy requiring process.

Movement of tongue is very essential conditions for the speech production.

During the child birth tongue are attached with a short ,thick, band of tissues present on the frenulum and this cause no movement of the tongue this condition is known as Tongue tie condition and also known as ankyloglossia.

During the growing age about 10- 15 month child start the speaking.

(3) Help in digestion:

Initially tongue perform the key role in the digestion.it help in the chewing and swallowing of food.

During the food mastication tongue mucus layer are secrete the mucus which help in the mixing process.it also secrete the enzyme and help in the digestion.

It also stimulate the the salivary gland to secrete the salivary amilase and help in the starch metabolism.

Regular movement of the tongue, help in converting the food in bolus form.

When the food are attached to the papillae then it stimulates the gastric glands of the stomach and helps in secreting the HCl for the food digestion.

(4) Help as balancing organ:

Some taste are very harmful form the many organs and effect indirectly.

Tongue are supported by the nerves which carry the stimulation and provide the responses.

According to this response body adjust self and work proper functioning between the one body parts to another body parts. So it helps in the balancing

Farhan Khan

B.PHARMA 2nd YEAR



BELIVING IN SELF...

Believing in you...

**Never stop believing in yourself.
When others doubt, don't you.
Do what you love to do,
No one knows better than you.**

**Life is too short to live others' dreams
Follow your own dream
Push yourself to reach your goals
And live the life you once dreamed ?**

**Trust your instincts.
Be true to yourself.
You know what is right for you.
Never give up or give in.**

**Forget the words "I don't know how".
You can learn,
You can research,
You can do.**

**Your mind is powerful.
When you believe you can.
You will find a way
You won't waste a day.**

**Persist and persevere
Do not fear
Because if you believe in you
You will find dreams can come true.**

**May all your dreams turn into goals,
Believe in yourself.
And remember, all of life is a choice.
The decision is up to you.
Believe in Yourself, Dare To Be
Whatever You Want To Be!**

Amrendra Gaur B.Pharma 2nd Year



Life Lessons

**Confidence is better than
perfection because perfection
means doing the best but
confidence means knowing how
to handle the worst.**

**Happiness is not about getting
what we like**

**Happiness has a lot to do with
liking what we get**

**We are so busy in trying to get
what we like**

**That we forget to like what we
get.**

**,Good things comes to people
who wait,**

**But better things comes to those
who go out and get them.**

**When you are stucked i.e you are
unable to decide**

**What to do, but by inner heal you
know that what's right , it's
complicated , it gets worse,
"Inner upheaval is greater than
outer bedlam"**

Dheeraj Kumar

B.Pharma 1st Year



Key Challenges a Pharmacist Faces..

Common Six Key Challenges Pharmacists Face

As pharmacists become more heavily involved in patient care, the need for access to evidence-based clinical information also increases – especially at the point of care. Unfortunately, the industry is saturated with existing resources to help with dosing and drug interactions, and they can often be outdated, cumbersome, and time-consuming to search through.

Too many disparate resources

It is challenging to find a centralized, trustworthy evidence-based resource for drug information and drug interactions. Instead, pharmacists often have to sift through various books, tools, and other resources to find the drug data they need. The increased advancement and complexity of drug options enhance the need for a single reliable digital resource with a proven track record that is trusted in the industry.

Increasing specialty medications

Specialty medications on the market have increased by more than 1200% since the 1990s, reports Pharmacy Times. While these drugs offer new hope for patients, they tend to be expensive, require prior authorization, or involve exchanging detailed clinical information between prescribers and specialty pharmacists. All this increases the demand for the latest drug information as well as patient education materials.

A demand for multitasking

Between dispensing, expanded renal dosing, patient safety screening, medication therapy management, and more, pharmacists are busier than ever. Spending too much time finding trustworthy drug information at the point of care can be burdensome when added to the many responsibilities.

Outdated information across databases

Pharmacists need the latest, evidence-based drug interaction information at their fingertips to ensure accurate and safe prescription recommendations. Resources often do not keep up with newly released drugs, recent drug changes, and contraindication, risking patient safety.

The human and financial cost of medical errors

Globally, medication errors are all too common, with an associated cost of \$42 billion, reports the World Health Organization. As some pharmacists report working 12- to 14-hour shifts, it's imperative they have access to efficient, accurate information to avoid errors and adverse patient outcomes.

Awareness of specific patient population needs

A patient's age, gender, and even history of substance abuse can play a key role when it comes to prescriptions. Pharmacists must understand how to negotiate nuanced interactions and provide supporting resources, such as advising a patient on the timing of doses or screening a patient who may be misusing opioids.

So, what's the solution to these challenges? Having access to a single drug information database can help pharmacists save time and potentially reduce adverse events for patients.

AMENITIES



HINDI DIWAS





Poem on Pharmacist..

Professional personnel of
Pharmaceutical Science,
Hospital pharmacist works in
dispensing pharmacy.
Administration of drugs with
prescription of Doctor,
Regulation of Pharmacy Act gives him
right & power.
Making of drugs basing
Pharmacopoeia is main work,
Application, action of drugs with
proper dosage task.
Care taker of drug with due assistance
in patient care,
Internationally, regionally, nationally
he is very fair.
Science of Pharmacy is vital daily deal
of Pharmacist,
Treatment time of patient needs
service of Pharmacist.
Pharmacist accepts registration at
Council of Pharmacy,
In manufacturing, selling, dispensing
of drugs as practice.
In the Pharmacy week of Pharmacist a
honor goes,
Pharmacist is a key personnel within
drug science's stage.

Pooja Pathak
B.Pharma 3rd Year



+VE EFFECTS IN LIFE

If life is chemistry then
Boil your ego
Melt your sorrow
Expand your happiness Enhance
your kinetic energy Think like a
proton and
Stay positive...
Life is a chemistry
there are many more reaction
some are Good
some are Bad
some are Unforgettable..

Yogesh Dutt Tiwari
B.Pharma 3rd year

PROUD TO BE A PHARMACIST

"Whenever the art of medicine is loved, there is also a love of humanity".

A doctor gives life to the patient through medicine

A pharmacist gives life through his knowledge and skill

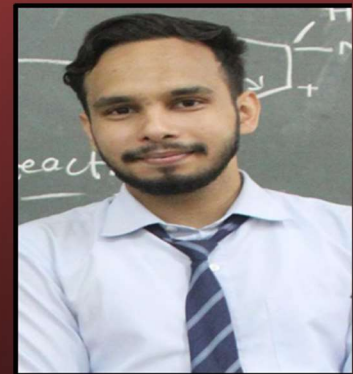
proud to be a pharmacist



Yusuf Ansari
B. Pharma 3rd Year

JOURNEY OF 3 YEAR'S IN COLLEGE

- My College life is just as exciting, where I experience ups and downs like being on a roller coaster ride.
- I have gone through a lot of bumps during the first few semesters.
- There were times when we had faced problems such as learning to submit assignments online, making PowerPoint presentations, and being stressed for semester exams.
- Many a time, I hear people complain about college life, saying that they could have done much more, but in my case, it is the best experience one could have had.
- They have taught and prepared us to face the real world, and strive for excellence no matter what happens!
- I have had the time of my life, and I can't wait to soar into the world of infinite possibilities.



Mohit Pandey
B. Pharma 3rd Year



I am trying to build myself from scratches,
I am trying to discover my potential,
I am on a journey to find myself,
I hope that I will catch the right things,
I can only try my best,
And I will try till the end...

Mohit Pandey B.Pharma 3rd Year

SCHOOL DAYS..



Shivang Singh
B. Pharma 3rd Year

School days should be a happy time in a young person's life. What can make people's lives a misery during this time, then?

In my opinion there is one word which answer this question- Bullying.

Unfortunately bullying is quite common in schools where I live. It can affect student of any age , and both boys and girls . A friend of mine had a very negative experience at school last year as an older boy continually called him names and sometimes used to post nasty message about him on Facebook. Obviously my friend felt very upset about this and it affected his self confidence. Some days he didn't want to come to school at all.

Nobel Prize For Medicine Under Guidance of Dr. Rajneesh Kr. Gupta

Nobel prize for medicine was won by Swedish academic Svante paabo genomes of extinct hominins and human evolution.

"Through his pioneering research, Svante paabo accomplished something seemingly impossible: sequencing the genome of the Neanderthal, an extinct relative of present day humans .

He also made the sensational discovery of a previously unknown hominin Denisova Research provided evidence that the anatomically modern human ,Homo sapiens, first appeared in Africa approximately 300,000 year's ago .

While our closest known relatives , Neanderthal, developed outside Africa and populated Europe and Western Asia from around 400,000 year's until 30,000 year's ago, at which point they went extinct . This year, the focus of the committee seems to have been on human evolution and the role that it has played in shaping our health and biological systems over time Svante paabo's "seminal" discoveries "provide the basis for exploring what makes us uniquely human", said the assembly. Hominins refer to the now extinct species of apes that are believed to the related to modern humans, as well as modern human themselves. The analysis of DNA to create genetic profiles of an organism sounds like a relatively unmarkable exercise these days. But that is when the DNA samples are readily available. Obtaining genetic information of organisms that when extinct thousand of years ago can be extremely difficult, mainly because of the complications in collecting their DNA.

Aaisha Khatoon
B. Pharma 2nd Year

College Journey

A four year journey
having twist and turns
Viva and assignment
Presentation and practical
Pharmacist, pharmacology,
pharmacology &
pharmaceutical chemistry
Hectic day ,sleepless nights
and pricked fingers but people's
lives lies in it.

Ankeet Yadav
B.PHARMA 3rd Year

Power of +ve things

" Every positive thing in your life
represents a single unique blessing .
Every negative thing in your life has
the opportunity to become a double
blessing.

For when you turn a negative into a
positive , you gain twice . You are no
longer burdened with the negative
situation , and in addition to that you
are strengthened by a new positive
force . "



Saurabh Pratap Singh
B.PHARMA 3rd Year

SPORTS EVENTS



COPD (Chronic Obstructive Pulmonary Disease)



AYUSH GUPTA
B.PHARMA 2nd YEAR

Definition of COPD (Chronic obstructive pulmonary disease)

COPD (Chronic obstructive pulmonary disease) is a multi-factorial entity with a wide range of clinical manifestations and leading cause of morbidity and mortality globally.

It is characterized by progressive, partially reversible airflow obstruction and lungs hyperinflation with significant extra pulmonary manifestations and co-morbid conditions.

It is a group of progressive lungs disease. It is a preventable and treatable respiratory disorder largely caused by smoking, and long-term exposure to irritating gases and particulate matter. COPD often occurs in people exposed to fumes from burning fuel during cooking and heated in poorly ventilated homes.

Symptoms COPD (Chronic obstructive pulmonary disease)—

Symptoms include breathing difficulty (Dyspnoea on exertion), cough, more mucus production (sputum), and wheezing.

Etiopathogenesis—

It is mainly cause by the smoking or allergic substances. Due to long term exposure with contaminant. Respiratory receptors are modified into the secretory /glandular receptors some extent and release the large amount of mucus and obstruct the path of air. In the smoking, heat is entering into the respiratory path and leads to damaging of the immuno-logical cells or receptors create the resistance or functional deformity so it also leads to the COPD conditions. Some harmful gaseous present in the smoking and industrial waste which are particulate, enters into the alveolar sac or alveoli and accumulate by forming the ligand comp-ound with alveolar chemical and leads to decrease the surface area of the alveoli. In about 1% of people with COPD, the disease results from the genetic disorder that cause low level of protein called alpha-1-antitrypsin. It is made in the liver and secreted into the blood stream.

Two main causes of COPD—

EMPHYSEMA—Emphysema destroys the air sacs in the lungs and responsible for the fibrillation, reduce elasticity and surface decreasement of the alveoli, so finally obstruct the gaseous exchange.

CHRONIC BRONCHITIS—It cause inflam-mation and narrowing of bronchial tube, which carry air towards lungs. It is characterized by daily cough and mucus production.

Clinical manifestations— COPD leads to many clinical manifestations.

Heart disease- congestive heart disease, ischemic heart disease.

Liver disease.

Lung cancer.

Respiratory infection (URTIs) commonly include:

- ☐ Cough, Sore throat.
- ☐ Mental disorders.
- ☐ Pulmonary hypertension.
- ☐ Muscle fatigue etc.

Pharmacological managements— For management of COPD general bronco dilator and fixed combination drugs are used.

General bronco-dilator β -agonists Short acting β -agonists (SABA).

Ex- Albuterol/salbutamol, fenoterol, terb-utaline.

Long acting β -agonists (LABA).

Ex- salmeterol, formoterol.

General bronco-dilator

Muscarinic antagonist (Anti cholinergic).

Short acting (SAMA).

Ex- Ipratropium. Long acting (LAMA)

Ex- Acilidinium, tiotropium, glycopyrrolate bromide.

FIXED COMBINATION.

- ☐ Albuterol + Ipratropium.
- ☐ Fenoterol + Ipratropium.
- ☐ Budesonide + Formoterol.
- ☐ Fluticasone + Salmeterol.

Non-pharmacological management—

Cigarette smoking is the major causes of the COPD, so best management of COPD to avoid the smoking or to stop smoking now.

Tobacco consumption also leads to this disease so prevent the tobacco chewing (for managing tobacco chewing, many type of the pharmaceutical chewing products are available so you can replace these with tobacco).

Occupational exposure of chemical or particulate matter is another risk factor for the COPD, so you apply all the precautions during the working condition.

COPD with pneumonia is also many time the cause of death so regular vaccination requires against Pneumococcal pneumonia.

Try to avoid the industrial area and visit in good environmental conditions.

Herbal Approach for the Management of Non-Alcoholic Fatty Liver Diseases



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Abstract:

NAFLD is a common chronic liver condition linked to dyslipidemia, insulin resistance, obesity, and Type-II diabetes. NAFLD is a spectrum of fatty liver that includes liver steatosis, non-alcoholic steatohepatitis (NASH), and fibrosis. Excessive transport of free fatty acids (FFAs) from adipose to the liver increases intrahepatic FFAs as triglycerides. Fat accumulation causes hepatic lipotoxicity, which causes liver cells to generate pro-inflammatory cytokines, trigger oxidative stress by generating free radicals and activate hepatic stellate cells, causing hepatic inflammatory damage. Herbal medicines are multi-component systems and their efficacy targets fatty acid metabolism which was studied in preclinical and clinical investigations. Herbal medicine can improve lipid metabolic biomarkers by reducing serum triglyceride, total cholesterol, low-density lipoprotein, alanine aminotransferase, aspartate aminotransferase levels and by increasing the high-density lipoprotein. Most of the Phytoconstituent(s) depressed the expression of essential transcriptional factors and lipogenic enzymes, such as Sterol Regulatory Element Binding Protein 1c (SREBP-1c), Peroxisome-Proliferator-Activated Receptor γ (PPAR- γ), Acetyl-CoA Carboxylase (ACC), Fatty Acid Synthase (FAS) and SCD1. For example, Gypenosides, chloroform fraction of *Cyclocarya paliurus*, total alkaloids extracted from *Rubus aleaefolius* Poir, *Lonicera caerulea* L. extract and the crude extract from the peels of *Citrus aurantium* L. effectively attenuates high-fat diet (HFD) induced triglyceride accumulation via reducing the high production of SREBP-1c, PPAR- γ , FAS, and ACC.

Approaches of Analytical Method Development and Validation



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ABSTRACT

The development and validation of the analytical method require the estimation of active pharmaceutical ingredients (API), degraded products, and the selection of solvents for reducing bias errors and significantly improving precision. It plays a critical part in risk assessment and develops a precise way of acceptance criteria regarding drug consent by regulatory authorities. During drug development, there is a demand for new sensitive and accurate method development procedures for rapid analysis by quality assurance as well as quality control departments. Advanced analytical instruments reduced the cost, and time of study and increase accuracy and precision. The most sensitive method for qualitative and quantitative estimation of drugs is spectroscopic and chromatographic techniques. It is involved in drug discovery, production, and identification of toxicity and purity of drugs. The guidelines of ICH provide the validation parameters in terms of precision, linearity and accuracy, detection limit (LOD), the limit of quantification (LOQ), suitability of the system, and robustness. The review focused on explaining systematic approaches to developing a sensitive, accurate, and specific method for the analysis of pharmaceutical substances and pharmaceutical products.

The Novel Medicinal Agent From Dietary Food and Medicinal Plants for the Prevention and Treatment of Covid-19: A Comprehensive Review And Perspective



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Abstract

SARS-CoV-2 is a causative agent of Coronavirus disease-19 (COVID-19), which is considered as a fatal disease for public health apprehension worldwide. COVID-19 is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which is said to be of zoonotic origin. The current study describes the etiology and signs and symptoms as well as dietary food and the herbal option for the therapy of COVID-19. Additionally, a literature survey on the immunomodulatory effects and antiviral activities of particular dietary foods and active phytochemicals from plant sources on influenza virus and coronaviruses have been collated, to promote the use of dietary therapy and active ingredients from botanicals as COVID-19 preventive therapies, while specific drugs and vaccines are yet to be discovered or are still under clinical trial. The volume of existing reports is irrefutable evidence that foods and medicinal herbs possess a potential immunomodulatory and antiviral ability against SARS-CoV-2 and can prevent COVID-19. Dietary foods and medicinal plants could be used as a dietary or complementary therapy to prevent infection and strengthen immunity, as antiviral agents for clinical products such as masks, sanitizers, with better techniques by clinicians to contend the scarcity and expose towards the nature-based medicine rather than chemical drugs. However, they may be a benchmark for the economical clinical trials of specific plant material to treat the SARS-CoV-2 and COVID-19 patients in the future.

Keywords: SARS-CoV-2; Coronavirus disease-19 (COVID-19); Pandemic; Dietary therapy, Traditional medicinal plants; Epidemiology; Clinical trial



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Let's Awake

**Let's awake and watch yourself
Let's awake and makeup yourself
You are the wonderful creation the great creator- The lord
Let's awake and do something wonderful.
Let's wake!**

(The message of the poem - All human beings are created by the lord and the lord has given him the power to create anything by themselves. So, let's awake and know your strength and create wonderful things.)

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A Pharmacist Should Learn Communication Skills

It's a great task to deal with different people with politely and calmly. The best Pharmacist always has these qualities. Every day they meet with different people, from rural or urban. The best thing is that they deal with them very easily and made them satisfied.

A pharmacist should have the best skills in communication. Because without good communication, it is impossible to understand the patients, report the doctor, or in the marketing field. It is said that if you have good knowledge so you should know the skill to express it too and for expressing anything we should have a proficient skill of communication.

Communication skill is the best subject for all pharmacy students to improve their communication skills. Goel Institute of Pharmacy Sciences, Lucknow is the best education center for pharmacy students to make their careers bright.

Non-invasive Intranasal Delivery of Escitalopram Loaded Nanoformulation for Brain Targeting



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ABSTRACT

Intranasal drug delivery is an alternative delivery system to target drugs to the brain. Escitalopram oxalate is still used for the treatment of depression. To overcome the demerits of oral drug delivery, nasal drug delivery is exploited as it allows direct targeting of the therapeutic agent into brain bypassing the hepatic metabolism and by crossing the BBB. The objective of the present study was to develop nanoemulsion of escitalopram oxalate and target it to Brain through nasal route. Preformulation studies were performed to establish physiochemical properties of drug. Nanoemulsion was developed by homogenization method and optimization was done by 33 factorial designs. A total of 9 Batches were developed and evaluated. Out of nine batches one Optimized batch was selected which shows globule size of 120.8 ± 2.98 nm, PDI of 0.121, Zeta potential of -15.2 ± 5.88 mV, % EE of 93.80 ± 0.66 % and estimated that $191 \mu\text{g}$ drug reaches brain by Escitalopram oxalate nanoemulsion and $64 \mu\text{g}$ of drug reaches brain by Drug solution through nasal route. Thus, the results showed that formulating Escitalopram oxalate in nanoemulsion is an effective approach for delivering drug to brain through nasal route.

KEY WORDS: Nanoemulsion, Escitalopram oxalate, Depression, Brain Targeting, Nasal Route.

Anticonvulsant and Muscle Relaxant Activity of Cassia Fistula Linn. Seed Extract in Experimental Mice



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ABSTRACT

Phytochemical and pharmacological investigation was carried out on the seeds of Cassia fistula Linn plant for anticonvulsant and muscle relaxant activity in mice. The hydro-alcoholic extract of seeds of Cassia fistula (100, 200 and 400 mg/kg, p.o.) was studied for its anticonvulsant effect on maximal electroshock-induced seizures and muscle relaxant activity at the dose level using rota rod and traction test in mice. Preliminary phytochemical analysis revealed presence of saponin, carbohydrate, glycosides, flavonoids, tannin and phenolic compounds. Cassia fistula hydro-alcoholic extract (CFHE) (100, 200 and 400 mg/kg.p.o) significantly ($p < 0.001$) inhibited seizures induced by MES, reduced the duration of Hind Limb tonic extensor phase (HLTE) and caused a decline in motor co-ordination. The hydro-alcoholic extract possesses anticonvulsant activity and muscle relaxant activity.

An Overview on Invasomes: Novel Vesicular Carrier for Transdermal Drug Delivery



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ABSTRACT:

Multifunctional organ of the human body is the skin and it has less porousness across the layer corneum and this layer is the hindrance for dynamic specialists. To expand the penetrability of dynamic specialists, novel vesicular transporter invasomes are presented. Invasomes give different preferences including upgrading patient consistence, improving the medication adequacy and increment the pervasion of hydrophilic medications. This is a vesicular transporter that improves the Transdermal infiltration contrasted with ordinary liposomes. Invasomes comprise of phospholipid, terpenes, ethanol, and water. These constituents assume a significant part in improving its infiltration capacity. In this review paper, a wide presentation of TDDS (transdermal medication conveyance framework) is clarified and different segments, strategies for arrangement, segments, benefits, and faults of invasomes are featured.

KEYWORDS: Invasomes, Permeation enhancement, Transdermal, vesicular drug delivery systems.

The Ethics of Leadership in Pharmacy for Pharmacy Professionals: A Recent Approach



Ms. Meera Kumari

Assistant Professor

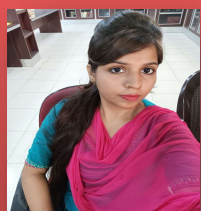
**Goel Institute of Pharmacy and Sciences,
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Abstract

The pharmacy profession's responsibility to provide ethical leadership to its members is explained, and areas where pharmacy should take a leadership role are described. Changes taking place in health care offer many opportunities for pharmacy in its transformation into a fully clinical discipline. The profession needs to address the ethical issues that will affect it as part of this revolution. The role pharmacy is taking to eliminate medication misadventuring will be a test case for the profession's ability to exert the leadership it must, as part of its new definition of itself. Pharmacy needs to define the structure, process, and outcomes necessary to improve its own practice to avoid drug misadventuring, with a clear set of practice and ethical standards, and engage medicine and nursing to adopt similar standards. Pharmacy should also take a leadership role in health care reform, working with other clinicians to ensure that the changes provide better outcomes for patients. Health care professionals are bound together by a common moral purpose: to act in the patient's best interest. Thus, each health profession is a moral community, which must determine and promote ethical behavior among its members. Pharmacy must practice ethical leadership: it must define and prove its contribution to patient outcomes, further develop legal and ethical standards, and examine its responsibilities for vulnerable patient groups such as children. It must work to overcome the traditional dominance of medicine; pharmacy, nursing, and medicine must come together in service of the patient and develop a cross-professional conception of ethics. Pharmacy also must participate in the broader debate about health care. Pharmacy has begun to take a leadership role among the health professions through its efforts to eliminate medication misadventuring. Additional leadership challenges for the profession are suggested.

Keywords: Pharmacy Profession's, Ethical Approval, Research, Laboratory Medicine, Ethics Committees.

Significance of Student's t-test, Analysis of Variance, and Covariance



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Abstract

Student's t test (t test), analysis of variance (ANOVA), and analysis of covariance (ANCOVA) are statistical methods used in the testing of hypothesis for comparison of means between the groups. The student's t test is used to compare the means between two groups, whereas ANOVA is used to compare the means among three or more groups. In ANOVA, first gets a common P value. A significant P value of the ANOVA test indicates for at least one pair, between which the mean difference was statistically significant. To identify that significant pair(s), we use multiple comparisons. In ANOVA, when using one categorical independent variable, it is called one-way ANOVA, whereas for two categorical independent variables, it is called two-way ANOVA. When using at least one covariate to adjust with dependent variable, ANOVA becomes ANCOVA. When the size of the sample is small, mean is very much affected by the outliers, so it is necessary to keep sufficient sample size while using these methods.

Keywords: Student's t test, analysis of variance, analysis of covariance, one-way, two-way

Evaluation of Antibacterial and Antifungal Activity of Moringa Concanensis



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ABSTRACT

In today's scenario, fungal and bacterial infections are one of the most challenging pestilential diseases for the healthcare professional which is increasing with a very high rate in the growing population, especially among the immune compromised people. The present work involved the study to extract active principles of Moringa Concanensis and perform antibacterial and antifungal activity for various extracts. The leaves were dried powdered unexpected using solvents petroleum ether, chloroform, ethanol and water. Chemical tests were performed to ascertain presence of various classes of phyto-constituents like alkaloids, glycosides, saponins, carbohydrates, proteins, amino acids tannins, flavonoids and phenolic substances. All four extracts showed the presence of various phytochemicals responsible for multiple pharmacological activities. The extracts were reconstituted using 1% aqueous solution of carboxy methyl cellulose and were tested for antibacterial and antifungal activity against six microorganisms, namely Bacillus subtilis, Enterobacter aerogenes, Bacillus cereus, Aspergillus Flavus, Aspergillus Niger and Helminthosporium, using well diffusion method. The results of the activity are promising with chloroform extract showing highest inhibitory activity against most of the organisms. All the extracts were able to demonstrate significant activity compared to control inhibition of microorganisms tested and hold key to discover lead molecules after further scientific investigation. **KEYWORDS:** Antibacterial; Antifungal; Moringa Concanensis; Phytoconstituents; Immunocompromised.

EFFECT OF DRUG



ANKIT KUMAR PAL

B Pharma 2nd Year Batch (A)

- ❑ Over does of histamine causes histaminic shock Nifedipine , verapamil cause calcium channel block.
- ❑ Caffeine is a CNS stimulant , which stimulate our brain Antipyretic & analgesic cure fever and relief our pain.
- ❑ Sedatives and hypnotics causes CNS depression Heroin , cocaine decrease motion & increase our tension.
- ❑ Levodopa , sinmet give anti-perkinsonism effect for treatment of psychosis , tranquilisers are perfect.
- ❑ Angina pectoris create pain over the chest as an anti-angina drug nitroglycerin is the best
- ❑ For treatment of nephrosis a good diuretic is thiazide congestive cardiac/Heart failure is treated by Na-nitroprusside.

Comparative Docking Study of Azole Derivatives on Toll-Like Receptor 1



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Abstract

A molecular docking study of newly synthesised azole derivatives was performed through the SwissDock online tool. Various supportive drug design tools like Marvin Sketch for drawing ligand molecules and Discovery Studio Visualizer for preparing protein molecules also played an important role during the docking study. In the docking study, azole derivatives were used as ligands, whereas Toll-like receptors, which are part of innate immunity, were used as receptors for ligand. The principle/theory behind this docking study is that the various toll-like receptors generate a non-specific immune response against various pathogenic microbes when they are activated by any type of suitable ligand molecule. TLR1 crystallographic structure files (PDB ID: 6nih) in .pdb format were obtained from the Protein Data Bank online database (<https://www.rcsb.org/>). Ligand file prepared in the form of a .mol2 format by Marvin Sketch Based on the lowest negative docking score value, azole derivative T1 showed the best result, which is comparable to the standard drug compound Ciprofloxacin, whose docking score is predicted to be -9.64. This docking study will help differentiate a preexisting molecule from a newly designed molecule based on an in-silico study. In the future, it will also be possible to figure out the link between docking score and biological activity.

Keywords: Docking score, receptor, ligand, toll-like receptor.



सचिन आर्य
बी फार्मा
प्रथम वर्ष

वतन के वास्ते

क्या हुआ गर मर गए अपने वतन के
वास्ते,
बुलबुलें कुर्बान होती हैं
चमन के वास्ते ।
तरस आता है तुम्हारे हाल पे, ऐ हिंदियो,
गैर के मोहताज हो अपने कफ़न के
वास्ते।
देखते हैं आज जिसको शाद है, आज़ाद है,
क्या तुम्हीं पैदा हुए रंजो-मिहन के वास्ते?
दर्द से अब बिलबिलाने का ज़माना हो
चुका,
फ़िक्र करनी चाहिए मर्ज़े कुहन के वास्ते ।



अभिषेक यादव
डी फार्मा
प्रथम वर्ष

कोशिश कर, हल निकलेगा

कोशिश कर, हल निकलेगा
आज नहीं तो, कल निकलेगा ।
अर्जुन के तीर सा सध
मरुस्थल से भी जल निकलेगा
मेहनत कर, पौधों को पानी दे
बंजर जमीन से भी फल निकलेगा ।
ताकत जुटा, हिम्मत को आग दे
फ़ौलाद का भी बल निकलेगा
जिंदा रख, दिल में उम्मीदों को
गरल के समंदर से भी गंगाजल निकलेगा ।
कोशिशें जारी रख कुछ कर गुजरने की
जो है आज थमा-थमा सा ,चल निकलेगा ।



वंशिका चौहान
बी फार्मा
द्वितीय वर्ष

ज्ञान का महत्व...

“ज्ञान का महत्व...” पढ़ते नहीं जो ज्ञान के
लिए,पढ़ते नहीं जो दिल म गहराई के
लिए।
पढ़ते ह जो सिर्फ डिग्रियाँ के लिए,पढ़ते ह
जो सिर्फ मैरिट के लिए।
वो स्वयं को धोका देते हैं, क्यूँकि जीवन
की कठिन रहो पर,
खोखली डिग्रियाँ बुलबुले समान फूट
जाती हैं। कागज़ की नाँव, जादा नहीं चल
पाती है। जीवन की कठिन राहों
पर;गहन,ज्ञान,बुद्धि ही काम आती है।
डिग्री दिलाऊँ गाइड,
गैस पेपर की शॉर्ट कट मेर



वैष्णवी
बी फार्मा
प्रथम वर्ष

जिंदगी आसान नहीं होती

अगर जिंदगी आसान होती
तो बेमजा होती जिन्दगी
फिर जिन्दगी नहीं होती।
बिना मांगे जो मिल जाता है
तो उसकी फिर
कोई कीमत नहीं होती।
थके नहीं कदम,पड़े नहीं छाले
जो मिल जाये
वो फिर मंजिल नहीं होती।
कोई चोट न लगे
न खायें कोई जखम
बिना संघर्ष मिल जाये
तो जीत की खुशी नहीं होती।



विकास कुमार
मेहता
बी फार्मा चतुर्थ वर्ष

डियर जिन्दगी....

तू मिल
आ बैठ.....
थोड़ी गुफ्तगू कर....
मुलाकातें कर.....
बैठकें कर.....
दो चार बातें कर....
थोड़ा राहों को आजमा कर देख.....
मिल बाँट के जिन्दगी जी कर देख....
थोड़ा सा उस हसनुमा पल को
छू कर देख !!!!
कुछ बातें बता कर देख.....
तू मिल.....
आ बैठ.
थोड़ी गुफ्तगू कर.....!!!
जिन्दगी....



Amit Singh
D. Pharm 2nd
Year

Motivational Thought

हर कोई अपनी परिस्थितियों से ऊपर
उठ सकता है
और सफलता प्राप्त कर सकता है
यदि वे जो करते हैं उसके प्रति समर्पित
और भावुक हों।।
सदैव अकेले खड़े होने का साहस
कीजिए..
क्योंकि सिर्फ दुनिया ज्ञान देती है साथ
नहीं।।
परिदों को मंज़िल मिलेगी यकीनन,
ये फैले हुए उनके पंख बोलते हैं,
वो लोग रहते हैं खामोश अक्सर
जमाने में जिनके हुनर बोलते है।।



अभिषेक कुमार
बी फार्मा प्रथम वर्ष

जीवन एक प्रयास

खुद को अर्धरो मे जाता देख
हाथ पे हाथ धरे ना बैठ ,
माना सूरज अर्धरो मे खो जाता है,
मगर यही सूरज अर्धरो मे उजाला लाता
है।।
तेरा हर कल आज से है ,तू क्यों करता
बात कल की है,
कल क्या है, हर कल आज हो जाता है ,
फिर क्यों तू , इस कल के भ्रम मे रह
जाता है।
किस्मत के भरोसे कबतक रहेगा,
हकीकत को कबतक ढकेगा,
इकट्ठा कर, अपनी छोटी-छोटी साँसो
को,
फिर भर एक लम्बी साँस, और ,खुद से
बोल
किस्मत क्या है, तू हकीकत से लड़
पड़ेगा ।।
*कटू वचन *
कौन सोचा था, सपनों के पीछे अपनों को
छोड़ना पड़ता है,
वक्त के साथ खुद को बदलना पड़ता है ,
अगर बदले हम तो ज़माना मतलबी
समझता है,
पैरों के छालो को कौन देखता है, ये
जमाना हाथों की लकीरों को ही, नसीब
समझता है।।



Sagar Ojha
D.Pharm 2ndYear

रो-रोकर पुकार रहा हूं हमें जमीं से मत उखाड़ो

रो-रोकर पुकार रहा हूं हमें जमीं से मत उखाड़ो।
रक्तस्राव से भीग गया हूं मैं कुल्हाड़ी अब मत मारो।

आसमां के बादल से पूछो मुझको कैसे पाला है।
हर मौसम में सींचा हमको मिट्टी-करकट झाड़ा है।

उन मंद हवाओं से पूछो जो झूला हमें झुलाया है।
पल-पल मेरा खयाल रखा है अकुर तभी उगाया है।

तुम सूखे इस उपवन में पेड़ों का एक बाग लगा लो।
रो-रोकर पुकार रहा हूं हमें जमीं से मत उखाड़ो।

इस धरा की सुंदर छाया हम पेड़ों से बनी हुई है।
मधुर-मधुर ये मद हवाएं, अमृत बन के चली हुई हैं।

हमीं से नाता है जीवों का जो धरा पर आएंगे।
हमीं से रिश्ता है जन-जन का जो इस धरा से जाएंगे।

शाखाएं आंधी-तूफानों में टूटीं ठूठ आंख में अब मत डालो।
रो-रोकर पुकार रहा हूं हमें जमीं से मत उखाड़ो।

हमीं कराते सब प्राणी को अमृत का रसपान।
हमीं से बनती कितनी औषधि नई पनपती जान।

कितने फल-फूल हम देते फिर भी अनजान बने हो।
लिए कुल्हाड़ी ताक रहे हो उत्तर दो क्यों बेजान खड़े हो



Priya Tiwari
B.Pharm 1st year

मैं प्रोटोजोआ से इन्फेक्टेड
तुम हो मेट्रोजिल
ए जान तुम बिन मेरा जीना
है बहुत मुश्किल
ब्लड प्रेशर हाई मेरा
और मुझे कार्डियक प्रॉब्लम
तुम हो इकोस्प्रिन
जिस दिन तुम ना मिलो
घबराए मेरा दिल
ए जान तुम बिन मेरा जीना
है बहुत मुश्किल है
फंगल इन्फेक्शन मुझे
तुम फ्लूकोनाजोले
मुझे है हाइपर्थर्मिया
और तुम पेरासिटामोल
चैन मिल जाए मुझे
अगर तुम जाओ मिल
ए जान तुम बिन
मेरा जीना है बहुत मुश्किल
मुझे है सिरौसिस
तुम होली वह मीन
लंच में इन्फेक्शन मुझे
तुम अजिब्रोमायकिन
अशक मैं एनीमिक
तुम आयरन की फिल्म
ए जान तुम बिन मेरा जीना है बहुत
मुश्किल



Rajshree Tung
B.Pharm 1st year

समानता

सामाजिक सन्दर्भों में समानता का अर्थ किसी समाज की उस स्थिति से है जिसमें उस समाज के सभी लोग समान (अलग-अलग नहीं) अधिकार या प्रतिष्ठा (status) रखते हैं। सामाजिक समानता के लिए 'कानून के सामने समान अधिकार' एक न्यूनतम आवश्यकता है जिसके अन्तर्गत सुरक्षा, मतदान का अधिकार, भाषण की स्वतंत्रता, एकत्र होने की स्वतंत्रता, सम्पत्ति अधिकार, सामाजिक वस्तुओं एवं सेवाओं पर समान पहुँच (access) आदि आते हैं। सामाजिक समानता में स्वास्थ्य समानता, आर्थिक समानता, तथा अन्य सामाजिक सुरक्षा भी आती हैं। इसके अलावा समान अवसर तथा समान दायित्व भी इसके अन्तर्गत आता है। सामाजिक समानता किसी समाज की वह अवस्था है जिसके अन्तर्गत उस समाज के सभी व्यक्तियों को सामाजिक आधार पर समान महत्व प्राप्त हो। समानता की अवधारणा मानकीय राजनीतिक सिद्धान्त के मर्म में निहित है। यह एक ऐसा विचार है जिसके आधार पर करोड़ों-करोड़ों लोग सदियों से निरंकुश शासकों, अन्यायपूर्ण समाज व्यवस्थाओं और अलोकतांत्रिक हुकमतों या नीतियों के खिलाफ संघर्ष करते रहे हैं और करते रहेंगे। इस लिहाज से समानता को स्थाई और सार्वभौम अवधारणाओं की श्रेणी में रखा जाता है।



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