

VOL. 1 ISSUE 1

KCP CAMPUS DRONE

अनुसंधान

THE OFFICIAL E- NEWS LETTER OF KHYATI COLLEGE OF PHARMACY



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B. Pharm Sem VI

B. Pharm Sem VI

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MR. KARTIK PATEL
CHAIRMAN,
KHYATI FOUNDATION &
KHYATI COLLEGE OF PHARMACY

Dear students, Welcome to the campus,

creativity and inspiring Nurturing innovation are two of the key elements education, bestowing success to "Anusandhan" newsletter is the perfect amalgamation of both. It harnesses the energies and inputs and academic community, distils the essence of their inspired imagination in the most brilliant way possible. I do appreciate and applaud Principal and team for their Editorial successful completion of this tedious yet daunting of putting together the thoughts and dreams of our students and faculty members into a meaningful and delightful visual fest.



MS. BINITA PANCHAL
DIRECTOR,
KHYATI FOUNDATION &
KHYATI COLLEGE OF PHARMACY

Welcome to the campus,

The newsletter which is being rolled out today marks the launch of effervescent activities of our prestigious institution. I congratulate Principal and Editorial board members for their efforts to launch this newsletter. Khyati college of Pharmacy has grown in leaps and bounds, hurtling across barriers along the way. "Education is the spine of every nation. The better the education, the better the nation." As an the myself, understand educator I profound effect that good teachers and a quality education is foundation of dynamic society, we strive to provide education to each and every student of our Institute.

#### The Professor Spotlight



DR. PRAGNESH PATANI
PRINCIPAL
KHYATI COLLEGE OF PHARMACY

Welcome to the KHYATI campus,

"Ignited Minds are the most powerful resources on earth, and the one billion minds of our nation are indeed a great power waiting to be tapped"

Students of Khyati College of Pharmacy are through well-balanced synchronization of curricular, co-curricular and extracurricular activities. The greatest discovery, "self-discovery", can be termed as a cliché but it is as relevant today as it was in the past. "Anusandhan" is truly a forum for our students to manifest their imaginative skills, knowledge of language, literature, general awareness, art, creative writing, etc. I take this opportunity to congratulate the editorial board for bringing out this newsletter schedule, which in itself is an achievement considering the effort and time required. May all our students soar high in uncharted skies and bring glory to the world and their profession with the wings of education.



# EDITORIAL BOARD



MS. RUCHI RAVAL
ASSISTANT PROFESSOR
KHYATI COLLEGE OF PHARMACY

Greetings to students, faculties and all the readers!!

# "Self belief and hard work will always earn you success."

This e-newsletter shall spread across the message and continuation of solidarity and sharing of knowledge. In this issue we have accommodated in the education with the quality and impart the excellence with the policy. This gives the aptitude gamut of Pharmacy @ Khyati College of Pharmacy (KCP). It is a one such contrivance to strap up the creative energies of the academic community and persuade their imaginations in the most sparkling way. We look forward for your kind comments and suggestions, which will help us for the improvisations in our future issues of e-newsletter.

"Anusandhan" is fragrance of Khyati College Pharmacy, Ahmedabad. It highlighting the array of activities, academic excellence and outstanding contribution of faculty members. It is a well spring of vital information giving glimpses of Life at Khyati college of

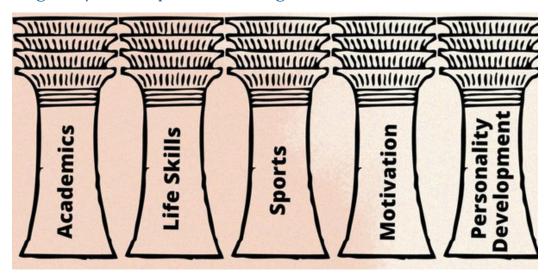
Pharmacy College. The constant encouragement from our Principal sir has been the strong catalyst for successful completion this Newsletter. of congratulate the team members Editorial Board for their hard toil and tireless efforts that have come to fruition in the form of this newsletter. I wish it all success and hope that this tradition that has been set will be carried through by the following generations to come.



DR. NISHKRUTI MEHTA ASSOCIATE PROFESSOR & HOD KHYATI COLLEGE OF PHARMACY

## PILLARS OF KCP

**Khyati College Of Pharmacy** has always fostered holistic growth and development of students, with the beginning of new academic session there is a other beginning year full of achievements that help students to build their confidence apart from strengthening their social skills. "Life skills are art of living, which help us to draw a personal and professional sketch of life. Individual learns life skills through awareness, alertness and by providing him/her required training."



"Sports do not build character. They reveal it."

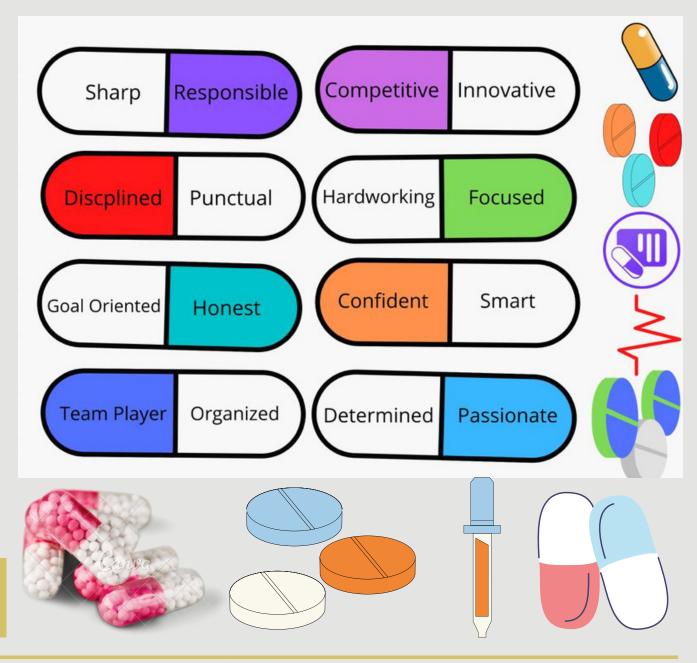


"Core values are the framework on which we evaluate our choices".

"Knowing others is intelligence.knowing yourself is TRUE WISDOM. Mastering others is strength. Mastering yourself is TRUE POWER."

#### LEARNING @ KCP MAKES STUDENTS..

As any passionate teacher will tell you, it is possible for education @KCP to nurture key skills such as critical thinking, Collaboration, Problem solving, Imagination, Communication and Empathy. Your experience as a students or parent- the common path to nurturing these skills is to foster, Fun Play and Creativity.



#### KNOW THE FACULTIES OF KCP



Dr.Pragnesh Patani Principal Dept of Pharmacology

"A legendary icon of both academics and administrative, with a vision towards the modern pharmacology. He has been contributing a lot of value addition to bring out best from students and faculty working under his guidance".

"An exemplary person having expertise in pharmaceutical chemistry guiding students towards the recent chemistry and researches of various pharmaceutical products".

"A true nurturer of thoughts adding his skills & values in developing vision and captivation for herbal medications in every students".

Dr.Neha Tiwari HOD & Professor Dept of pharmaceutical Chemistry



Dr.Nishkruti Mehta HOD & Associate Professor Dept of Pharmacology

Dr.Saurabh Jain HOD & Associate Professor Dept of Pharmacognosy

"A true researcher and an prolific developer towards the pharmacology world. She has been a true inspiration for the future and path-finder for the growing students".



"An enthusiastic youth icon, who is expertise in the pharmaceutics planting a vision of academics and student - faculty partnership. He inspires his students to learn more day after day".



Dr.Harsh Trivedi
HOD & Associate Professor
Dept of Pharmaceutics

Dept of Pharmaceutics
"A gracious personality who is well known for her expertise in pharmacognosy
not only guides students but also boosts their confidence for better and bright future



Ms. Arti Patel Assistant Professor Dept of Pharmacognosy

"A sense of prosperity not only depends on technology & academics but also values at propaganda to those knowledge. She is well proficient to create this nexus".



Professor Dept of "An insightful thinker and thought provoking icon, expert of pharmaceutical analysis Pharmaceutical ignites the imagination and instill modern analytical techniques learning in her Chemistry students".



Ms. Ruchi Raval Assistant Professor Dept of Pharmaceutical Chemistry



Ms.Ankita Parikh Assistant Professor Dept of Pharmaceutics

"A resilient personality who gives life to the college having expertise in the pharmaceutics dedicates her time and energy to nourish cohorts of students." "A diligent personality having vast experience in the field of pharmacology developing interest in students to learn and ignites love for the subject".



Ms.Lakshmidevi Mesella Assistant Professor Dept of Pharmacology

"A creative youth icon who is leading the student's mind as she inculcates learning and supports in all the possible ways".

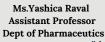
Ms.Drashti Patel Assistant Professor Dept of Pharmaceutics

"A dedicated figure having expertise in her field guides her students about the management, marketing, discipline needed to shape pharmacy student".



Ms.Hemal Bhavsar Assistant Professor Dept of Pharmaceutical Chemistry

A rising icon of the college inc<mark>ulcates her stude</mark>nts to learn and grow regarding the field and also provokes them for various activities".



"An awe-inspiring person with full of energy guides her students and develop interest in them regarding the pharmaceutics with full pledge".



Assistant Professor
Dept of Pharmaceutics



Ms.Krupa Vyas Assistant Professor Dept of Pharmaceutics

A supportive and calm personality of the college guides her students to bring outbest from them. She helps them in all the possible ways".

"An astonishing icon of the college having vast experience in the field of pharmacology makes great impact on the students to develop passion towards the modern pharmacology".



Ms. Kamna Tripathi Assistant Professor Dept of Pharmacology



Ms.Vidhi Patel Assistant Professor Dept of Pharmaceutical Chemistry

"An emerging figure of the college motivates the students not only in the academics but also for the various co-curricular activities".

"An enthusiastic and friendly person having expertise in the pharmaceutical chemistry takes students towards the modern chemistry era".



Mr.Virendra Rajan Assistant Professor Dept of Pharmaceutical Chemistry



Abhishek Prajapati Assistant Professor Dept of Pharmaceutical Chemistry

"An understanding personality , who makes learning more efficent and effective to the students ".

"A perfect guide for the emerging students showing the best path towards the modern pharmaceuticals".

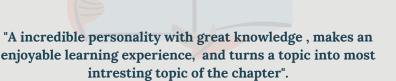


Karuna Prajapati Assistant Professor Dept of Pharmaceutics



Mr.Ronak Surani Assistant Professor Dept of Pharmaceutical Chemistry

"A revered personality on the mission to bring out the best from his students by supporting him in all the possible ways".





Mr.Rahul Prajapati Assistant Professor Dept of Pharmaceutical Chemistry

# **Admistrative Officers of KCP**



Ms.Namita Patel Admin Officer



Mr.Bhavesh Patel Admin Officer



Ms.Priyanka Yadav HR Manager



Mr. Vijay Raval Admin Officer



Mr.Parth Shah Admin. Officer



Ravi Kala Digital Marketing Specialist



Mr. Bhavin Accoutant



Mr. Udai Bhai Digital Designer

# WORKSHOP ORGANISED



The Guest Lecture was conducted on 4th April 2021 at 2:00 PM and Mr. Bhavin Limbadia, delivered lecture on the topic entitled "Scope Opportunities In Marketing". He briefed the students about the current scenario Marketing in the Pharma sector and various career options Pharma marketing. He also explains responsibility, marketing strategy and tips for becoming a successful sales executive. The lecture was very informative and fruitful for the students. He also interacted with students and responded the queries ofthe students with regards to the job opportunities in India and abroad.

The Guest Lecture was conducted on 15th May 18, 2021, 11.30 AM to 1.00 PM and Dr. Brajesh Kumar Tiwari, delivered the lecture on the topic entitled "Plant Based Vaccines for Не Animal". Humans and plant engineering discussed technologies and regulations relevant to the development of plant-based vaccines and provides an overview of human and animal vaccines currently under clinical trials. He the history focused on unique advantages of plantmade vaccines.



# EXPERT'S TALK



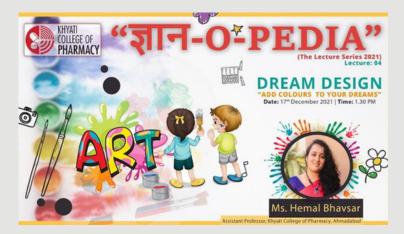
Expert talk was organised for inaugural function, In these Dr. B. N. Suhagia sir was chief Guest, Dr. D. M. Patel was guest of honor and Mr. Utsav Parmar-Deputy director at ministry information broadcasting, & was speaker and delivered a lecture on "Ishq E Sciences" for B. Pharm sem I, III and V delivered this students. He covering advancement in science field, Total 85 students benefited from this expert talk.

This Expert talk was organised on 08th October, 2021 on "Science of Denristry" by Dr. Karan Barot. He was delivered a lecture on Dentistry also known as dental medicine and oral medicine, is a branch of medicine that consists of the study, diagnosis, prevention, and treatment for B. Pharm sem I, III and V students. He delivered this lecture covering advancement in dentistry. Total students benefited from this expert talk.





Expert talk was organised on October, 2021 on "Student startup and Innovation Policy" bv Dr. Nishkruti Mehta. She was delivered a lecture on how startup projects were incorporated and student got benefited for grant & start a new small scale business, for B. Pharm sem I, III and V students. She delivered this lecture covering innovative ideas for research project commercialization, Total 99 students benefited from this expert talk.



GYAN-O-PEDIA was organised for students, In these Expert Dream Design was organised on 17th 2021 November, on "Dream Design" by Ms. Hemal Bhavsar. She was delivered a lecture on how art were incorporated and student got benefited for design, painting etc., for B. Pharm sem I, III and D. Pharm 1st year students. Total 75 students benefited from this expert talk. Students has done below mentioned painting under her guidance.







# GLIMPSE@ KCP

## **GURU PURNIMA CELEBRATION @ KCP**









on the occasion of Guru purnima at 24 July 2021. Various clutural activites including 1 Min Game, standup comedey on COVID-19, Greeting card distribution was happened.









Guru is aspiration, Guru is inspiration, Guru is everything.

## **SWATCH BHARAT ABHIYAN @ KCP**





On the occasion of birthday of our Honourable Prime minister Mr.Narendra Modi on 17/09/2021 KCP organised SWACHHTA PAKHWADA in which students as well as members of NSS unit of college, faculties as well as principal participated actively in this activity.











If We Will Not
Protect
Nature
Nature Won't
Protect us



## **NAVRATRI CELEBRATION@ KCP**



# **EDUCATIONAL TOUR@ KCP**

#### VISIT TO MEDNEXT PHARMACEUTICAL COMPANY

"TRAVELLING IS
NOT A REWARD
FOR WORKING, IT'S
EDUCATION FOR
LIVING "





Students got know about how industries preparations are carried out at large scal and able to understand the different areas of the industry.

KCP organized industrial visit at 28 Oct 2021 to Mednext Pharmaceutical situated at udaipur.



#### **VISIT TO POLO FOREST**

KCP organized
Educational tour
at 8 Aug 2021 for
exploration of
medicinal.plants
and knowing
their therapeutic
importane at
polo forests







# AIDS AWARENESS CYCLATHON@ KCP

On the occasion of world's AIDS day KCP organized cyclathon for students at Sabarmarti Riverfront for awarness of AIDS amongst people.











1st December



PREVENTION IS
BETTER THAN
CURE
ESPECIALLY
WHEN
SOMETHING
HAS NO CURE!

CHRISTMAS CELEBRATION @ KCP.

Christmas Allow This Season Fill Your Heart, And Let Go Off The Things You Dislike

















## **VACCINATION DRIVE@ KCP**

DON'T HESITATE LET'S VACCINATE



Vaccination drive organized by KCP at 7 Jan 2022 in association with AMC.All the students belonging to 15-18 years get vaccinated.



DON'T
HESITATE
LET'S
VACCINATE



# DENTAL CHECKUP CAMP@ KCP



DENTAL
CHECK-UP
EVERY 6
MONTHS



Free Dental
Check-up camp
activity done by
students of KCP
at 12 Oct 2021 in
association with
SD clinic



Keeps Healthy and strong



HEALTHY TEETH!
HAPPY LIFE!



#### STUDENTS OF KCP AS CORONA WARRIORS



Students of KCP served volunteers with the team of the health departmenr of Govt Of Gujarat. More than 90 students voluntarily served as part of health care team.









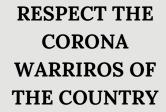
Corona Warriors

are saving their

beloved city



Students serving as warriors from 18th Jan 2022 for one week.





# **THANK YOU WARRIORS!**

# FACULTY AFFAIRS

#### **RESEARCH & PUBLICATION**

**Ms. Ruchi Raval** has published a research paper on "Estimation of anti-diabetic drugs in bulk and pharmaceutical dosage form using stability indicating high performance thin layer chromatography". Advances in Bioresearch. Vol. 12 (5), 2021. UGC care and Web of Sciences approved. ISSN No. 2277-1573, Impact factor:0.97.

#### **FACULTY PARTICIPATION**

- **Dr. Sorabh Jain** has attended two days international conference on "New Horizons of Natural Products and Ayush Remedies" held on 27/11/2021 till 28/11/2021, organised by Gradute school of pharmacy, Gandhinagar.
- **Dr. Sorabh Jain** has attended webinar on "Reimagining Phytomedicines: Approaches and Development" held on 21/08/2021, organised by Gradute school of pharmacy, Gandhinagar.
- **Dr. Sorabh Jain** has attended international e- conference on "Revolutionary Applications of 3D-Printing Technology in Pharma and Healthcare System" held on 12/08/2021 till 13/08/2021, organised by Arihant school of pharmacy, Gandhinagar.
- **Dr. Nishkruti Mehta** has attended 4th Annual Conference on "Society for Alternatives to Animal Experiments- India" held on 11/12/2021 till 12/12/2021, associated with Delhi Pharmaceutical Sci. & Res. University.
- **Mr. Harsh Trivedi** has attended e- conference on "Drug Development-2021" held on 23/05/2021 till 24/05/2021, organised by RAK College of Pharmaceutical Scirnces, UAE.
- **Mr. Harsh Trivedi** has attended webinar on "Basic Concept of Validation" held on 05/06/2021, organised by Khyati College Of Pharmacy, Ahemdabad.
- Mrs. Shalini Shah has attended FDP on "Self Relince -A- need of an hour for pharmaceutical industry in India" held on 04/01/2021 till 09/01/2021, organised by Gyanmanjari Pharmacy College, Bhavnagar.

- **Ms. Ruchi Raval** has attended webinar on "Vaccine and Youth jointly organised" held on 21/05/2021, organised by NSS cell of Sardar patel college of Engineering and Sardar patel institute of applied sciences, Mumbai.
- **Ms. Ruchi Raval** has attended workshop on "HPTLC: Technique and Pharma application" held on 10/02/2021, organised by Anchrom Enterprises(I) Pvt.Ltd., Mumbai.
- **Ms. Ruchi Raval** has attended two days workshop on "Recent Approaches of QbD and Design Expert for Pharmaceutical Processes" held on 25/03/2021 till 26/03/2021, organised by SAL Institute of Pharmacy.
- **Ms. Ruchi Raval** has attended two days workshop on "Spectral Data Interpretation for Structure Elucidation of Simple Organic Compounds" held on 27/03/2021 till 28/03/2021, organised by Ganpat University Shree S. K. Patel College of Pharmaceutical Education & Research, Ganpat Vidyanagar.
- **Ms. Ankita Parikh** has attended two days workshop on "Recent Approaches of QbD and Design Expert for Pharmaceutical Processes" held on 25/03/2021 till 26/03/2021, organised by SAL Institute of Pharmacy.
- **Ms. Ankita Parikh** has attended webinar on "Overview on Pharmacovigilance" held on 06/03/2021, organised by Human Ethics Committee assosication.
- **Mr. Rajnikant Makwana** has attended FDP on "Self Reliance- A need of an hour for pharmaceutical industry in India" held on 04/01/2021 till 09/01/2021, organised by Gyanmanjari Pharmacy College.
- **Mr. Rajnikant Makwana** has attended e- conference on "Drug Development-2021" held on 23/05/2021 till 24/05/2021, organised by RAK College of Pharmaceutical Scirnces, UAE.
- **Ms. Drashti Patel** has attended FDP on "Self Reliance- A need of an hour for pharmaceutical industry in India" held on 04/01/2021 till 09/01/2021, organised by Gyanmanjari Pharmacy College.

#### **FACULTY ACHIEVEMENTS**

**Dr. Pragnesh Patani & Dr. Neha Tiwari** has filled patent on "Method and Process to Develop Herbal Shampoo against Pediculus Humanus Capitis De Geer" with patent application number 2021104305, in month of July, 2021.

**Dr. Pragnesh Patani & Dr. Nishkruti Mehta** has filed patent on "A Pain Relief Herbal Formulation" with patent application number TEMP/E-1/26778/2021-MUM, in month of May, 2021.

**Dr. Sorabh Jain** has filed patent on "Targeted Metallic Nanoparticles Encapsulating Herbal Bio-Enhancer and Apoptotic Inducer For Effective Treatment of Carcinoma" with patent application number TEMP/E-1/10645/2021-MUM, in month of March, 2021.

**Dr. Harsh Trivedi** has been awarded by Doctorate of Philosophy degree by C. U. Shah University, Wadhwan, Saurastra in month of December, 2021. He has completed his research on "Formulation and Development of Bilayer tablet for Anti hypertensive Agents".

#### FACULTY BUZZ

#### The Psychological and Social Impact of Covid-19

The recent Covid-19 pandemic has had significant psychological and social effects on the population. The social distance and the security measures have affected the relationship among people and their perception of empathy toward others. From this perspective, telepsychology and technological devices assume important roles to decrease the negative effects pandemic. These tools present benefits that could improve psychological treatment of patients online, such possibility to meet from home or from the workplace, saving money and time and maintaining the relationship between therapists and patients. In order to reduce anxiety depression symptoms widespread among the population, the World Health Organization (2019) and the Centers for Disease Control and Prevention (2020) proposed specific guidelines on the correct use of health protection with the aim to minimize the distress associated with health-care professions. a consequence of the emerging same time, as provided psychological support psychotherapists addressing the technological challenge. In line with the technological progress, professional organizations promoted specific guidelines and policies related to customer protection, privacy, screening, evaluation, and development of self-help products. Technological development in mental health foreshadows future trends that include "smart" mobile devices, cloud computing, virtual worlds, virtual reality, and electronic games in addition to the traditional psychotherapy tools. In this perspective, it is important to help future generations of psychologists and patients to collaborate in the potential growth areas, through education and training on the benefits and effectiveness of telepsychology.Online psychological services provide several advantages, especially in the current situation of pandemic. First of all, online services help people in a short period of time, reducing the risk of contagion and the strong feeling of anxiety in both psychotherapists and patients, who feel uncomfortable in doing traditional psychotherapy due to the pandemic.

- Dr. Pragnesh Patni



बुरा वक्त है गुज़र ही जायेगा,
बिन रात के तो सूरज भी वापस नहीं आएगा।
चाहता तो कोई भी नही वक्त से समझौता करना,
पर ये वक्त किसी की सुन के थोड़े हाई आएगा।
शिकायतें करने से तो पीछे हम भी नहीं,
पर गिरेबान में देखो तो हम भी कुछ कम तो नहीं।
जब हमने नहीं सोचा पहले नुक़सान कुदरत को हो जाएगा,
तो सोच कुदरत भी नही रही, तो क्या ग़लत हो जाएगा।
रीत है दुनिया की, जीवन तो चलता जाएगा।
समय अभी भी है मौक़ा अभी है सम्भलने का,
पर फिर भी ना सुधरे तो सब कुछ बिखर जाएगा।
Stay Healthy Stay Safe!





- Dr. Neha Tiwari

#### **MYTHS AND FACTS OF COVID 19 VACCINATION**

MYTH: The ingredients in COVID-19 vaccines are dangeros.

FACT: Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts

MYTH: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.

FACT: Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.

MYTH: COVID-19 vaccines cause variants.

FACT: COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19.

Instead, COVID-19 vaccines can help prevent new variants from emerging.

MYTH: COVID-19 vaccines contain microchips.

FACT: COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

MYTH: Receiving a COVID-19 vaccine can make you magnetic.

FACT: Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm.

MYTH: A COVID-19 vaccine can make me sick with COVID-19.

FACT: Because none of the authorized COVID-19 vaccines in the United Statoes contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

-Ms. Ruchi Raval

#### ડો નિષ્ફતિ મહેતા ની કલમે..... ડાયાબિટીસ

સમાજ માં આર્થિક અને વધતી જતી યાંત્રિકતાના કારણે આપણી જીવનશૈલી માં ખુબ મોટું પરિવર્તન આવ્યું છે, જેના લીધા ડાયાબિટીસ, સ્થૂળતા, બ્લડપ્રેશર, હૃદયરોગ વગેરે જેવી બીમારીઓ ખુબ વ્યાપક બની છે. એક અંદાજા મુજબ અત્યારે ભારત માં અંદાજે 6 કરોડ લોકો ડાયાબિટીસગ્રસ્ત છે અને આ સંખ્યા 2030 સુધી માં 15 કરોડ થવાની શકયતા છે. છેલ્લા 4-5 દાયકા થી ડાયાબિટીસ એ આરોગ્ય સામે સૌથી મોટું ખાતર સ્વરૂપ ધારણ કર્યું છે.

ડાયાબિટીસ મુખ્ય 3 પ્રકાર ના હોય છે: ટાઈપ 1 ડાયાબિટીસ, ટાઈપ 2 ડાયાબિટીસ અને જેસ્ટેસશનલ (સગર્ભાવસ્થા દરમિયાનનો) ડાયાબિટીસ. તમે લોકોને એમ કહેતા સાંભળ્યા હશે કે તેઓને "ડાયાબીટિઝનો સ્પર્શ" થયેલ છે અથવા તેઓની "શર્કરાની માત્રા સહેજ વધુ" છે. આ શબ્દો સૂચવે છે કે ડાયાબીટિઝ એક ગંભીર રોગ નથી. તે સાચું નથી. ડાયાબીટિઝ ગંભીર છે, પરંતુ તમે તેના ઉપર કાબૂ રાખવાનું શીખી શકો છો. ડાયાબીટિઝ ધરાવતા લોકોને તંદરુસ્ત આહારની પસંદગી કરવાની જરૂર પડે છે, આરોગ્યને અનુકૂળ વજન રાખવાની, નિયમિતપણે વધારે હલન ચલન કરવાની અને જ્યારે સારો અહેસાસ થતો હોય ત્યારે પણ તેઓને દવા લેવાની જરૂર પડે છે. ઘણી બધી બાબતો કરવાની હોય છે. તે સરળ તો નથી, પરંતુ કરવા લાયક જરૂર છે.

તણાવ તમારી બલ્ડ શુગર વધારી શકે છે. તમારામાં તણાવને ઘટાડવા માટે, ઊંડા શ્વાચ્છોશ્વાસ લેવાનો, ચાલવા જવાનો, ધ્યાન કરવાનો, યોગ કરો, તમારા શોખ પર કામ કરવાનો અથવા તમારું પ્રિય સંગીત ધ્યાનથી સાંભળવાનો પ્રયત્ન કરો.

ઓછી માત્રામાં કેલરી, સેચ્યુરેટેડ ફેટ, ટ્રાન્સફેટ, શર્કરા અને મીઠા ધરાવતા ખોરાકની પસંદગી કરો, વધુ રેસા ધરાવતા ખાદ્ય પદાર્થ ખાઓ, અને ઓછી ચરબીવાળા કે સ્કીમ દૂધ જેવા ખોરાકની પસંદગી કરો. જ્યુસ અને નિયમિત સોડાના બદલે પાણી પીઓ. અઠવાડિયાના મોટા ભાગના દિવસોમાં વધારે સિકય રહેવા માટેનું લક્ષ્ય નિર્ધારીત કરો. દરરોજ 3 વખત 10 મિનિટ ચાલવા જઇને ધીમી શરૂઆત કરો. સપ્તાહમાં બે વખત, તમારા સ્નાયુની તાકાત વધારવા કામ કરો. તમારી બ્લડ શુગરનો યોગ્ય ટ્ક રાખો. તમે એક દિવસમાં એક કે વધુ વખત ચકાસણી કરી શકો છો. કોઇ કાપા, ફોડલી, લાલ ચાઠા, કે સોજા માટે તમારા પગ દરરોજ તપાસો.

ડાયાબિટીસ બીમારી આજીવન રહે છે. તેને જડમૂળ થી મટાડવા માટે કોઈ ઈલાજ નથી અને તેને નિયંત્રણ માં રાખવા માટે ના પ્રયાસો સતત હલુ રાખવા પડે છે તેથી આ સમસ્યા ને વધારે વ્યાપક બનતી અટકાવ માટે સમાજ માં વધારે માં વધારે લોકો તંદુરસ્ત જીવનશૈલી અપનાવે તે જરૂરી છે.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् ।





# PRINCIPAL'S REVIEW

It is a matter of great pride for Khyati College of Pharmacy to bring out the News letter. It is indeed a welcome step and reflects on the growing interest and motivation of the faculty and students of college towards the profession. The college has made tremendous progress since the inception in all areas-academic, non-academic, capacity building programme relevant to faculties and students.

I congratulate the editorial board of this News Letter who has played a wonderful role in accomplishing the task in record time. I express my deep sense of gratitude to Dr. Pragnesh Patani, Principal, Khyati College of pharmacy under whose guidance this Newsletter released. Also, my heartfelt congratulations to staff members and students for their fruitful effort.

I wish a greater success in the forthcoming endeavors.



With Best wishes,
Principal
Prof. Lissy John
Khyati college of Nursing

# VOICE OF KCP STUDENTS

I feel extremely happy to express my nice learning experience at Khyati College of Pharmacy, Palodia, Ahmedabad. I got chance to study well in classrooms, study at library with all necessary books, and experimentation at laboratories to the full satisfaction. I also got chance to participate in sports and a conference Pharma-vision. As first year started late due to unavoidable circumstances, we had been in the college for short time till now but I feel like having been associated since long as we have been provided all opportunities to grow as a pharmacist.

Apart from good library, transportation services and canteen are also nice. We are thankful to our caring Principal Sir and Faculties for making our ongoing studies an experience to remember for the lifetime.

Senciourly Manya M. Dalal B.Pharm Semester I

I am Shrinidhi from Bachelor of Pharmacy 1st semester. This college is the same as I would have imagined for a college life having facilities for sports a helpful faculty and a very good group of batch mates. I really enjoy being here and studying here. The faculty here is very helpful and the lectures and the lab sessions here are very interactive and it is very fun to be here.

All the teachers teach in a very fun way and make us enjoy, they make all the subjects look way too easier. They encourage us in participating in all the activities which are enjoyable. Even the seniors here are very well natured and interact with us in a very supportive way. The sports facilities are the best and make me feel more active and awakens the inner ability to concentrate even more in studies.

The inner me is very satisfied with the college and would recommend even more students to join this college and I am very thankful to Nishkruti ma'am and Ruchi ma'am for giving me this opportunity to share the review of the college.



Obediently V.V.Shrinidhi B.Pharm Semester I

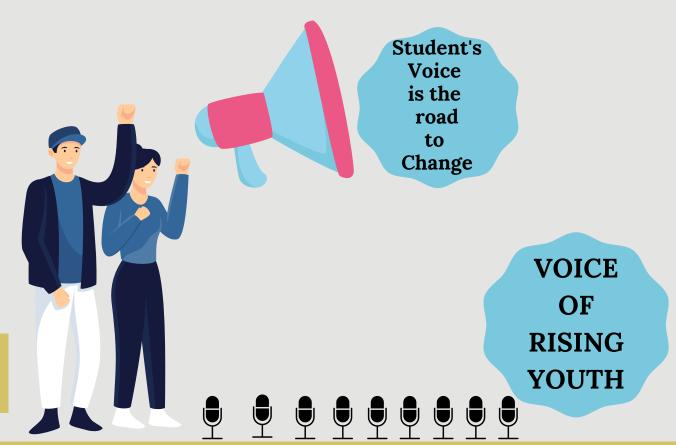
# VOICE OF KCP STUDENTS

I am glad to provide you with my feedback about the college. My overall experience to date has been amazing, and the college is having an amazing infrastructure. Your college has provided me with a number of opportunities to grow and explore my skills. The emphasis on sports along with education always helped me a lot. I have always found a positive and healthy environment and the teachers are highly supportive.

I am highly thankful to you for providing me with an opportunity to be a part of your cyollege. It has added a number of values to my life.



Hitesh Jaishankar Mishra D.Pharma Sem I



# COLLEGE FEEDBACK BY PARENTS

I am very happy to state that I am fortunate as apparent of Khyati College of Pharmacy student. In fact I was not aware of the college earlier but read in newspaper on pharmacist day celebration at the college and immediately rushed to visit the college. We were impressed by the campus and decided to admit the student and within 3 months we realized it was the best decision. College has given ample opportunities to grow and learn well by good teaching of theory and practical as well as extracurricular activities. Principal and faculty members are highly educated and intensely interested in student growth. I would like to congratulate staff and administration of Khyati College on providing the best learning environment to students.



Thanks and regards
Dr. Mahesh K. Dalal
Ph.D.Guide in Chemistry
Lead Auditor ISO 9001:2015
Internal Auditor ISO 17025:2017
Six Sigma Green belt certified
Ahmedabad, India

प्रिय ख्याति कॉलेज ऑफ फार्मेसी। मैं यह हर समय नहीं कहता, लेकिन आप हमारे बच्चों को जो मदद और मार्गदर्शन प्रदान करते हैं, मैं उसकी सराहना करता हूं। मैंने देखा है कि हर्षिता में काफी सुधार हुआ है, न केवल सीखने के मामले में बल्कि अपने आत्मविश्वास में भी। मैंने जीवन भर उसका ख्याल रखा लेकिन अब, वह मेरे स्वास्थ्य का ख्याल रखती है। आप उन्हें एक दयालु व्यक्तित्व के साथ ऐसे प्रतिभाशाली और स्मार्ट फार्मासिस्ट बनने में मदद कर रहे हैं। आप माता-पिता के रूप में हमारे काम को इतना आसान बना रहे हैं। इस सब के लिए, मैं आपको धन्यवाद देता हूं!



शशि रंजन पटेल

# COLLEGE FEEDBACK BY PARENTS

તમે સાંભળિયુ તો હશે કે, "जो कुछ आकर्षक और सुंदर है, वह सदैव श्रेष्ठ नहीं होता है; किन्तु जो कुछ श्रेष्ठ हैं, वह सदैव सुंदर होगा।" એ ખ્યાતી કોલેજ ઓફ ફાર્મસી મા લાગુ પડે છે. આ કોલેજ મા well educated faculties છે જે ઓ ખુબ જ સારી અને સરળ રીતે ભણાવે છે. અહિયા છોકરા ઓ ને તેમના ભવિષ્ય માટે બધી જ જગ્યા એ સારી opportunity આપવા માં આવે છે જેના થી છોકરા ઓ ની અંદર ની Marketing, Sales, Purchase, Management જેવી આવડત શોધવા માં મદદ રુપ થાય છે અને જેનાથી છોકરા ઓને પોતાના પ્રત્યે પણ આત્મવિશ્વાસ વધે છે. છોકરા ઓ ને ભણવા મા મદદ થાય અને તેમના મગજ સારા અને તાજા થાય તે માટે કોલેજ મા થી Educational tour કરવા માં આવે છે.

છોકરા ઓ ના સર્વાંગિક વિકાસ અને તેમની આવડત માટે કોલેજ મા Sport week અને Annual day ની ઉજવણી કરવા માં આવે છે.

#### DARSHNA JOSHI



We are very happy that we enrolled shifa at Khyati. The overall experience till date is very good. The academics are up to the mark. The events held at khyati are extremely influencing and it helps shifa to grow more. The functioning is outstanding.

We are looking forward to much more greater experiences

Salim Mobh, Almas Mobh

# STUDENTS AFFAIRS

#### UNIVERSITY EXAM RESULTS

ACADEMIC YEAR (2020- 2021) (B. PHARM) SEMESTER 4
TOP 3 STUDENTS



BHAVYA PATEL SPI:-9.23



FORAM PAREKH SPI:-9.08



VIDUSHA VARSHNEY SPI:-8.77

#### ACADEMIC YEAR (2020-2021) (B.PHARM) SEMESTER 2 TOP 4 STUDENTS













HASTI TRIVEDI SPI:-9.33



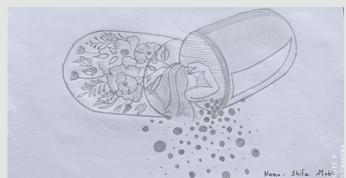
# STUDENTS CREATIVITY CORNER





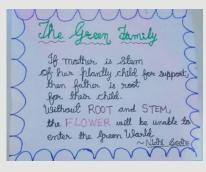








SHIFA MOBH, B. PHARM SEM IV









NIDHI SODHA, B. PHARM

SEM I





NISHA PATEL, B. PHARM SEM I



ANERI BAROT, B. PHARM SEM I



### **ACHIEVEMENTS OF STUDENTS**



a little
progress
each day
adds upto
big results



#### JAIVIK PATEL, B. PHARM SEM VI

"Student has received cheque of Rs 16000 from Ideal Pharmacist Federation as an appreciation to nobel work for school children during pandemic".



HARSHDEEPSINH RANA, B. PHARM SEM IV

OPPORTUNITIES
DON'T HAPPEN,
YOU CREATE
THEM





# BHAVYA PATEL AND TEAM MEMBERS SECURED 3RD RANK AT NATIONAL LEVEL PHARMA TECH FEST BY ABVP



#### **B.PHARM SEM VI**









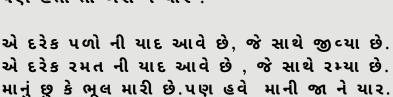


#### NISHITA PANCHAL, B. PHARM SEM VI



હતી તો ખરી ને યાર.

ખબર છે હવે દોસ્તી નથી, પણ હતી તો ખરી ને યાર.



ખબર છે હવે દોસ્તી નથી, પણ હતી તો ખરી ને યાર.

ભાઈ કરતા પણ વધારે માનતા તા એકબીજાને, બહુજ હેરાન કરતા તા એકબીજાને, બસ એ વાત એક સપનું સમજીને ભૂલી જા ને યાર.

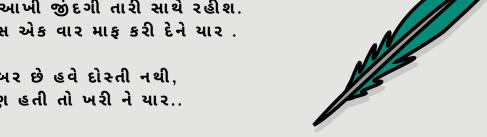
ખબર છે હવે દોસ્તી નથી, પણ હતી તો ખરી ને યાર.

એવી કઈ દોસ્તી છે જેમાં ઝઘડો નથી થતો . અને ઝઘડો ના કરે એ દોસ્ત જ નથી હોતો. પણ થોડું થોડું કરતા હવે બહુ થયું યાર.

ખબર છે હવે દોસ્તી નથી પણ હતી તો ખરી ને યાર.

અંતમાં બસ એટલુંજ કહીશ , કે આખી જીંદગી તારી સાથે રહીશ. બસ એક વાર માફ કરી દેને યાર .

ખબર છે હવે દોસ્તી નથી. પણ હતી તો ખરી ને યાર..



JITANG SHAH, B. PHARM SEM I













CHAHNA PATEL, B. PHARM SEM I



कलम मेरा राजा हैं. और कविता की मैं रानी मेरे शब्द ही मेरी पहचान हैं बाकि सब रब की मेहरबानी हैं..

ना जीने देती हैं ना मरने देती हैं येह ज़िन्दगी हैं जनाब बिना कुछ सिखाये कहा दम लेती हैं..

PRACHI PATEL, B. PHARM SEM IV



# MEDIA COVERAGE















Since the start of the new Coronavirus (COVID-19) outbreak in December 2019, pharmacciss worldwide are playing a key role adopting innovaries strategies to minimize the adverse impact of the pandemic. Corona warrior's pharmacsiss and pharmacy students of Klyant College of Pharmacy served as volunteers with the beams of the health of Gajarat. More than 90 students voluntering served as part of the health care team. Student volunteers justed as part of the health care team. Student volunteers justed as part of the health care team. Student volunteers justed as part of the health care team. Student volunteers justed as part of the health care team. Student volunteers justed as part of the health care team. Student volunteers guaranteed as \$VP\$

hospital, Paldi and LG hospital, but Manitangur. Shee Jashabhai Patel, President of Druggist and mc Chemist Association of Gojant, Shri Adhusuji Kamur, Pracheh av Sangaham Marni, Aldi Blastriya Uvlyamih Parabad, De Sanjiy of the Chemist Association of Parameter and State of President. Adhil Blustriya Uvlyamih Parabad and Dr. Pragnesh Patasi, Principal Kypati or College Of Paramy monitoral students to provide direct patient care and perform formitine dates of their Camura and Patel Patel State of their Camura department formitine dates of their Camura and perform formitine dates of their Camura and performiting dates of their Camura and performiting dates of their Camura and thei





# EDUCATIONAL QUOTE

"Education Is The Most Powerful Weapon You Can Use To Change The World"

#### **KHYATI COLLEGE OF PHARMACY**

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