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ABOUT INSTITUTE

Shree N. L. Patel College of Pharmacy, Umrakh was established in the year 2004 under the aegis of Vidyabharti Trust with main objective of visionary in the mission of quality Pharmacy education.

The Shree N. L. Patel College of Pharmacy is located on the way of Bardoli-Mota road 3 kilometer away from Bardoli and 34 kilometer away from Surat in a lush green sprawling campus with sufficient infrastructure facilities.

The college is approved by the Pharmacy Council of India (PCI), New Delhi, All India Council for Technical Education (AICTE), New Delhi, recognized by Government of Gujarat and affiliated to Gujarat Technological University (GTU), Ahmadabad.

At this moment Shree N. L. Patel College of Pharmacy offers B. Pharm and M.Pharm course in Pharmaceutics, Quality Assurance & Pharmacology to input knowledge and empower individuals with wisdom to prepare pharmacist of the future.

VISION OF THE INSTITUTE

To emerge as the most preferred pharmacy institute and to develop pharmacists who will lead the nation to a better future.

MISSION OF THE INSTITUTE

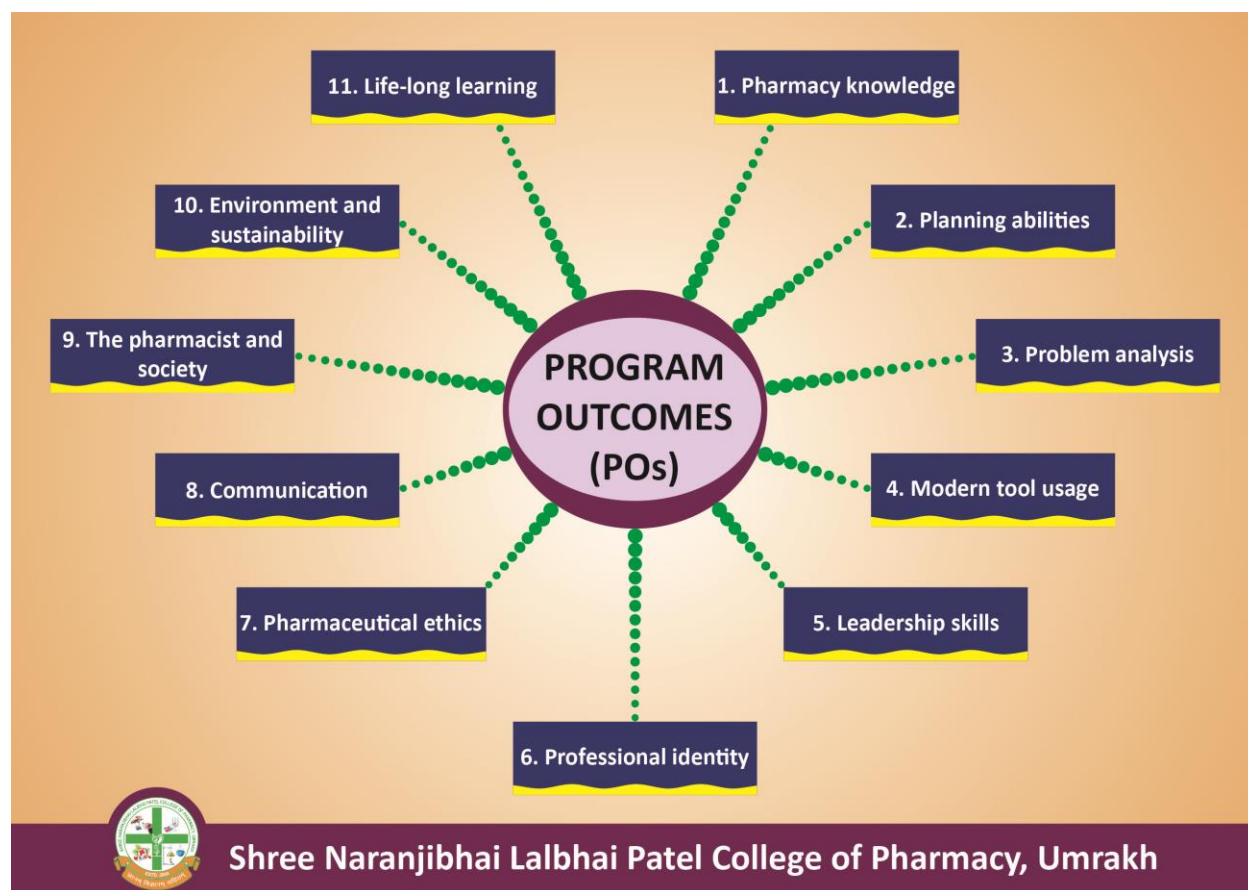
- To provide a stimulating environment where knowledge of basic subjects is integrated with health concerns for the world community.
- To inculcate professional ethics, social responsibility and commitment for lifelong learning.
- To March on a par with current developments to become a professionally competent

PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

PEO1: Knowledge: To teach and help to assimilate theoretical and practical knowledge in various pharmaceutical fields.

PEO2: Competency: To develop leadership skills, team building skills, community services and ethical practices.

PEO3: Professionalism: To encourage the students for participation in various conferences, seminars, workshops and expert talks.



MESSAGES



Dr. Dhiren P. Shah
Principal, SNLPCP

PHARMVIDYA, the college magazine of SNLPCP provides a medium of expression for budding pharmacists. Besides showcasing the annual achievements, the magazine also chronicles the jokes of the previous year, new ideas and literary-flair. Pharmacists have made great directors, writers, communicators and business men. It is not enough for one to possess the knowledge and charge with psychomotor skills, but he/she needs to translate these into actions at the real situations in the profession of pharmacy with confidence and mutual trust. PHARMVIDYA has improved with the passage of years. Let me congratulate the editor Mrs. Jasmina Surati and her team for their commendable job in bringing out Summer-2020 edition of PHARMVIDYA. I feel it is worth reading and preserving with us for long to cherish the past memory. I wish all the best.



Mrs. Jasmina Surati
Editor

William Wordsworth, the famous English poet had once marvelled at “a host of golden daffodils ... fluttering and dancing in the breeze.” And as editors of the magazine, we too experienced such delightful moments as we wandered, mesmerized among the magical daffodils of verses and words woven by our very own talented and creative students.

Along with the literary feast, working on the magazine required coping with challenges, such as several rounds of laborious and meticulous editing, coordinating with various departments and committees, compiling reports, accommodating last minute additions and still managing to meet hectic deadlines. We needed to ensure that it would be a true reflection of the college eco-system and ethos. It has proved a great learning experience for both the students and the editors. We learned that the ground needs to be well prepared for daffodils to bloom! We hope the magazine continues to evolve as a creative and vibrant space for the students to discover and nurture their literary talent.

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1.1 GUEST LECTURE

Date: 3.01.2020

Guest Speakers: Dr Urvi Desai, Gynecologist, Janata Hospital, Bardoli.

Topic: “Dysmenorrhea: Why suffer silently”

Students Participation: M. Pharm. and Final B. Pharm. Girl Students

Summary of Lecture: Shree Naranbhai Lalbhai Patel College of Pharmacy had organized a Guest Lecture on “Dysmenorrhea: Why suffer silently” in association with Blue Cross Labs, Mumbai.

Dr Urvi Desai addressed the audience about the various issues like leucorrhea in menstruating girls, teenagers and women. The discussion also covered topics like the hormonal imbalance, diseases like cervical cancer, thyroidism and obesity. The possible causes, lifestyle changes and the medication involved therein was discussed in detail. This lecture was attended by all girl students, female teaching faculty and non-teaching staff. Later, the representatives of Blue Cross distributed free samples of the drug MEFTAL-SPAS (Mephenamic acid and Dicyclomine Hydrochloride Tablets) among girls. All of the guests were felicitated with memento as a token of gratitude.



1.2 GUEST LECTURE

Date: 16.01.2020

Topic: Eco-Friendly Application of (1) Hydrotropic Solubilization (2) Mixed Hydrotropic Solubilization (3) Mixed Solvency Concept

Guest Speaker: Dr. R. K. Maheshwari

Summary of Lecture: S.N.L.P. College of Pharmacy has organized expert talk session on Eco-Friendly Application of (1) Hydrotropic Solubilization (2) Mixed Hydrotropic Solubilization (3) Mixed Solvency Concept for B. Pharm and M. Pharm students on 16th January 2020. Mixed Hydrotropic solubilization technique is the phenomenon to increase the solubility of poorly water-soluble drugs, using blends of hydrotrops. This technique can provide additive or synergistic enhancement effect on solubility of poorly water-soluble drugs. Utilization of this method in the formulation of dosage forms made of water insoluble drugs can also reduce the concentration of individual hydrotropic agents, in order to minimize the side effects. This concept was informative for the students and help to build bright future in pharmaceutical research.



1.3 GUEST LECTURE

Date: 03.03.2020

Topic: “Scope of Pharmacy and Higher studies in Canada”

Guest Speaker: Dr. Paras Patel

Dr. Paras Patel is pharmacist in Canada. He has completed M. Pharmacy and Ph.D. in pharmacology from India. Dr. Paras Patel talked about the aspects of preparation & studying abroad such as starting the preparation almost a year in advance, the financial aspects, work aspects, visa, what after once your course is completed, life in Canada. He also took student through various videos of the college on -their current students & their experiences, student's first impression, festival celebrations & students learning from the course. Students actually knew the various courses which can be done after their B. Pharmacy graduation course in Canada.



1.4 GUEST LECTURE

Date: 14.03.2020

Topic: “Workshop on Design of Experiment (DoE)”

Guest Speaker: Prof. Vinod D. Ramani

Prof. Vinod D Ramani, Assistant Professor, Bhagwan Mahavir College of Pharmacy, Surat. He has completed M. Pharmacy and pursuing Ph.D. in pharmacy. Prof. Vinod D Ramani has delivered guest lecture on “Workshop on Design of Experiment (DoE)”. All M. Pharm Students of Pharmaceutics, Pharmaceutical Quality Assurance and faculty members have attended the talk and interacted. He further talked about the all aspects of DoE variable and how to apply it for the formulation development and for HPLC method development. He has also conducted practical session for application of DoE.



2.1 INDUSTRIAL VISIT

Place: Vapi Care Pharma. Pvt. Ltd., Vapi

Date of visit: 18.01.2020

Shree Naranbhai Lalbhai Patel College of Pharmacy, Umrakh, had organized a one day Industrial visit at “Vapi Care Pharma Pvt. Ltd.”, Vapi; on 18th January 2020, for the final year B.Pharm students. The industry is involved in development of new molecules which helps us in catering domestic and international markets. Company has two manufacturing units fully equipped manufacturing units. Students came to know about various formulation department like solid and semi-solid pharmaceutical dosage form as per regulatory agency guidelines. This visit will help students to understand subject matter clearly in future also.



2.2 INDUSTRIAL VISIT

Place: Globela Pharma Pvt. Ltd. Sachin, Surat

Date of visit: 13.03.2020

Shree Naranbhai Lalbhai Patel College of Pharmacy, Umrakh has organized a one day Industrial visit at “Globela Pharma Pvt. Ltd. Sachin, Surat; on 13th March 2020, for the first year M. Pharm students.

Globela Pharma Pvt. Ltd is dedicated to the quality excellence. Today, they are one of the fastest growing and leading pharmaceutical companies in India, which is engaged into third party contract

manufacturing of niche pharmaceutical formulations. It provides the advanced manufacturing capabilities and processes that create special quality standard products. The reputation of the company is built on manufacturing and R&D facilities that are designed to meet Global Standards, accompanied by the Stringent Quality standards which ensure they deliver the best formulations and products. Students got the knowledge about the formulation development of various solid and semi- solid pharmaceutical dosage forms as per regulatory agency guidelines. Students have also visited R & D division, analytical department and QA department.



3. PHARMACY PREMIER LEAGUE 2020

PHARMACY PREMIER LEAGUE 2020 CRICKET TOURNAMENT was organized by Shree Naranjibhai Lalbhai Patel College of pharmacy, UmraKh during 10/02/2020 to 12/02/2020. In these tournament 08 pharmacy colleges from the state has participated. The winner of premier league was Shree Naranjibhai Lalbhai Patel College of pharmacy, UmraKh.

Winner Prize: Trophy and Rs. 5001.00 cash.



4. DAYS CELEBRATION

Date: 10.02.2020 – 15.02.2020

The second week of February was marked with Days Celebration. Every year students follow this custom of celebrating days with particular theme and costume. This year also, students celebrated the whole week with Innovative days like the group day, signature day, saree and tie day, chocolate day. They had fun as they celebrated their Indoor Games with Funfair Celebrations. The indoor Games like Saat thikri and rope pulling were played. Funfair celebrations included the Games and Eatery stalls like Basket Chaat, Mexican Samosas, Cold Coco, Pav Bhaji, Manchurian and all. All students had fun clicking photographs all over the campus.



5. ANNUAL DAY CELEBRATION

Date: 19.02.2020

Like every year the annual Function “CULFEST 2020” was celebrated with great Pomp and fervor on 19th February 2020. To grace the occasion, the Chief Guest Mr Paresh Bhanushali, Motivational Speaker and Pharmacist, Valsad and Guest of Honor Dr Vishal Shah, Asst Manager, Jai Research Foundation, Vapi .

Mrs. Jasmina Surati presented the Annual Report of the year 2019-20 before us. Then our Chief Guest and Guest of Honour for the day gave a keynote address to the students. The prizes were given in the order of Academic Excellence, Sports Excellence and the Co-curricular activities. The prizes were given away by our Trustees, Shri Ashwinbhai Patel, Shri Kiritbhai Patel, Shri Harshadbhai Patel, Shri Manharbhai Patel, Shri Bharatbhai Patel Shri Hasubhai Patel and Shri Mahendrabhai Patel, along with our Principal Dr. Dhiren Shah, Chief Guest and Guest of Honour. Mr. Sagar Patel gave away the vote of the thanks to mark the end of the formal function. The informal event began with full of music and dance performances. The stage rocked with various traditional and western dance sequences. The students and staff were mesmerized with the Solo and Duet numbers along with an equally powerful orchestra. The event also marked the Alumina Meet where the passed out students gathered and discussed the environment outside College life and work experience in industry.



6. WOMAN'S DAY CELEBRATION

Date: 06.03.2020

On the occasion of Woman's Day Celebrations, Shree Naranjibhai Lalbhai Patel College of Pharmacy, UmraKh, organized a celebration for all the female faculty including the girl's students, female technical staff, peons and sweepers. To grace this occasion, chief guest Ms. Ashaben Dave, President, South Gujarat Productivity Council (SGPC), Surat was invited. She was the team leader CED, as well as Associate Proprietor, GOGRam. The celebrations were held 2 days in advance since 8th March was a Sunday. The participation of nearly 300-400 female faculty all of the campus made it a grand celebration. All the female faculties enjoyed the celebrations as girls students performed on latest numbers. Full afternoon there was fun and frolic with songs, drama sequences. The event was concluded with National Anthem and snacks were served to all.



7. SAINIK WELFARE FUND

Date: 13.03.2020

Shree Naranjibhai Lalbhai Patel College Of Pharmacy, UmraKh, S. N. Patel Institute of Technology & Research Centre, UmraKh Bhulabhai Vanmalibhai Patel Institute of Technology, UmraKh Vidyabharti Trust College of BBA & BCA, UmraKh Vidyabharti Trust College of MCA, UmraKh has jointly collected fund for Rehabilitation of battle casualties, Welfare of serving personnel and their families, Resettlement and welfare of ex-servicemen and their family. All the NSS Volunteers were distributed in 3 teams in different colleges of Vidyabharti campus. Shree Naranjibhai Lalbhai Patel College of Pharmacy (SNLPCP) students, staff and supportive staff were actively participated in the event. All the collected cash was submitted to the event co-ordinator. The total collection received by various colleges was Rs 23173/-. And then the cash was converted to the cheque and send to GTU.



8. ACTIVITIES FOR COVID-19 AWARENESS

After 20th March 2020 all the colleges were shut down due to outbreak of COVID 19. Although its lockdown everywhere allover INDIA, still students and institute have tried to give a message regarding COVID19 from their home. Though these messages we had tried to make the community aware of seriousness of COVID19.



Stay
Home

#SNLPCP UMRAKH

Stay
Safe

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The Race to Develop a Vaccine against COVID-19 is Intensifying Globally

Vidyabharti Campus, At. & Po. Baben, Ta. Bardoli, Di. Surat, 394601.

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आने वाले समय में भारत को राफेल से ज्यादा फार्मा रिसर्च की जरूरत पड़ेगी

The voice of Pharmacist

SHREE NARANJIBHAI LALBHAI PATEL
COLLEGE OF PHARMACY, UMRAKH
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कोविड-19 संकट के दौरान स्वयं की देखभाल और रोग प्रतिरोधक क्षमता बढ़ाने के लिए आयुर्वेदिक उपाय

रोग प्रतिरोधक क्षमता को बेहतर करने के सामान्य उपाय

- 1 पूरे दिन केवल गर्म पानी पिएं
- 2 प्रतिदिन कम से कम 30 मिनट योगासन, प्राणायाम एवं ध्यान करें
- 3 हल्दी, जौरा, धनिया एवं लहसुन आदि मसालों का भोजन बनाने में प्रयोग करें

Graphic: 2/4 नोट: रोगी से बचाव का आयुर्वेदिक पक्ष सुनिश्चित, दिनचर्या एवं आहार पर आधारित है। आयुष मेन्टालवेल

Vidyabharti Campus, At. & Po. Baben, Ta. Bardoli, Di. Surat, 394601.

9. COLLABORATION WORK WITH LOCAL GOVERNMENT AGENCY IN COVID-19 SITUATION

With an objective to find a possible solution to the COVID-19 pandemic, the AYUSH Ministry has initiated efforts for the development of drugs based on any AYUSH system. AYUSH Ministry recommended Sanshamani Vati, as an immunity booster. Sanshamani Vati (also called Guduchi Ghana vati) is an ayurvedic herbal formulation used for all types of fevers with different etiology. To meet the growing demand for Sanshamani vati, Dr. Priti Patel and Dr. Piyush Patel representative of department of AYUSH at Bardoli, made tablets in our institute Shree Naranjibhai Lalbhai Patel College of Pharmacy for corona patients and freely distributed to the needy people. Our institute provided tablet punching machine for Sanshamani vati tablet. Dr. Priti and Dr. Piyush Patel produced 27 kg Sanshamani vati tablet from 120 kg giloy plant. We also planted giloy plant in our medicinal garden recommended by department of Ayush. Honourable trustee, Mr. Kiritbhai Patel, Principal of institute, Dr. Priti Patel and Dr. Piyush Patel, teaching and non-teaching staff and from all grades participated in the plantation of giloy plant in our medicinal garden with great enthusiasm.



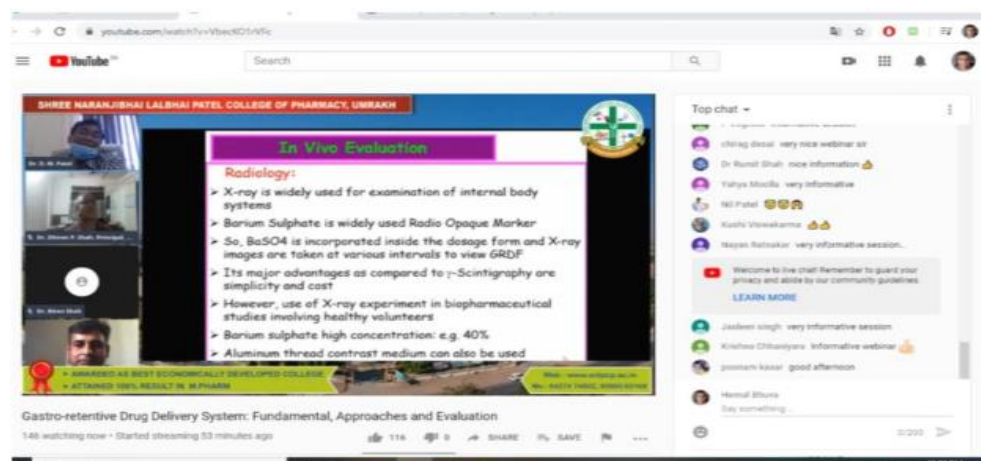
10. 1 WEBINAR ON "GASTRO RETENTIVE DRUG DELIVERY SYSTEM - FUNDAMENTAL APPROACHES AND EVALUATION"

Resource Person: Dr. D.M Patel, Associate Professor, Dept. of Pharmacy,
Gujarat Technological University

Date: 26.05.2020

No. of Participants: 644

Summary of Session: Shree Naranjibhai Lalbhai Patel College of Pharmacy organized interactive live webinar to acquaintance faculty members, B.Pharm and M.Pharm students with “Gastro retentive drug delivery system - fundamental approaches and evaluation”. Dr. D.M.Patel, during his talk, covered brief introduction of GRDDS and various formulation approaches of GRDDS including high density system (HDS), floating system (FS), swelling and expanding system (SS), Mucoadhesive and Bioadhesive system (AS) in detail. He also discussed about the drugs benefited by GRDDS, advantages, early marketed products, limitations and the evaluation of GRDDS. There was an interactive question and answer session following the session.



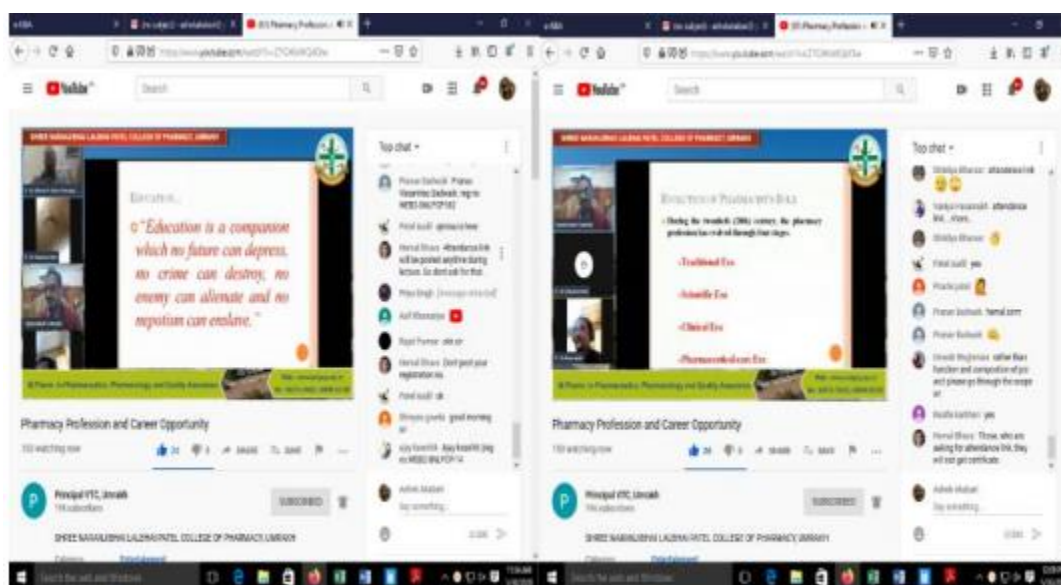
10.2 WEBINAR ON "PHARMACY PROFESSION AND CAREER OPPORTUNITY"

Resource Person: Mr. Tejaskumar Thakkar. Analytical Researcher- II (Assistant Manager, GCA J10), Bio analytical Dept., Lotus Labs Pvt. Ltd. (TevaPharma India Ltd.), Bangalore.

Date: 30.05.2020

No. of Participants: 259

Summary of Session: Shree NaranjibhaiLalbhai Patel College of Pharmacy has organized webinar on "PHARMACY PROFESSION AND CAREER OPPORTUNITY" under the guidance of principal, Dr. Dhiren P. Shah and Co-ordinator, Dr. Biren N. Shah. Many final year and prefinal year students of B. Pharm and M. Pharm from different institutes across the country attended the webinar. The objective of this webinar was to acquaint them with the importance of pharmacy field in the present competitive world. Students were enlightened with various career opportunities available after their graduation as well as post-graduation in pharmacy. Apart from explaining the importance of how the knowledge of pharmacy play an important role in professional life, he also explained how we can contribute to the society with the same.



11. STUDENT CREATIVITY



Vyas Mukti – 6th sem



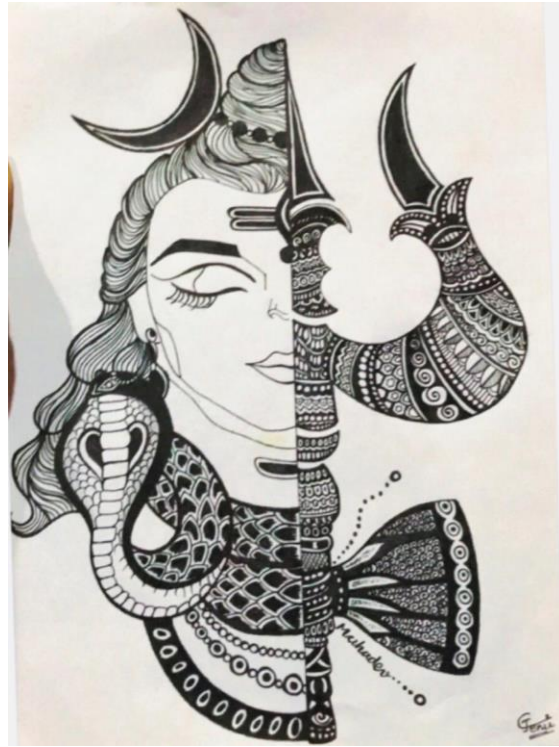
Patel Kevin – 2nd semester



Italiya Shrusti – 6th semester



Patel Zeel – 4th semester



Patel Jaimi – 6th semester

A DEADLY PHASE OF 2020: COVID FROM WUHAN

Etymology

The name "coronavirus" is derived from Latin corona, meaning "crown" or "wreath", itself a borrowing from Greek κορώνη *korónē*, "garland, and wreath". The name was coined by June Almeida and David Tyrrell who first observed and studied human coronaviruses. The word was first used in print in 1968 by an informal group of virologists in the journal Nature to designate the new family of viruses.^[10] The name refers to the characteristic appearance of virions (the infective form of the virus) by electron microscopy, which have a fringe of large, bulbous surface projections creating an image reminiscent of the solar corona or halo.^{[10][13]} This morphology is created by the viral spike peplomers, which are proteins on the surface of the virus.

What is a Coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

Structure

Spherical or pleomorphic enveloped particles containing single-stranded (positive-sense) RNA associated with a nucleoprotein within a capsid comprised of matrix protein. The envelope bears club-shaped glycoprotein projections. The size of corona virus is roughly about 65-125 nanometer in diameter.

Stages of Corona:-

Stage 1

In the first stage of a pandemic, the disease doesn't spread locally - cases reported are usually people who have had travel history to an already affected country.

Stage 2

This is the stage of local transmission - when people who have brought the virus into the country transmit it to people they come in contact with, usually friends and family. At this stage, it is easy to trace spread and quarantine people.

Stage 3

The third stage is when the source of the infection is untraceable; this stage is identified by people who haven't had travel history getting affected by the virus - once here spread is extremely contagious and difficult to control.

Stage 4

So far, China has been the only country to experience Stage 4, where spread is practically uncontrollable and there are many major clusters of infection all over the country.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.

Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill. People of all ages who experience fever and/or cough associated with difficulty breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek medical attention immediately. If possible, it is recommended to call the health care provider or facility first, so the patient can be directed to the right clinic.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. This is why it is important to stay at least 1 meter away from others. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected-by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand rub.

How can we protect others and ourselves if we don't know who is infected?

Practicing hand and respiratory hygiene is important at all times and is the best way to protect others and yourself. When possible maintain at least a 1 meter distance between yourself and others. This is especially important if you are standing by someone who is coughing or sneezing. Since some infected persons may not yet be exhibiting symptoms or their symptoms may be mild, maintaining a physical distance with everyone is a good idea if you are in an area where COVID-19 is circulating.

What does it mean to self-isolate?

Self-isolation is an important measure taken by those who have COVID-19 symptoms to avoid infecting others in the community, including family members.

Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places. This can be voluntarily or based on his/her health care provider's recommendation.

- have a large, well-ventilated with hand-hygiene and toilet facilities
- If this is not possible, place beds at least 1 metre apart
- Keep at least 1 metre from others, even from your family members
- Monitor your symptoms daily

- Isolate for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

What is the difference between self-isolation, self-quarantine and distancing?

Quarantine means restricting activities or separating people who are not ill themselves but may have been exposed to COVID-19. The goal is to prevent spread of the disease at the time when people just develop symptoms. Isolation means separating people who are ill with symptoms of COVID-19 and may be infectious to prevent the spread of the disease. Physical distancing means being physically apart. WHO recommends keeping at least 1-metre distance from others. This is a general measure that everyone should take even if they are well with no known exposure to COVID-19.

What can I do to protect myself and prevent the spread of disease?

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most countries around the world have seen cases of COVID-19 and many are experiencing outbreaks. Authorities in China and some other countries have succeeded in slowing their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 meter.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

Is there a vaccine, drug or treatment for COVID-19?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of mild COVID-19, there are no medicines that have been shown to prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials of both western and traditional medicines. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19 and will continue to provide updated information as soon research results become available.

The most effective ways to protect yourself and others against COVID-19 are to:

- Clean your hands frequently and thoroughly
- Avoid touching your eyes, mouth and nose
- Cover your cough with the bend of elbow or tissue. If a tissue is used, discard it immediately and wash your hands.
- Maintain a distance of at least 1 metre from others.

How to properly wear a medical mask?

If you choose to wear a mask:

1. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
2. Take the mask and inspect it for tears or holes.
3. Orient which side is the top side (where the metal strip is).
4. Ensure the proper side of the mask faces outwards (the coloured side).
5. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
6. Pull down the mask's bottom so it covers your mouth and your chin.
7. Do not touch the mask while you are wearing it for protection.
8. After use, take off the mask with clean hands; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use. Do not reuse the mask.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

Be aware that there is a global shortage of medical masks (both surgical masks and N95 masks). These should be reserved as much as possible for health care workers.

How long does it take after exposure to COVID-19 to develop symptoms?

The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.

What is the connection between COVID-19 and animals?

COVID-19 is spread through human-to-human transmission. We already know a lot about other viruses in the coronavirus family and most of these types of viruses have an origin in animals. The COVID-19 virus (also called SARS-CoV-2) is a new virus in humans. The possible animal source of COVID-19 has not yet been confirmed but research is ongoing.

How long does the virus survive on surfaces?

The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.

As, always clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Patel Raj – 2nd semester

LIFE IS NOT A BED OF ROSES

Life, for most of us is not a bed of roses. Heck I am not hoping for roses, but I could do better than thorns. I am no Jesus to bear a crown of thorns and pray to God to forgive those who do this unto me. I am just a normal guy who expects things to be well... normal.

The problem with life is just when you think there is no hope left and you are ready to jump off that bridge and cross off that to-do list forever, your ever-hopeful friend fills your morale boosting tales right from 'Chicken Soup for the Soul' to his personal life. You are confused again. After all the confusion, here I am with a firm decision, even though it's to jump off a bridge. The messiah had to appear now. Full of promises of a bright life beyond the miseries of the present. To remind you that God always tests the right people.

There are some who say the difficulties faced now are a result of past life's karma. I really don't understand the logic. If I was really a bad person in my previous birth, why not punish me then so that I may learn a lesson or two. But hey! That wouldn't be interesting at all. Let's wait till bugger kicks the bucket and bring him back as a good guy. Now let us screw him!

Brimming with hope... ok... just a little bit of it I reschedule my jumping-off-the-bridge to another day. I try to attract the 'positive' vibrations all around me, scanning my surroundings like a hawk. The drunken stupor in bars does not qualify as my friend 'gently' reminds me. It is supposed to be present in people with hearts overflowing with love. Kids? Whenever I walk into a park, all those little brats are emptying their lungs screaming like there was no tomorrow. Did they just realize how life was going to be when they grow up?

That leaves me with just the temples. There is no shortage of them. There is one in every street. God said He is in all places but I guess some people took that literally and set out to fulfill His wish. I pick one and decide to sit in a corner to calm my buoyant mind. The temple is soon torpedoed by a barrage of large woman clad in silk saris and covered in gold. I wondered if they planned to gatecrash a wedding and dropped in here by mistake. It was an auspicious day it seems and they were here to offer their devotion and also to show God that they were in fact doing well. What followed was a continuous stream of chanting, chiming bells and singing bhajans in different combinations. Well nobody is getting any peace. If I were God, I would run away before the women break all the windows with their high pitched notes.

I wanted to run away too, but then decided to brave it out. You know they always say that a greater pain always diminishes the one you are facing now. So bring it on. After a while, all the sounds around didn't bother me at all. It was like watching a TV on mute. You see all the actors mouthing their dialogues but it doesn't matter to you because you just don't care! Maybe this was the secret of life after all. When life keeps throwing crap your way, you don't have to pull the plug, instead you can just mute the jarheads pissing you and you might actually have some fun seeing them babbling on for hours. I now walked past the brigand of noisy kids in the park minus the noise.

Here I am back to square one, waiting for a new dawn, a new beginning and the hope that tomorrow will be better than today. This is what keeps the world going and I tuck in my to-do list deep back in my pocket. Maybe another day? Maybe never?

Patel Shivani– 8th semester

THE PHONE

I am the phone,
Which every one does own...!
I connect many friends,
Also I come in different trends...!
I be with my owner in their home,
And follow them wherever they roam..!
When there is a fall in my charge,
They recharge me in-charge..!
For few I am ferocious,
But many think I am precious..!
Though there is a rise in my bill,
People who throw me away are nil..!
No one calls me boring,
Because they always remember me as loving..!

Sonar Drashti – 2nd semester

LIFE WORTH A MOVIE

Unperturbed love under the lunar luminescence
 Soulful sonatas of solitary sedation
 And you and me,
 Dickens' daffodils dance to the ball & the breeze touches our feet
 My life is worth a movie, will you pay to watch me?
 Nights adorned by fragments
 Of crashing frames & confusing debates
 & inebriate moments slipped away
 The tales of a different dynasty
 The pieces of a peaceful monastery
 He spent it all on drunken debauchery
 My life is worth a movie, will you pay to watch me?
 The wanton desire of escaping
 & the art of deception; learnt over & over
 Practiced over & over
 I may not even live tomorrow
 So let me be free tonight
 Lest this joy decides to betray me
 My life is worth a movie, will you pay to watch me?
 The rising of an existence
 The alluding top of a forbidden jeopardy
 Some stand – the kings of empires
 Some led armies into indignant disunity
 Everyone is meant for the great
 But only I shall ornament the helm of democracy
 My life is worth a movie, will you pay to watch me?

Panchal Nikita– 8th semester

12.INSTITUTE TOPPERS: WINTER 2019

Rank	Student Name	Enrollment no.	SPI
B. Pharm 1st semester			
1	Patel Raj Dharmeshkumar	192680290050	8.93
2.	Patel Shraddhakumari Shailesh Bhai	192680290051	8.79
3.	Chauhan Khushi Himesh	192680290008	8.66
B. Pharm 3rd semester			
1	Desai Aesha Nipul	182680290007	8.93
2.	Patel Drashti Vimalbhai	182680290031	8.71
3.	Patel Ishaben Riteshbhai	182680290034	8.50
B. Pharm 5th semester			
1	Patel Anjali S.	172680290029	8.69
2.	Patel Jaiminiben C.	172680290036	8.38
3.	Patel Heli Vijaybhai	172680290034	8.08
B. Pharm 7th semester			
1.	Patel Shivani P.	162680290046	9.00
2.	Panchal Nikita S.	162680290020	8.73
3.	Mahida Pooja Narendrasinh	162680290014	8.73
M.Pharm 1st semester Quality Assurance			
1.	Patel Nidhi D.	192680824005	8.77
2	Patel Zil	192680824002	8.62
M. Pharm 1st semester Pharmaceutics			
1.	Joshi Harsh	192680820001	7.62
1.	Maisuria Parth	192680820002	7.62
1.	Prajapati Dhaval	192680820004	7.62
M. Pharm 1st semester Pharmacology			
1.	Singh Sneha	192680825005	7.54
2.	Chaudhari Karan	192680825004	7.08
M.Pharm 3rd semester Pharmaceutics			
1.	Patel Dhruvkumar N.	182680820004	8.76
2.	Thakor Heli N.	182680820011	8.29
M. Pharm 3rd semester Pharmacology			
1.	Prajapati Ankit	182680825003	8.10
2.	Patel Charmi	182680825002	7.95

13. GPAT QUALIFIERS



**SHREE NARANJIBHAI LALBHAI PATEL
COLLEGE OF PHARMACY, UMRACH**

Congratulations!!

GPAT-2020 QUALIFIED STUDENTS



NIKITA S. PANCHAL



NIKITABEN C. VAGHELA



SANDHYABEN C. VASAVA



MANJUBEN B. CHAUDHARI



NIMISHABEN R. VASAVA

FROM

MANAGEMENT, PRINCIPAL & FACULTY

Vidyabharti Campus, At. & Po. Baben, Ta. Bardoli, Di. Surat, 394601.

14. GTU RANKERS



SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAXH
 Approved by AICTE, New Delhi and Affiliated to GTU, Ahmedabad.
 Mo : 94274 74602, 90990 63168 | Web : www.snlpcp.ac.in

*Hardworking Students like you always Perform Successfully in their Exams.
 You did a Great job this time and you made yourself and
 your Parents Proud.*

M. Pharmacy (Pharmaceutical Quality Assurance)

Congratulations!



PATEL NIDHI DINESHKUMAR
8.77 SPI(GTU 6th Rank)
 (1st Semester, M. Pharm
 GTU Winter-2019 Exam)



PATEL ZIL DIPAKKUMAR
8.62 SPI(GTU 8th Rank)
 (1st Semester, M. Pharm
 GTU Winter-2019 Exam)

FROM

MANAGEMENT, PRINCIPAL, FACULTY & STAFF MEMBERS.

Vidyabharti Campus, At. & Po. Baben, Ta. Bardoli, Di. Surat, 394601.