



# “PRATYAKSHA”

University Students' Magazine  
for  
**2021-2022**

of

**D. Y. Patil Education Society**  
Deemed To Be University, Kolhapur





## **D. Y. Patil Education Society**

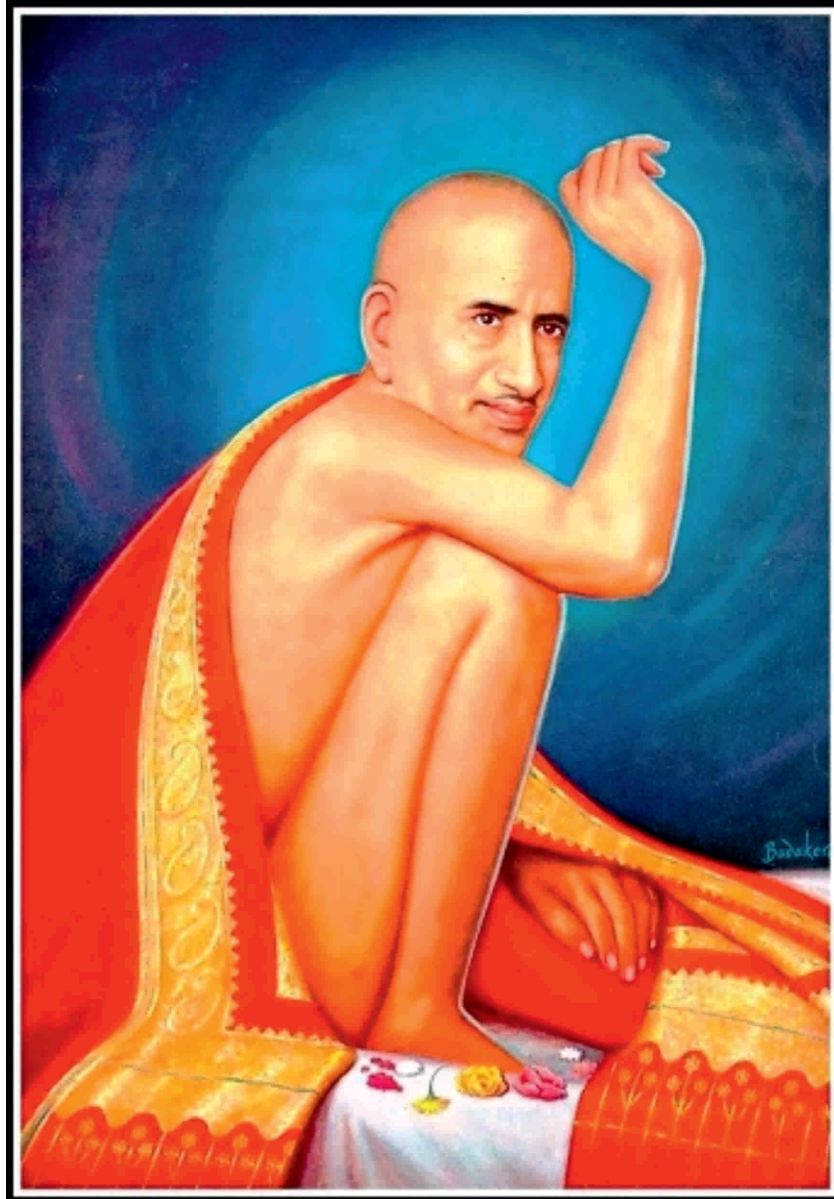
Deemed to be University, Kolhapur

### **Our Motto**

**Dnyanadheenam Jagat Sarvam**



## Our Strength and Inspiration



**Shri Sant Gajanan Maharaj**



## ॥ विद्यापीठ गीत ॥

ज्ञान घेऊनी यशवंत व्हा जावे पुढे पुढे  
ज्ञान विज्ञान विमुक्ततेचे झडवूया चौघडे  
शिक्षण क्षेत्रातील लौकिक  
डी. वाय. पाटील विद्यापीठ  
ज्ञानाधिनम् जगत् सर्वम् ॥धृ॥

आम्ही डी. वाय. ची लेकरे  
नव्या क्षितिजाची पाखरे  
ज्ञानाधिनम् जगत् सर्वम् ॥धृ॥

उच्च शिक्षण हाचि ध्यास  
डीवायजींचा झाला श्वास  
मार्गदर्शन आशीर्वाद  
दादांची लाभली ही साथ  
समाजसेवा, लोक जागृती,  
नांदे नित्य मनांत !

शिक्षण क्षेत्रातील हे पाऊल  
नवेच पाऊल नवीन चाहूल  
ज्ञानसेवा आणि संशोधन  
यासाठी वेचियले तनमन  
सर्वत्र पोचण्या वैद्यकसेवा,  
घडली हो पायपीट !

निवारा, सर्वांगीण विकास  
आरोग्याचा लागे ध्यास  
मूल्य शिक्षण, तत्त्व शिक्षण  
सुयोग्य होते नीतीशिक्षण  
आरोग्य ही खरी धन संपदा,  
मनी बांधिली गाठ !

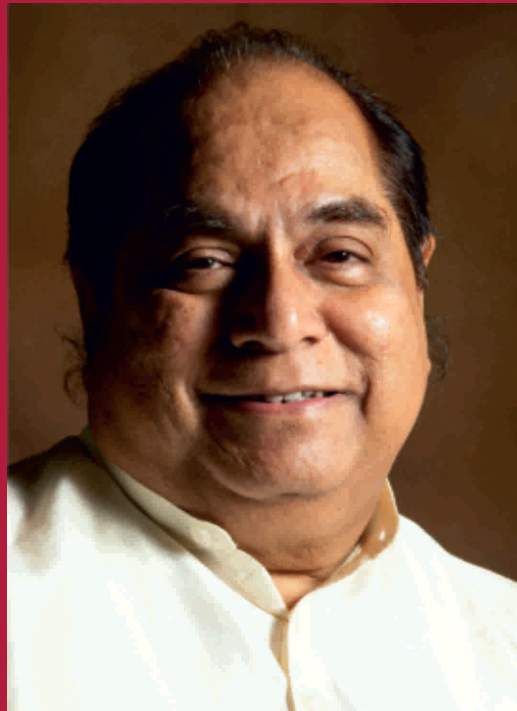
ज्ञानसेवा विकसित केली  
ही शून्यातून, विश्वनिर्मिती  
ज्ञानार्जनातून घडते सेवा  
मूल्य, तत्त्व, निती हा ठेवा  
संजय आणि सतेज यांचा  
कार्या लाभे हात !

अंधाराला उजळीत जावे  
यश कीर्तीला जिंकीत जावे  
ग्रामीणतेचा विकास व्हावा  
ज्ञानाचा नव सूर्य पहावा  
ध्येयासाठी, पाऊल पुढती,  
हीच आता वहिवाट !



# A TRUE VISIONARY & KARMAYOGI

“Knowledge is Power”



**Dr. D. Y. Patil (Padmashree Awardee)**

Founder President,  
D.Y.Patil Education Society

Former Governor,  
Tripura, Bihar & West Bengal State





# CONVOCATION 2022





## CHANCELLOR'S MESSAGE



Greetings.

It is indeed a privilege to congratulate the students of the university for the release of this year's student magazine Pratyaksha. Every year, students express themselves through articles, poetry, and through artistic endeavors and share it with all university stakeholders and visitors. The magazine provides great pleasure to all readers and pride to us all. The presentation of the pages, the topics covered by the various content and the overall standard of the contributions, makes me happy to see the student development and holistic growth in the university.

I would like to specially congratulate the Student Editorial Team who have made this appreciable effort and the Faculty editorial team for giving their guidance and support. I am sure, the student-teacher interactions during this time has helped inculcate new skills and values amongst the learners.

Pratyaksha also highlights some other activities in which students have participated over the last year.

I am happy to see the various events organized by the students and the university that encourage character building and personality development.

I again congratulate the students for the excellent work done, and wish them all the best.

Dr.Sanjay D Patil

Chancellor & President DYP Group

## **EDITORIAL TEAMS**

### **STUDENT EDITORIAL TEAM**

Student Editor:	Ms. Melanie Fernandez,	D. Y. Patil College of Nursing
Editorial Team:	Meher Kidwai,	D Y Patil Medical College
	Diya More,	D Y Patil Medical College
	Arunima Bose,	D Y Patil Medical College
	Shreyas Khade,	D Y Patil College of Nursing
	Shejal Mote,	D Y Patil College of Nursing
	Anurag Kulkulewar,	Centre for Interdisciplinary Research
	Riya Shaha,	D Y Patil College of Physiotherapy
	Nirant Patil,	D Y Patil College of Physiotherapy
	Sakshi Nilesh Maldikar	D Y Patil School of Hospitality
	Mrunal Mahesh Patil	D Y Patil School of Hospitality
	Sanchita Nikam,	D Y Patil School of Allied Health Sciences

### **FACULTY EDITORIAL TEAM**

Faculty Editor:	Dr Shimpa Sharma	Professor, General Medicine
Editorial Team:	Dr Milind Sabnis	Professor Ophthalmology
	Dr Arun Karmarkar	Professor, Anatomy
	Dr Amruta Doijad	Professor, Physiotherapy
	Ms Janaki Shinde	Professor, Nursing



## VICE-CHANCELLOR'S MESSAGE



Greetings through the vibrant pages of our students' magazine - '**Pratkysa**' - a testament to the diverse brilliance that thrives within our academic community. This edition is a celebration of collaborative creativity that transcends disciplinary boundaries. I take immense pleasure and pride in witnessing the extraordinary talents and innovative thoughts that bloom within our university.

Our university fosters an environment where the power of expression is cherished and encouraged. It is a place where diverse voices are given the opportunity to be heard, where ideas are nurtured, and where passions are ignited. This magazine serves as a window into the depth and breadth of our collective genius.

This magazine is more than just a collection of words and images; it is a testament to the intellectual and artistic prowess that resides within each of the contributor. It is a canvas upon which students and staff can paint their ideas, share their experiences, and inspire others with their unique perspectives. Their creativity is the driving force behind the stories, poems, artworks, and essays that grace its pages.

I urge the students to continue exploring and extending the boundaries of their creativity, to share their insights and emotions, and to contribute to the intellectual tapestry of the university. Let this magazine be a reflection of your growth, your aspirations, and your determination to make a difference.

I extend heartfelt gratitude to the contributors whose work graces these pages, reflecting their passion to pushing the boundaries of thoughts and expressions. May this magazine inspire the readers, spark new connections, and ignite the flame of creativity within each of us. Together, let us continue to explore, collaborate, and innovate at the intersections that define the very purpose of education.

*Happy Reading!*

Prof. Rakesh Kumar Mudgal  
Vice-Chancellor

## University Celebrations of the 74<sup>th</sup> Independence Day of the Nation





## MESSAGES



It is seen that the creativity of the students is reflected in literature, scientific presentation and emotions through poems and sketches. This is what our genius students have demonstrated in this students' magazine. I propose best wishes to all of them.

**Dr. Vishwanath Bhosale, Registrar**



I wish the Editorial team of the students magazine "Pratyaksha", all the very best for the release of this issue. I congratulate all contributors and editors for their efforts.

**CA Mr. Sridhar Narayanaswamy, Finance Officer**



"Kudos to our incredible Editorial Team and the talented students who brought our University Annual Magazine to life. Your teamwork, creativity and commitment to quality have produced a fantastic publication. Well done! "

**Dr. A.N.Jadhav, Controller of Examinations**



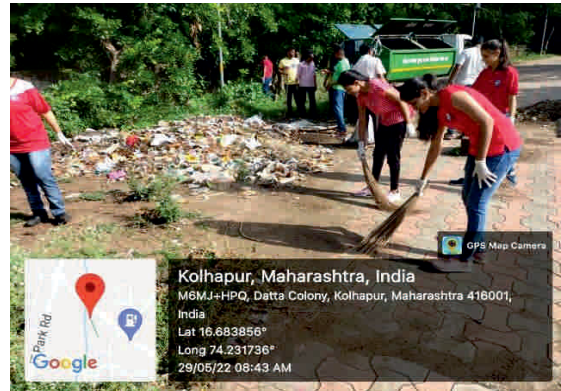
I congratulate the students for the publication of the university Student Magazine. This forms an important platform for student experience, expression and experiential learning. The magazine is looked forward to eagerly by all stakeholders.

**Dr. Shimpa Sharma, IQAC Director**

## NSS & NCC Activities



Participation of NSS Student from Centre for Interdisciplinary Research in Swachhata Abhiyan



Participation of NSS Student from Allied Health Sciences in Swachhata Abhiyan



Activity by NSS Medical Unit at Kanya Vidyamandir Uchgaon



Jayanti Nala Cleaning Campaign by NSS Students



NCC parade in Independence Day Celebration





The university magazine is a testament to the boundless creativity of our students and faculty. Congratulations to the editorial team and contributors for sharing their inspiring work with the world!

**Dr. Rakesh Kumar Sharma, Dean**



I am glad to learn that University is coming out with the magazine. I congratulate and convey my best wishes to the students and staff of the magazine for their excellent endeavor and work.

**Dr. C. D. Lokhande, Research Director**



"Let your voices resonate through the pages of our magazine, and together, we'll create a vibrant collage of student life at our university. Share your stories, inspire your peers, and make your mark!"

**Ms. Suhasinee Rathod, Principal, College of Nursing**



A truly great student magazine cover surprise, even shocks and connects a nano-second!

**Dr. Javid H. Sagar, Principal, College of Physiotherapy**



It gives me immense pleasure to note that the students of our university are bringing out the magazine "**Pratyaksha**". The university provides a platform for every student to develop their learning skills through magazines. I thank the editorial board and students for their contributions to "**Pratyaksha**".  
**Mr. Rudheer Bardeskar, Principal, D Y Patil School of Hospitality.**



"I extend my hearty congratulations to the editorial board of the University Student magazine. The content will definitely give a joyful experience to the reader and will reflect the qualities of our students and teachers. Reader.  
**Dr. R. S. Patil, Coordinator, School of Allied Health Sciences**

## STUDENT EDITOR'S MESSAGE



“Pratyaksha 2021-2022” has been the result of enthusiastic student participation, excellent teamwork and immense support from our Faculty Editorial Team.

I would like to thank all those who worked so hard in making this year's Student Magazine a reality. I would also like to extend my sincere thanks to the administrative , and Media Team who gave us full cooperation and guidance.

The coordinated efforts of faculty and students from all colleges made it possible to acquire articles from all units. Also, the wide variety of topics and range of submissions this year has been amazing. We have tried to include as many of the contributions as we could.

I again thank all who helped make this possible and wish all future Editorial Teams the very best. I am confident that with the same support, Pratyaksha will go from strength to strength.

## FACULTY EDITOR'S MESSAGE



It has been a pleasure and immense privilege to work with the student body on the 2021-2022 issue of Pratyaksha.

The creativity and imagination of students never ceases to amaze and impress me, and this has been underscored during the preparation of this issue. This year, we have received contributions from students of Medicine, Nursing, Hospitality, CIR, and Physiotherapy. The prize-winning entries (1<sup>st</sup> Prizes) of the Essay and Poetry student competitions conducted under Government program ‘Bharat Ka Amrut Mahotsav’ have also been included.

I would like to thank the student members of the Student Editorial Team for their earnest efforts to ensure this magazine is brought out on time. I extend my sincere thanks to my colleagues on the Editorial Team for their support and participation. I would like to specially mention Ms Drushti Satpute, MBA Intern at the University for her valuable assistance.

I wish the students the very best as they enjoy the labor of love of the Editorial Teams and thank the Media Team and the support Staff for making the publication of Pratyaksha 2021-2022 possible.



## Bioethics Unit Student's Wing Activities



Debate Competition: Written consent versus A.V consent.



Theme Singing



Fashion Show- Cultural Diversity of India



Skit 'Social Responsibility and Health'



Role Play : Written consent

# Intercollegiate Sports Competition and Annual Sport Activities



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## TRIUMPH OF SURGERY:

Surgery in MBBS, a wondrous feat, A delicate art, a skill to repeat.  
With steady hands and a keen eye, Doctors wield their tools, and set the sky.

In halls of medicine, they learn and grow,  
Their knowledge deep, their skills to show.

From scalpel's touch to sutures fine,  
They master the craft, and make it shine.

With each new procedure, they gain more might,  
Their skills refined, their techniques in sight .

From open heart to brain surgery,  
They face each challenge with glee.

Their art is precise, their hands so sure,  
They weave a tapestry, a cure.

With every stitch, a life is saved,  
Their work, a testament to the grace of God

**Author: Gauri Yenurkar**  
**MBBS**

### DID YOU KNOW????

The word 'Surgery' is derived from the Greek term 'cheirourgen, where 'cheir' means hand and 'ergo' means work. Therefore, surgery stands for 'to work with hand.'

## HEALTHY ME, HEALTHY YOU

The night sky was aglow with bright city lights

Far from this glow, the hospital corridor is stuffy and the air has undertone of bleach nurses  
giving the meds, running the IVs

Patients in the beds creating memories with their medicines

Doctor holds the heart of the patient as if it were a precious gem

But do they know hospital is one of the most hazardous places to work?

Lack of equipment, constant sleepless nights  
Let me do his job why my fellow doctor should be in plight

The sanctity of the patient, their humanity is what health worker strives to uphold

Despite the fear of infections, violence, accidents, illness and more

Working in stressful environment is like forever  
Loss of such lives, leads to huge loss in valuable healthcare Human Resource

They produce commitment and suffer endless number of times

Can we provide safe working environment for health workers?

A patient says, "you are still the one who keeps me strong"

So investing in health worker safety, is a priority for our patient safety

'Safe health worker, safe patient' is what we cry

Let's speak up for health worker safety, give all the efforts we can try

May the workload not deter them and they get best refreshing REM and NREM sleep

May our health worker's sweet nature impart everywhere.

**Author: Naman Girdhar**  
**MBBS**

# वीरबजरंगी

उदास, हताश, निराश होकर,  
जब भी तेरा नाम पुकारा।  
ऐ महावीर बजरंगी,  
हरबार आपने मेरे मनको सवारा ।  
माता अंजनी के लाल,  
तेरा कोई न जवाब,  
स्वर्ण सीतेरीकाया,  
घुंघराले तेरे बाल,  
कानों में कुंडल तू धारे,  
हाथों में गदा तुझे और भीसवारे ।  
हे केसरी नंदन,  
रामायणपढके मैने ये जाना,  
8 सिद्धि और 9 निधि के तुमदाता,  
सूर्यकोफल समझकर तुमने चख डाला,  
साधुऔर संत का तुम करते रक्षण,  
असुरों का तुम करते भक्षण,  
भूत और पिशाच तेरे नाम से भागे,  
तुमरे गर्जन से तीनो लोक हापतेकापे।  
समुद्र लागकर तुम श्रीराम का नाम बधाये,  
सुरसा को कैसे तुमने मूर्ख बनाया,  
अक्षय कुमार वध कर अपना बाल दिखाये,  
लंका जलाकर तुमने रावण का घमंड उड़ाये,  
संजीवनी लाकर तुमने लक्ष्मण जियावे,  
सीना चीर तुमने सियाराम दिखावे  
सुनक, सुनन्दन और ऋषि,  
ब्राह्मण, नारद और सरस्वती गाते तेरा वैभव ।  
हेशिवअंशमारुति, रक्षणकरोतुमहमार ।

**Author:** अक्षय नामदेव मराठा

**MBBS**



## GUARDIANS OF THE FUTURE

In a world of gadgets and automation,  
Let's talk about future generations' salvation.  
A funny poem, to bring a smile,  
About protecting their future, mile by mile.

Once upon a time, in a land quite grand,  
Lived kids who dreamed of a future so unplanned.  
But worry not, for they had champions by their side,  
Who fought to protect their dreams far and wide.

First, there was Captain Recycle, a hero so neat,  
With a cape made of bottles and cans, what a feat!  
He swooped in to save the day, recycling bin in tow,  
Sorting paper, plastic, and glass, wherever he'd go.

Next, we had Professor Energy-Saver, full of flair,  
He invented gadgets to reduce energy everywhere.  
He turned off lights with a flick of his wrist,  
And taught kids to unplug, a power-saving twist!

Then came the Green Thumb Family, oh so jolly,  
They planted trees and veggies, making Earth less folly.  
With watering cans and shovels, they dug and they weeded,  
Growing food for all, their garden never conceded.

Oh, and how can we forget about Miss Clean Air?  
She battled smog and pollution without a care.  
With a fan in hand, she blew away the smoky haze,  
So kids could breathe fresh air for the rest of their days.

Last but not least, we met Doctor Earth-Defender,  
Who travelled the globe as an environmental blender.  
He fought deforestation and protected wildlife,  
With his trusty sidekick, a dancing tree named Kyle.

Together, these heroes worked day and night,  
Protecting the future, shining ever so bright.  
They taught kids the importance of being green,  
So future generations could live in a world pristine.



So let's join their quest, one and all,  
To ensure a future where our children stand tall.  
With humor and love, we'll make a change,  
Protecting the world for generations in exchange.

**Author: Pratham Coutinho**  
**MBBS**

### **Renewables Are Getting Cheaper.....**

According to the International Renewable Energy Agency (IRENA), renewables were the world's cheapest energy source in 2020. The Agency's latest report showed that the cost of renewable technologies – especially concerning wind and solar energy – is falling significantly. The rapid drop in costs of these technologies in recent years has enabled countries around the world to increase their renewable energy production capacity. This, coupled with high fossil fuel prices, improves the competitiveness of these two renewable sources further.



*Solar energy*



*Wind energy*



*Hydroelectricity*

## MYSELF

In world of lies,  
Started doubting myself,  
Drowning in my thoughts,  
Started losing myself,  
Being young and confused,  
Regretted my choice of life,  
Regaining my  
Consciousness changed my Voice ,  
Seeking hope for lightness,  
Can bring old self back to Me ?

Living in world of drama,  
Painted my colors accordingly  
Learned value of my worthiness,  
Believing in thyself changed my  
Subconscious mind,  
Rating myself in terms of numbers,  
Gained strengthness within me,  
Staring at reflection in mirror,  
Get reviewed by another me!

Longing for eternal beauty,  
Find out it was all around me !  
Engraved in new craft ,  
Braking all my boundaries!  
Yes ,I choose this life and  
Accepted the phase as it is !!

**Author: Sneha Patil**  
**BPT**

You say that in heaven there is  
eternal beauty. The eternal beauty  
is here and now, not in heaven.

— *Rajneesh* —

## **RENEWABLE ENERGY, ENERGY THAT HELPS THE PLANET**

In today's fast-growing world, we are demolishing everything to build the building to build the infrastructure to build things for human to work faster to work easier. But at the same time, this fastest growing things affecting badly on environment. We humans cutting the jungle to build the infrastructure, blocking the river to build building's, Billions of billion vehicles, Daily burning tons of fuel. These all are murdering the environment. To save the environment, we have to take major steps. One of the simplest ways to save the environment is using the renewable sources of energy. Renewable sources are pollution free, easily available and much cheaper. So anyone can easily use it. In today's innovative world renewable energy is bring down cost and start to deliver on the promises of a clean energy future. Renewable energy is good for the plant and for the people but what it is exactly? Let's find out

### **What is renewable energy?**

Renewable energy is often referred to as clean energy. renewable energy also termed alternative energy; simply means the energy source that is not depleted when used, such as wind or solar power. It is generated from naturalresources -such as sunlight, wind, rain, tides and geothermal heat. This energy cannot be exhausted and is constantly renewed. And, what is even more important, they cause little climate or environmental damage. Renewable energy is clean, affordable and reliable, and has got potential to counter poverty and climate change. Fossil fuels such as oil, coal, natural gas on contrary is available in finite quantities only. A we keep extracting themthey will run out sooner or later. Although they are produced in natural processes, they do not replenish as quicklyas we humans use them. India is nature's favoured region with an abundance of energy produced by sun, wind, waterand biomass. New and renewable energy is only solution to fight the hazardous effect of technology

### **Why Renewable energy is important?**

Key benefits of renewable energy for people and the planet

1. Like any human activity, all energy sources have an impact on our environment. However, theadvantages over the devastating impacts of fossil fuels are undeniable: from the reduction ofwater and land use, less air and water pollution, less wildlife and habitat loss, to no or lower greenhouse gas emission
2. Renewable energy emits no or low greenhouse gases that's good for the climate. The combustion of fossil fuels foe energy results in a significant amount of greenhouse gas emissions that contribute to global warming. Most sources of renewable energy results in noemissions, even when considering the full life cycle of technologies.

3. Renewable energy emits no or low air pollutants. That's better for our health worldwide increase in fossil fuel based road transport; industrial activities and power generation(As well as open burning of waste in many cities) contribute to elevated levels of air pollution. In many developing countries, the use of charcoal and fuel wood for heating and cooking also contributes to poor indoor air quality. Particles and other air pollutants from fossil fuels literally asphyxiate cities. According to studies by world health organization, there are presence above urban skies is responsible for millions of premature deaths and costs billions.
4. Renewable energy comes with low costs .that's good for keeping energy prices affordable levels.
5. Renewable energy creates jobs.

### Upcoming trends

The scope of renewable energy in India as well as abroad is pretty broad. There is an ongoing trend to use more and more renewable energy and to give more importance to it, all over the world. Therefore, more fields' works along with research works are being undertaken in this fields opening a number of opportunities for everyone to explore different field.

There are lots of new trends coming in as there are thousands of researchers working in this field .here are a new few trends

- **Storage of renewable energy:** as no renewable sources are found and more power is generated every day, storage of power is necessary to utilize the remaining power for the future.
- **Concept of micro grid:** it is quite new that renewable energy is generated, transmitted, and distributed in micro-grid .as there is less amount of complexity therefore less maintenance trouble.
- **Lesser costs:** types of equipment used for this purpose are less costly. As a result, the cost per unit of energy is going down with the energy in renewable energy.
- **Introduction of AI and IoT :** with the application of artificial intelligence and the Internet of things, handling every single thing in a plant is becoming easier.as a result, the efficiency of power generation of power generation is pretty high.

*It is our collective and individual responsibility to preserve and tend to the world in which we all live”, quoted Dalai lama, this statement showcases a need for us to take up the task of preserving the world around us.*

**Author: Akash Ajit Mane**

**B.Sc Nursing**



## DEAMFLUM

**“The best memories come from the impromptu plans made with the friends”**

As she was ruffling through her bag she found a pebble & her mind rushed back to the waters and suddenly a breeze carrying petrichor brushed her face taking her back to damp woods.

They all had the most beautiful time of their life.

On a certain Saturday, they all were ready at 5:00 am, to head out to the place they've been planning to visit since a year. As it was an early morning everybody was dozing off, until they reached their destination. Their eyes opened to the view of dense woods and the sound of flowing water.

Everybody was excited when they were getting onto the boat for rafting. Everyone was in high spirits until the guide on the boat announced that everyone has to jump in the water in the middle of the river. Although they had life-jacket on, there was a mix of emotions amongst some. Few of them readily jumped into the water and few were pushed off. After a couple of minutes of chaos infused with nervousness, once the cold water hit their skin and calmed their nerve everyone had an experience they'll remember for the rest of their lives.

The evening passed by with everyone singing, gossiping, dancing and a lot of laughter around the bonfire

The next morning they made their way trekking through the woods, fog surrounding them with a distant sound of flowing river. At the end of the trek they were blessed with the most mesmerizing view, of the turbulent flow of river over the huge rocks, with the water looking like a mirror due to the sunlight reflecting over it. The river gave them a clear view of the beauty it had in store. With the nature surrounding them they felt calmness within. With what they had seen and felt they knew this is what serenity looked like.

She opened her eyes and smiled down at the pebbles in her hand.

This was our story. Although after joining back, things went downhill but the aftermath was worth the time we had spent together!

**“Some memories never leave your bones. Like salt in the sea; they become part you. - and you carry them “**

**Author: Mrunal Ajagekar**

**B.PT.h**

## SHADED LEAVES

"Your parents showed you the world and in return you showed them the old age home"

Science and even the best writers fail to explain the affection, bonding and love between a child and a mother. There is no mother in this world who does not want her children to be happy. They even face hard situations when they had to remain hungry in order to feed their children but the saddest part is when children grow up, they send their parents to the old aged homes.

Even in the best of old age homes and the most comfortable of Retirement homes, old fathers and mothers keep pondering when alone "Where did I go wrong in bringing up my child? "Where did I go wrong in bringing up my child? "Do I deserve this?" Think about it! would your parents do that to you suppose you were physically or mentally disabled" Nothing is worse in life than knowing we have a family which doesn't care whether we are dead or alive.

There are few families who find it difficult to take care as it affects their mobility and so prefer putting them in old age homes. Some greedy children grab the property of parents and dump them when old and don't even bother to take care or visit them in old age homes, as they don't want any expenditure. There are many reasons for it such as to avoid constant clash of views of the old age and the younger generations to live in comfortably in nuclear families.

At least in India till now, the old people staying away from the home, from their children or left to themselves is not considered to be a very happy situation. It is very clear to all who visit an old age home that, all the inmates are there not for the love of being away from home and independent but, because there is better alternative left for them once they are neglected and unwanted in their homes by their own children.

So, what can we all do to help people at an old age? You could spend time with them. listen, talk, Life gives us new lessons each day not for learning but to improve our understanding.

**Author: Pranali. C.Kore**

**B.Sc. Nursing**



## **SHE IS A GODDESS**

She stumbles and falls, but she doesn't give up.

She gets up, brushes off the dust and starts again.

She is bruised, scratches all over her, heart bleeding dry, but she doesn't stop.

She keeps trying. Someone told her once success is not the mark of excellence but a product of hard work. She believes in that and keeps moving and trying.

She is defying gravity, soaring high, higher than the legend of Icarus. She knows she might fall, but that doesn't scare her anymore. Every blockade teaches her a new chapter in her tenacity, In patience, in hope and in determination. She knows one day she will be above all these petty barricades. She is stubborn, she is a rebel, she just won't lose faith.

People try to pull her down, but she builds them up. People come to her for help, she gives them love and care. People use her shoulder to cry on, she listens to them and is their rock. Those very people end up leaving her high and dry. It doesn't bother her anymore because she doesn't need them to feel good about herself. She is complete in herself.

To the world, she is a rebel. She breaks all rules and conventions. She sees music and dances to the rhythm of poetry. She feels paintings and reads stories in photographs. She is different, she isn't the angel in the house, she is the madwoman in the attic. She has opinions and thoughts of her own. She speaks out. She takes stands. She is a mother, a sister and a friend. She is celebration of greatness.

She is labelled a slut for being around people of opposite gender, beaten up and insulted in public. Yet she is the symbol of our culture, she is the figure of attraction. When she bleeds she is not allowed in temple but she has been a temple for centuries and continues to be.

She is a force of nature, She is inevitable, She is a Goddess.

**Author: Abhishek Pingle**

**MBBS**

The Goddess doesn't enter us from outside; she emerges from deep within. She is not held back by what happened in the past. She is conceived in consciousness, born in love, and nurtured by higher thinking. She is integrity and value, created and sustained by the hard work of personal growth and the discipline of a life lived actively in hope.

**Marianne Williamson**

## LIFE

What is life ?" which begins with crying, then life grows where we learn many good and bad things. Everyone has a different view of life. Everyone wants to live it in their own way, so this is very popular dialogue. (My life my rules). Is it really applicable?

Do we live our lives only in our own way?

No, Not at all, it's impossible.

Because this is the place where the breath goes out or stop at any moment of life, As if there had never been any in the world. It does not mean that we do not embellish our life or make it beautiful. So, what is the Secret of the beautiful life? And this question we can ask ourselves in this way what we have to do to make life beautiful and peaceful.

People have become more self-centred. They don't dare to understand the feelings, needs and problems of others. They are always keen on satisfying their own needs, even by hurting others. Don't let up..... If you want someone else harm for your own benefit, if you harm someone else, it has the biggest effect on you, you can never be at peace.

For this we have to eliminate,

1. Lies
2. Deception
3. Cruelty

from our lives then we will start enjoying that beautiful spring of the life.

Every human being has to face many difficulties in life. At that time we have to take control of ourselves and take the right path.

So if you failed. It's not the end of the world. Have a good Cry if need be. Let it all out. then get up again by patiently.

Patience it means in urdu is (sabr).



'Sabr' means- when your heart bursts, but you remains silent and wait to get things better. So if any difficult situation comes, welcome by 3 'S'

1. Sabr (patience) 2.Silence 3.Smile

So, you'll gain positive energy.

Then start your hardwork and give your best. There is no need to take motivation from other people, who are actually only pretending to help you. And all these things. only possible, when you have trust on almighty. 'So' start where do you stand.

Don't just sit there and worry about your past. Things happen for a reason. The Almighty never waste a moment of what you have experienced.

What you went through in the past can be the catalyst for change needed tomorrow.

**Author: Faceja Tahsildar**

**MBBS**

*"khud hi ko kar buland itna ki har taqdeer se phele  
khuda bande se puche bata teri razaa kya hain"*

**"The secret of life, though, is to fall seven times and to get up eight times." -  
Paulo Coelho**

## UNLOCKING THE FUTURE: THE THRIVING LANDSCAPE OF STEM CELL AND REGENERATIVE MEDICINE

Stem cell technology and regenerative medicine related research has emerged as a cutting-edge potential for revolutionizing healthcare. Over the past few decades, this realm has made significant stride by offering new hope for treating various diseases and injuries. This article delves into the **current status of stem cell and regenerative medicine** related research that highlights key breakthroughs and challenges.

As we are aware stem cells are unique cells that possess the remarkable ability to develop into a wide variety of cell types within the human body. They are classified into three main types: embryonic stem cells (ESCs), induced pluripotent stem cells (iPSCs), and adult stem cells (ASCs). Each type has its own advantages and limitations, and researchers have made substantial progress in harnessing their potential. **Embryonic stem cells** are derived from early-stage embryos and have the highest pluripotency (ability to differentiate into any cell type in the body). Despite their immense therapeutic potential, the use of embryonic stem cells has been controversial due to ethical concerns, which has led to more extensive research on alternative cell sources.

In 2006, Japanese scientist Shinya Yamanaka and his team made a ground-breaking discovery by reprogramming normal adult cells into pluripotent stem cells, named as **Induced Pluripotent Stem Cells (iPSCs)**. This technique not only circumvents ethical issues but also allows researchers to create patient-specific stem cells, potentially leading to personalized regenerative therapies. The development of iPSCs has been a game-changer in regenerative medicine research and the discovery received 2012 Nobel Prize in Medicine.

**Adult stem cells**, also known as somatic or tissue-specific stem cells, are found in various tissues throughout the body. While they have limited differentiation potential compared to ESCs and iPSCs, they play crucial roles in tissue repair and maintenance. Bone marrow-derived stem cells, for instance, have been used for years in bone marrow transplants to treat blood-related disorders. Also, hair stem cells maintain hair growth and regeneration on the body.

Regenerative medicine has made significant progress in clinical applications, offering hope to patients with previously incurable conditions. Some stem cell based therapies for blood disorders are being in practice. Hematopoietic stem cell (HSCs) transplantation has become a standard treatment for a range of blood-related disorders, including **leukaemia, lymphoma, and certain genetic diseases**. This procedure involves the transplantation of healthy stem cells to replace damaged or dysfunctional ones, effectively curing the patient. Research in regenerative medicine has also focused on **treating heart diseases**. Studies have shown that injecting stem cells into damaged heart tissue can improve cardiac function and even stimulate the regeneration of heart muscle. This has provided hope for individuals with heart conditions, such as **myocardial infarction**. Stem cell therapy holds potential for treating **neurodegenerative diseases** like Parkinson's and Alzheimer's. Researchers are working on developing strategies to replace damaged neurons using stem cells, potentially restoring lost cognitive and motor functions.

The field of tissue engineering has advanced significantly, allowing scientists to create artificial organs and tissues for transplantation. Although the full-scale production of functional replacement organs is still a challenge, progress is being made in areas such as **bio-artificial kidneys and liver tissues**. Stem cell therapies have also shown promise in restoring vision in patients with degenerative eye conditions. Researchers have successfully used stem cells to **replace damaged retinal cells**, offering hope to those suffering from conditions like macular degeneration and *Retinitis pigmentosa*.

However, stem cell and regenerative medicine field possess some challenges and controversies despite of promising results. One of the major hurdles is the **risk of immunological rejection** when using stem cells (SCs) from sources other than the patient's own body. Immunosuppressive drugs are often required to prevent rejection, but they come with their own set of side effects. The **uncontrolled growth** of stem cells and their potential to form tumours, especially in the case of pluripotent stem cells, is a significant concern. Researchers need to study and develop safer and more efficient protocols to minimize this risk. Ensuring the safety and efficacy of stem cell therapies is crucial. The **regulatory framework** for stem cell treatments **varies from country to country**, leading to disparities in access and quality of care.

As discussed earlier, the use of ESCs continues to raise ethical questions, and the debate surrounding the **ethical implications** of stem cell research remains ongoing. Ethical guidelines and legislation have been implemented to address these concerns, but they still pose challenges in certain regions. Hence, more knowledge, research, and awareness need to be done with respect to stem cell and regenerative medicine research.

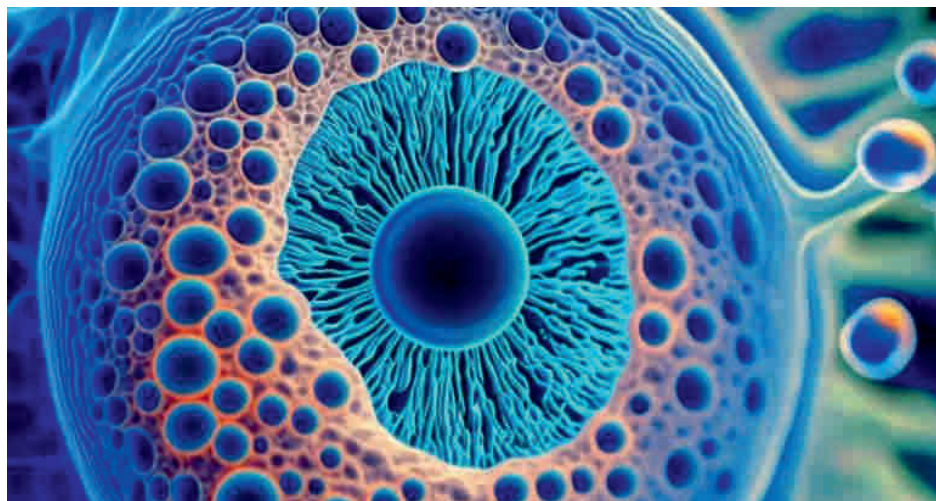
Despite of these challenges, the **future** of stem cell and regenerative medicine research is promising. Several exciting developments and potential avenues are emerging. The discovery of iPSC technology is expected to lead to safer and more efficient therapies. **Patient-specific iPSCs** hold the promise of personalized medicine, offering tailored treatments for individual patients. The revolutionary **CRISPR-Cas9 gene-editing** technology (2020 Nobel Prize in Chemistry) has the potential to correct genetic mutations in patient-specific iPSCs, making them safer for transplantation and minimizing the risk of tumour formation. Additionally, 3D bio-printing technology is advancing rapidly, enabling the creation of complex tissue structures for transplantation. This technology could lead to the development of functional **replacement of organs** on a larger scale. The establishment of **stem cell banks** for preserving and storing various stem cell types is becoming more widespread. These banks provide a valuable resource for future research and **personalized medicine**. Ongoing and upcoming clinical trials will play a pivotal role in evaluating the safety and efficacy of stem cell therapies across various medical conditions.

While significant challenges and ethical concerns persist, these hurdles are actively being addressed through **research, regulatory affairs, and international cooperation**. The future of stem cell and regenerative medicine research holds the promise of more personalized, effective, and accessible treatments for patients around the world, ushering in a new era of healthcare. As researchers continue to push the boundaries of what is possible, the potential for innovative and transformative therapies remains within reach.

**Author:Rutuja Prashant Gambhir**

**Author: Arpita Pandey-Tiwari,**

**Department of Stem Cell and Regenerative Medicine**



Stem Cell come from three main sources.

Based on our current research, we can find stem cells and harvest them from three main sources: blood, bone marrow, and umbilical cord blood. For a while, people were saving umbilical cords and placentas from birth to use the stem cells later on as needed (such as saving a child's life, should they develop leukemia or another form of cancer).

*While umbilical cord stem cells are highly valuable, they usually cannot be used for the same person — a child with leukemia, for example, might have already had those cells present in their blood at birth.*



## SPORTS AND GAMES

The Olympic Games or the World Championships are among the many events that people have as their favourites. Many people spend a lot of time researching their favourite sports and activities. They go to sporting events to cheer on their favourite players and groups. Few kids actually have the chance to play against or with the players they grew up idolising, despite the fact that many kids want to be like their favourite athletes. Sports get a lot of media coverage and public interest, particularly when it comes to the Olympics, Commonwealth Games, and Asian Games. Games have a huge impact on our lives. Sports are important in our lives and help us think positively. Sports and games are beneficial for exercising the body. Our digestion and health benefit from exercise. Many essential life skills are taught through sports. Playing a game makes you feel energized and alive. Playing indoor or outdoor games with one's family members helps establish deeper relationships. Playing board games like chess, ludo, carom, and other indoor games with our family members is a great method to build our relationship.

### SPORTS VS GAMES

Sports and games are frequently used interchangeably. However, they are both unique. A game is a multi-player activity with predetermined rules and an objective that the players attempt to accomplish. A player is a person who takes part in a game. Games are typically played by the masses for fun or amusement. Together with the idea of individual or team competence, the distinction between sport and the game comes from the difference in aim. A physical activity that is done in accordance with a set of rules, whether for self-indulgence, competition or a combination of both, is referred to as a sport. Sports are the kind of activities where a specific body movement is repeatedly used over an extended period of time. Take swimming and running as examples. The sport involves an activity or activities in which a competitor's mental prowess is assessed. The sportsperson or the individual controls the result in a game of any kind. Athletes or sports people are individuals who take part in sports.

**Author: Mr. Indrajeet Rajan Khot**  
**B.Sc. Hospitality Studies**

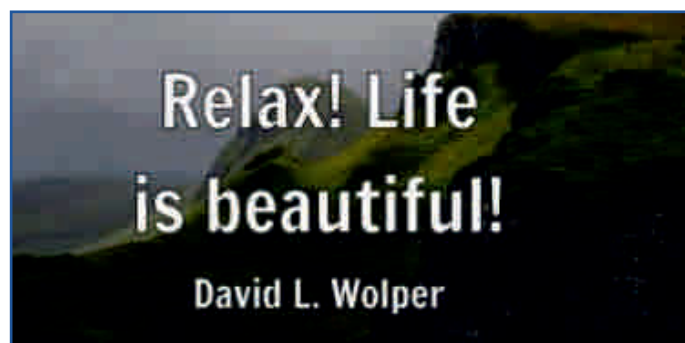
## LIFE

Life is beautiful but not always easy, it has problems, too, and the challenge lies in facing them with courage, letting the beauty of life act like a bomb, which makes the pain bearable, during trying times, by providing hope. Happiness, sorrow, victory, defeat, day-night are the two sides of the coin. Similarly life is full of moments of joy, pleasure, success and comfort punctuated by misery, defeat, failures and problems. There is no human being on Earth, strong, powerful, wise or rich, who has not experienced, struggle, suffering or failure. No doubt, life is beautiful and every moment – a celebration of being alive, but one should be always ready to face adversity and challenges. A person who has not encountered difficulties in life can never achieve success. Difficulties test the courage, patience, perseverance and true character of a human being. Adversity and hardships make a person strong and ready to face the challenges of life with equanimity. There is no doubt that there can be no gain without pain. It is only when one toils and sweats it out that success is nourished and sustained. To some people, life is hard, cruel and merciless. These set of people see life as punishment throughout their entire lives. They therefore resigned themselves to fate, believing all is finished. To them, nothing that they do can ever be good. They take delight in committing crimes and maiming others to avenge their ill-fortune. They lost every sense of direction and most times.

The happiness and the beauty of the life can only be achieved once we consider ourselves as humans, and stop expecting the divine perfections from ourselves and others. If we say money, status, luxuries brought happiness, show me one human happy due to these materialistic things. Happiness is a state of mind, a thought, and a beauty to adapt and has nothing to do with materialistic things. Beautiful are the people who wear a smile if not anything else in life. Life is the greatest blessing, a blessing that demands to be valued, to be cherished, to be lived in best possible form. Life comes with ups and downs, with smiles and tears, with success and failures.

**Author: Mr. Prathamesh Jotiba Kale**

**B.Sc. Hospitality Studies**



## बदलते पर्यावरण



येता तुझ्या कुशीत निसर्गा  
बेहद जगावेसे वाटले...!  
उमलत्या नाजूक कळ्यांना  
पाहून हसावेसे वाटले..!

तलम ओली माया मातीची  
पात्यांशी बोलावेसे वाटले...!  
हिरवा वारा, हिरवे पक्षी  
पर्यावरण व्हावेसे वाटले.!

खरच, किती मोजक्या शब्दांमध्ये कवी 'संदीप राऊत' यांनी या पर्यावरणाचे मनमोहक रूप मांडले आहे. पर्यावरण आणि त्यातील विविध घटक यांचा सहवास आपल्याला मिळाला यासारखे दुसरे सुख नाही. शुद्ध हवा, स्वच्छ नितळ पाणी, हिरवी गार झाडांची सावली, फळा-फुलांची रास आणि किलबिलणाऱ्या पक्षांचे गुणगुणने असे हे विहंग दृश्य पाहताना मन भरून येते, पण आजच्या या 'एकवीसाव्या शतकाच्या विळख्यात' असे दृश्य पाहण्यास मिळणे म्हणजे 'सोन्याहून दुसरे पिवळे' असेच म्हणावे लागेल, कारण आजच्या तंत्रज्ञानाच्या युगात पर्यावरणाचा असमतोलपणा, पर्यावरण प्रदूषण, नैसर्गिक आपत्ती, व नैसर्गिक गोष्टींची अवहेलना दिसून येत आहे, तर याला जबाबदार कोण? असा प्रश्न माझ्या मनी डोकावत आहे.

आज या पृथ्वीवरती सर्वात विकसीत आणि हुशार म्हणून ओळखला जाणारा प्राणी म्हणून 'मनुष्याकडे पाहिले जाते'. याच मानवाने प्रगतीच्या नावाखाली व आपले आयुष्य सुखमय करण्यासाठी अनेक कृत्ये केली खरी, पण त्याचा विपरित परिणाम आपल्यालाच भोगावा लागत आहे. भौतिक सुखाच्या लालसेने, मानवाने जीवनदान देणाऱ्या 'वृक्षांची तोडणी करून तेथे सिमेंटची जंगले उभारली', औद्योगिकक्रांतीच्या नावाने अनेक कारखान्यांची निर्मिती केली, एवढेच नव्हे तर तंत्रज्ञानाच्या नावाखाली आंतरजाळाचे खांबरोवले, दळणवळणाच्या नावाखाली अनेक यंत्रांचा शोध लावला, प्रसारमाध्यमे, अनेक नैसर्गिक रासायनिक घटकांचा शोध, अनेक भेसळप दार्थांचा शोध, ज्वलनशील पदार्थांची चाचणी, अणुचाचण्या, औद्योगिक उत्सर्जने, वाढती लोकसंख्या, शहरीकरण, औद्योगिक क्षेत्रांचा विकास, कृत्रीम कचऱ्याचे अयोग्य विघटन, खाणकाम व अशा अनेक गोष्टींच्या निर्मितीमध्ये या मानवाने निसर्गास वेठीस धरले आहे व स्वतःच्या विनाशाचे कारण बनत आहे व याचे परिणाम मानवालाच भोगावे लागत आहेत.

मानवाने प्रगतीच्या नावाखाली पर्यावरणाची हेळसांड केली खरीपण याचे परिणाम तो स्वतःच भोगत आहे दळवळणाच्या नावाखाली अनेकगाड्यांच्या अयोग्य वापरामुळे हवेचे प्रदूषण होत आहे. वृक्षतोडीमुळे प्राणवायूचे प्रमाण कमी होत आहे, जमिनीची धूप वाढत आहे, औद्योगिकीकरणामुळे जलप्रदूषण, मातीप्रदूषण, नैसर्गिक घटकांचा-हास, व कृत्रिम घटकांचे वाढतेप्रमाण यामुळे मानवाला व प्राण्यांना, जैविक घटकांना अनेक परिणामांना तोंड द्यावे लागत आहे.

बदलत्या पर्यावरणामुळे मानवाच्या आर्युमानामध्ये घट निर्माण झाली आहे. दमा, साखर, उच्च रक्तदाब, श्रवणदोष, हृदयविकार, लहानमुलांमध्ये होणारे साथीचे आजार, कर्करोग, विषबाधा, व नैराश्य अशा अनेक रोगांना बळी पडत आहे. वृक्षतोडीमुळे पर्यावरणामध्ये अनेक बदल झाले. 'झाडे ही जमिनीला-मातीला धरून ठेवतात, आपल्या मुळांनी जर ही मुळेच

नष्ट झालीतर? नैसर्गिक आपत्तीचे कारण बनले आहे. जमिनीची धूप वाढत आहे यामुळे 'जैवित्त व वित्तहानी' यांचेप्रमाण वाढत आहे. प्राण्यांमध्ये सुद्धा अनेकवेगवेगळ्या आजारांचे प्रमाण वाढत आहे. त्यांनाही या मानवाच्या कृत्यांची शिक्षा मिळत आहे. अशा या हुशार प्रवृत्तीच्या मानवामध्ये असे अनेक बदल होत आहेत. व अशात माम आजारांचा शिकारी हा स्वतः मानवच होत आहे.

जैविक तंत्रज्ञानाच्या जोरावर अनेक संशोधनांचा गैरवापर याचे एकमेव उदाहरण म्हणजे 'कोरोनाउद्रेक'. यामुळे मानवाने स्वतःबरोबर इतर प्राण्यांचे पशु-पक्षांचे आयुष्य पण पणाला लावले, आंतरजाळाच्या फासाने अनेक पशु-पक्षांची हत्या केली. धरणांच्या अविष्कारातून पुराच्या परिस्थितीला तोंड द्यावे लागले व स्वतःच्या न्हासाचे कारण बनलो आहोत. यासर्व घटकांमुळे निसर्गही कोपला आहे. निसर्गानेही आपले रंग दाखवण्यास सुरुवात केली आहे. वाढते तापमान, अवेळी पडणारा पाऊस, दुष्काळ व पुराची परिस्थिती जमिनीमध्ये क्षारफुटणे, यासारख्या तमाम नैसर्गिक आपत्तींना मानवाला तोंड द्यावे लागत आहे. जर हे असेच चालू राहिलेतर एक दिवस या वसुंधरेचा विनाश निश्चित आहे. म्हणून 'वसुंधरामाता' या बुद्धी मानमानवाकडे याचना करीत आहे की,

सुंदरता अजूनही माझ्यात आहे.  
झाडे-वेलींची गर्दी माझ्यात आहे.  
टाजही देईन तीच गारहवा, ...  
किमान एक तरी झाड लावून पहा..!

या प्रमाणे, पर्यावरण जर टिकवायचे असेल तर ही सर्व कृत्ये थांबवली पाहिजेत, आणि हे सर्व मानवाच्याच हाती आहे, म्हणून 'कवी वामनरावपै' म्हणतात, की "तुच आहेस तुझ्या जीवनाचा शिल्पकार" हे सर्व थांबवायची ताकद पण आपल्यातच आहे, वृक्षारोपन करून त्यांची योग्य जोपासना करणे, रासायनिक खतांच्या ऐवजी सेंद्रिय खतांचा वापर करणे, घनकचऱ्याचे योग्य विघटन करणे, नदी, नाले यांच्यामध्ये पाण्याची मुबलक प्रमाणात साठवणूक करणे, शेतामध्ये जमिनीची धूप होऊ नये म्हणून आळीपाळीने पिके घेणे, घन, द्रव व वायू प्रदूषकांची योग्य विल्हेवाट लावणे, कारखान्यातून बाहेरपडणारे अतिउष्ण पाणी व रासायनिक द्रव्यांची योग्य विल्हेवाट लावणे, व सगळ्यात महत्त्वाचे "कमी करणे पुनर्वापर आणि पुनर्दुरुस्ती". हे जर तत्त्व प्रत्येक मानवाने पाळलेतर खरच या पर्यावरणातील होणारे हानिकारक बदल आपण थांबवू शकतो व पुन्हा एकदाही आपली वसुंधरा माता हिरव्या शालूने नटलेली आपल्याला पहावयास मिळेल.

जर आपण असेच उपाय योजनांचा वापर करत राहिलो तर एक दिवस नक्कीच पशु-पक्षांचे गुणगुणने, स्वच्छ हवा व पाणी यांचे प्रदुषण कमी होईल व चोहीकडे स्वच्छ, सुंदर पर्यावरण गवसेल यात काही शंकाच नाही, आपणच आपले विचार बदलले, व पर्यावरणपुरक गोष्टींचा समतोल साधत गेलो तर पर्यावरणसुद्धा आपल्याला सहाय्य करेल व आपल्या पाठीमागे भक्कम पणे उभे राहील.

'ज्याप्रमाणे नान्याला दोन बाजू असतात, त्याप्रमाणे पर्यावरण आणि मानव यांचे नाते देखील खूप एकरूप आहे व ते असेच टिकवायचे असेल तर पर्यावरणाबरोबरच मानवानेसुद्धा पर्यावरणाची काळजी घेतली पाहिजे व पर्यावरणावर होणारे हानिकारक बदल थांबवत, उपाय-योजनांचे हरित बदल घडवलेतर खऱ्याअर्थाने हे 'बदल ते पर्यावरण सर्वांच्या हिताचे ठरेल'. म्हणून म्हणावयास वाटते,



“पर्यावरण रक्षणाची धरा कास,  
तरच होईल मानवाचा विकास”.

अशाप्रकारे आपण पर्यावरणाची रक्षा ही आपली महत्वाची जबाबदारी म्हणून करूया व स्वतः बरोबरच इतर प्राणी, फुलांचा विकास करूया व बदलते हरित व प्रदुषणविरहित पर्यावरण उदयास आणूया..!

‘झाडेलावा | झाडेजगवा..  
जय पर्यावरण | जय वसुंधरा..!

**Author: Aditiya Murabbatte**

**MBBS**

### **Did you know Our oceans are dying?????**

Our planet is only as healthy as its oceans. And the UN has warned that marine life faces irreparable damage from the millions of tonnes of **plastic waste** that ends up in the oceans every year.

Half of the world’s coral reefs have died in the last 30 years, and two thirds of the Great Barrier Reef have been damaged by coral bleaching – this happens when the sea temperature is too high.

Whales, dolphins, porpoises and sea lions all suffer from **bycatch from global fishing**. In fact, hundreds of thousands of marine mammals are accidentally caught or critically injured by fishing gear every year.

# हिमालय....

आपल्या सगळ्यांचेच एक आवडीचे ठिकाण असते की जे आपल्या मनाच्या खूप जवळ असते ..

माझ्यासाठी ते ठिकाण म्हणजेच पर्वतराज 'हिमालय'. आता या निसर्गाच्या अद्भुत निर्मिती बद्दल माझ्यासारखी नगण्य व्यक्ती काय बोलणार? विशाल रूप पाहून नजर स्तब्ध करणारी अशीही निर्मिती मनाला प्रसन्न करून टाकते. तिथे जाणे हे फक्त पर्यटनच नव्हे तर दैवी अनुभवसुद्धा देते.

आपला असा हा सुंदर भारत देश, एवढ्या दूरवर झालेले रस्ते, दुर्गम ठिकाणं, प्रतिकूल वातावरण हे सगळे पाहून अंगावर शहारे येतात. आणि या सगळ्यात सर्वात जास्त कुतुहल वाटते ते म्हणजे तिथे राहणाऱ्या 'पहाडी' लोकांचे. एवढ्या विपरीत आणि खडतर परिस्थितीमध्ये सुद्धा बिचारे खुशाल आणि आनंदात जगतात. त्यांच्याकडे बघून समजते की "यार, खरचं सुख हे समाधानात आहे". त्यांची भोळी वृत्ती आणि साधेपणा आपल्या-सारख्या शहरांमध्ये राहणाऱ्या लोकांना आयुष्याचा खरा अर्थ जाणवून देतात. इथे सगळे खूप साधं, सरळ आणि भेसळ नसलेले आहे जे आज आता क्वचितच पहायला मिळत.

आता मी जर या पर्वत राजाचे कौतुक करत बसले तर मला कादंबरीच लिहावी लागेल. तर मी आता पटकन माझा मुद्दा मांडते. तो असा की !.

मला ह्या पर्वतरांगांबद्दल अत्यंत "कृतज्ञता" वाटते. माझा वैयक्तिक अनुभव आहे हा. एवढ्यांदा प्रवास केलाइथे 10 हून अधिक वाऱ्या झाल्या पणत्याची कृपा एवढी की एकदासुद्धा प्रवासाचा शीण आला नाही. एवढ्याथंडीमध्ये एकदा सुद्धा सर्दी नाही झाली. वळणा-वळणांच्या रस्त्यांमध्ये कधीच उलटी-मळमळ नाही झाली. कधीच एवढ्या लांबच्या प्रवासात गाडीने पण कोणताच त्रास दिलानाही. ह्याचा अर्थ एकच आहे की या पर्वतराजाची अखंड कृपा माझ्यावर आहे आणि तो दरवर्षी मला आतुरतेने एखाद्या लांब राहणाऱ्या आजोबांसारखे हात पसरून बोलवतो. खरच 'कृतज्ञता' हा एकच भाव आता माझ्या मनात आहे आणि मी हे सौंदर्य बघू शकले ह्याची मला धन्यता वाटते.

**Author: Kaumudi**

**MBBS**

**SURPRISING FACT!!!!**

**They're Getting Taller!**

Scientific tests have led to the discovery that the Himalayas are geographically alive! Research has shown that the Indo-Australian plate moves about 20 mm per year, causing the mountains to continue to grow in size. This means those mountains are going to be even taller!



## COVID-19 EFFECTS ON STUDENTS

During this corona virus time as being students, have advantages and disadvantage ages. Was happy about the virus because there was a lockdown all over India, there were no schools and colleges, had an ash life initially enjoying all the day with playing games, watching movies right from the morning to the night.

At once, an instant of time, Thought there was no movie for me to watch. Waiting for unlocking situation to meet friends and relatives. Still, things are not settled to meet the friends and relatives. No one ever realized that such a microscopic size organism can wreak such a havoc in the entire world and be the reason for thousands of deaths. It is not that such a pandemic has happened for the first time, but in this age of social media liberty where information spread faster than the speed of sound, things look much bigger than they are. A long-lasting impact has been created by the notorious COVID-19 from which it will take many months to recover if not years. The education industry has not been left out and the impact of COVID-19 on student life is visible. Whether it is the personal life of students or the environment of school and colleges, coronavirus pandemic has changed things that were never thought of before. Various measures have been taken by the boards of education and government bodies to enable education to flow smoothly. The latest, among the various measures taken, is how the results of the board exams were declared. Some exams were left as the COVID- 19 lockdown was declared by the government The article identified the following as the impact of COVID-19 on the students of different age groups: time spent on online classes and self- study, medium used for learning, sleeping habits, daily fitness routine, and the subsequent effects on weight, social life, and mental health. Moreover, our research found that in order to deal with stress and anxiety.

**Author: Mr. Saad Harun Shaikh**  
**B.Sc. Hospitality Studies**

### **The COVID-19 virus can live on surfaces for days.**

COVID-19 is spread primarily through respiratory droplets. When an infected person sneezes or coughs, the virus can travel from one person to another, either directly (which is why the CDC recommends maintaining at least a 6-foot distance from other people) or via an intermediate surface. The virus can also spread through the air, but this is more likely in crowded, indoor areas with poor ventilation than in areas with plenty of outdoor air and fewer people.

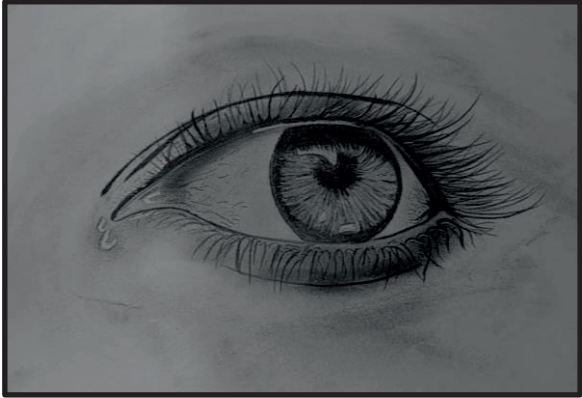
Researchers have found that the virus can live up to 24 hours on cardboard and 2 to 3 days on plastic and stainless steel. The CDC reports that the virus was detected on surfaces of the Diamond Princess cruise ship up to 17 days after passengers disembarked. However, only pieces of the virus were detectable, not viruses capable of infecting a person.



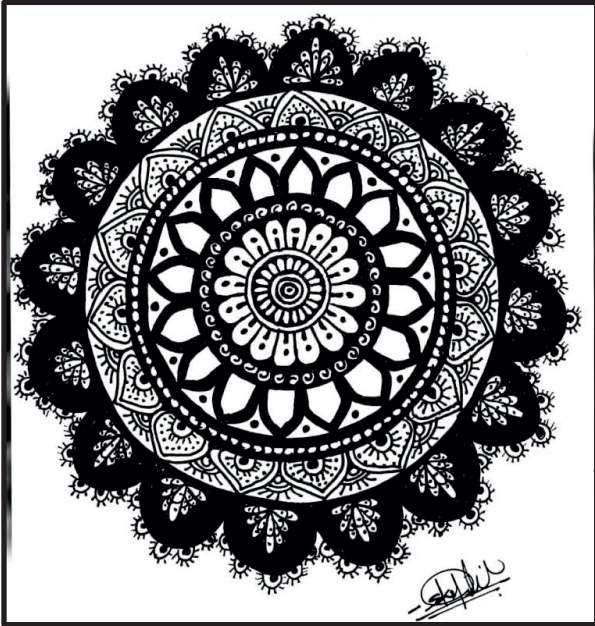
**Art By: Sakshi Shinde**  
**B.Sc Nursing**



**Art By: Sanjana Vinchu**  
**B.Sc Nursing**



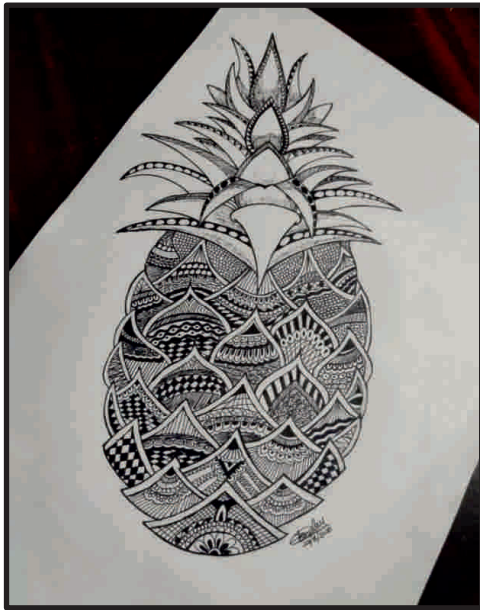
Art By: Miss. Sakshi Patil  
B.P.Th

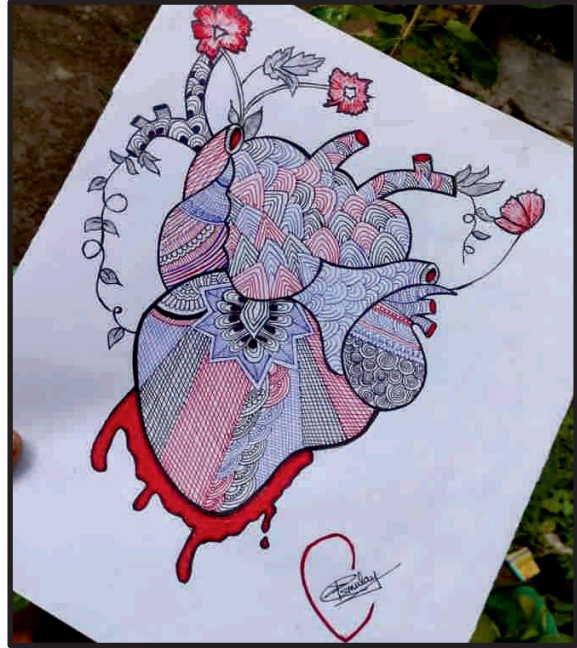






Art By: Miss. Prutha Mulay  
B.P.Th





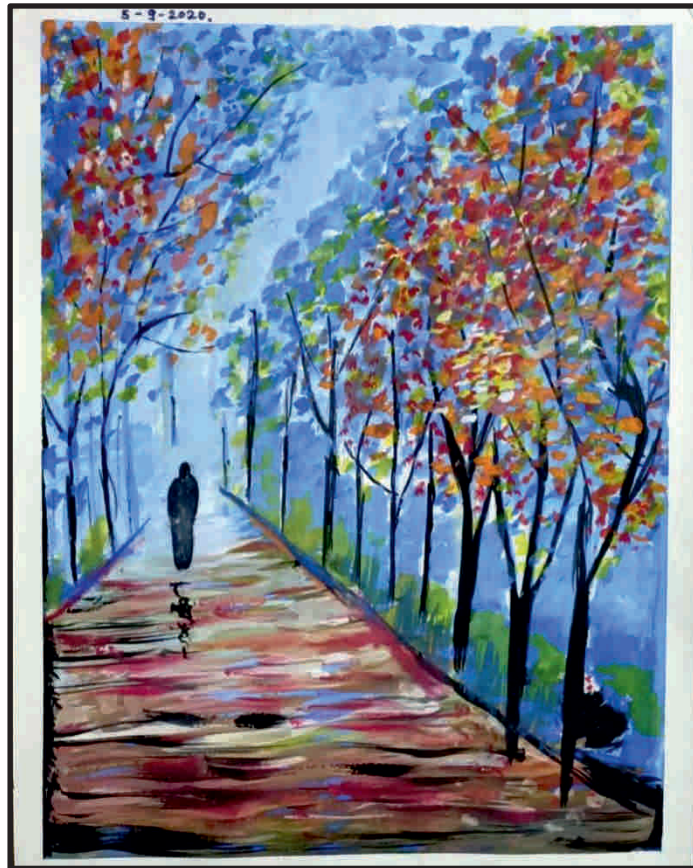
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B.P.Th

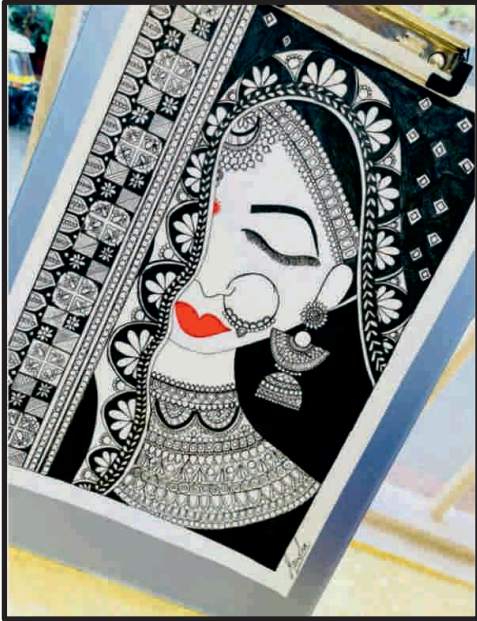






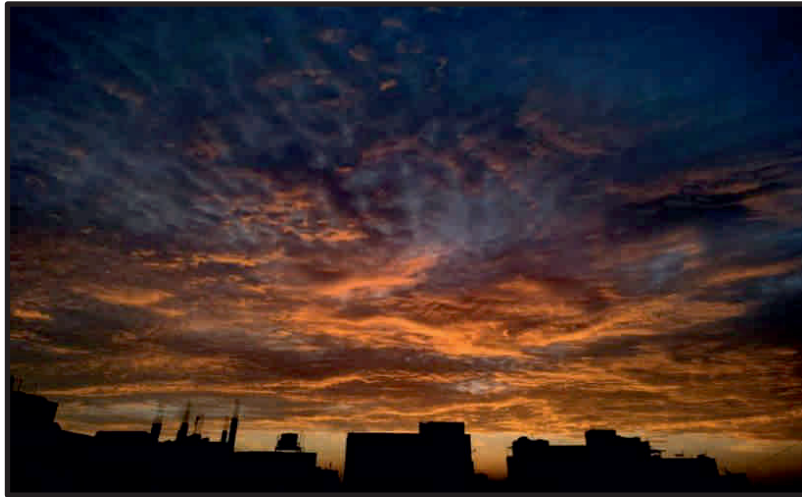
Art By: Miss. Manasvi Shelke  
B.P.Th



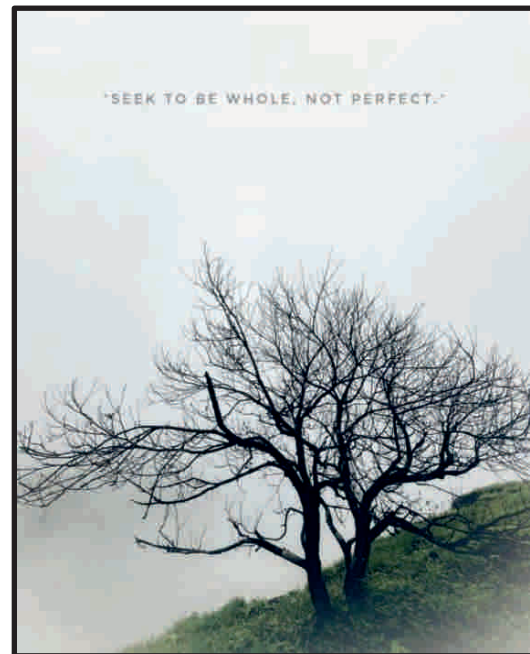


Art By: Miss. Manisha Mali  
B.P.Th





**Photo By: Miss. Prutha Mulay  
B.P.Th**



**Photo By: Miss. Sanskruti Gilbile  
B.P.Th**



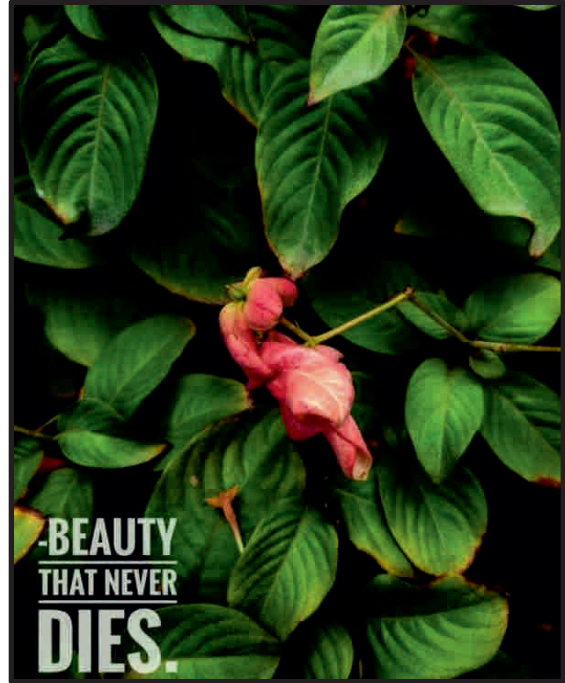
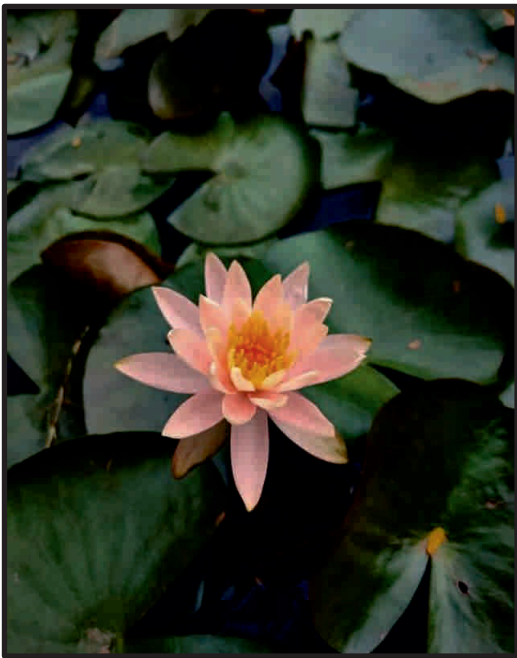
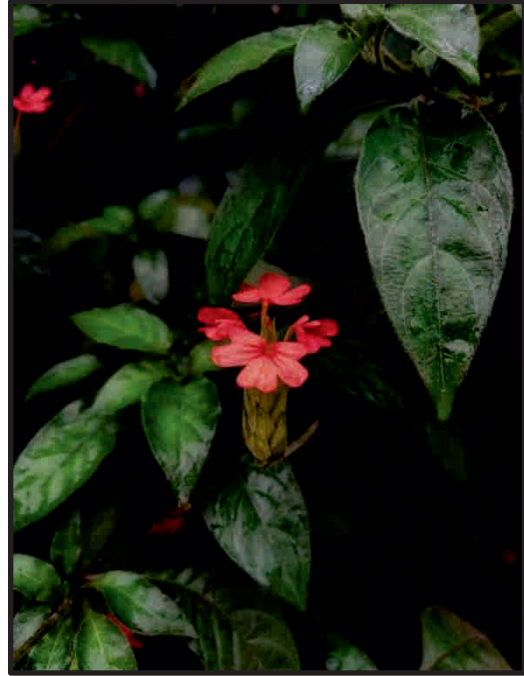
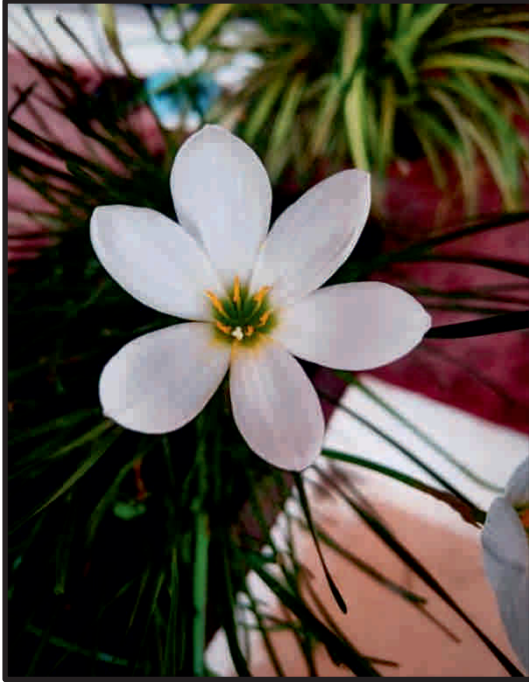
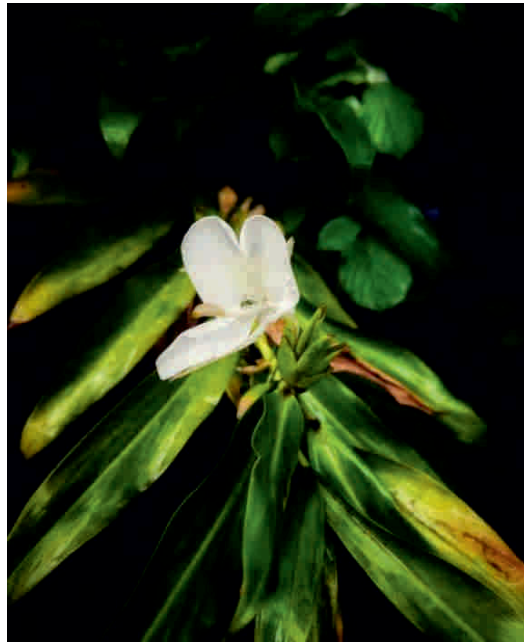


Photo By: Miss. Sanskruti Gilbile  
B.P.Th



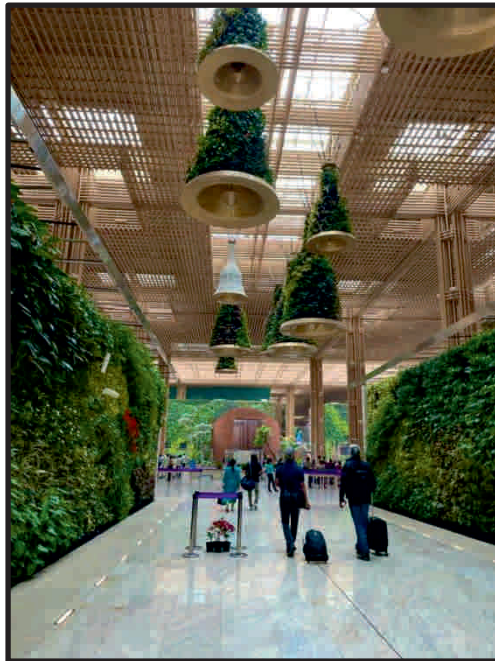


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B.P.Th**



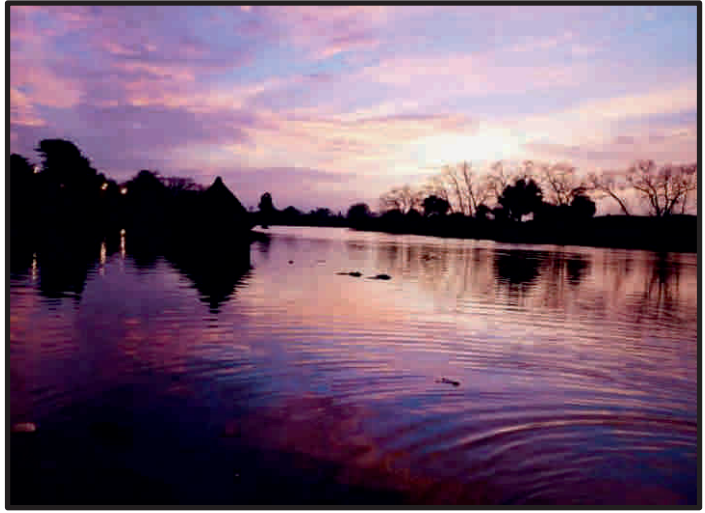
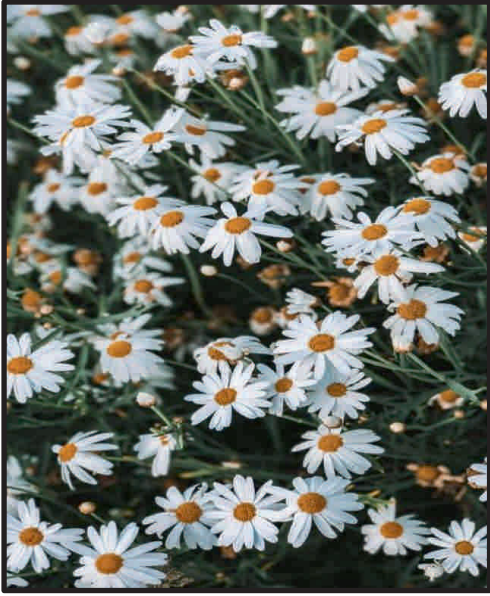


**Photo By: Miss. Sanskruti Gilbile  
B.P.Th**

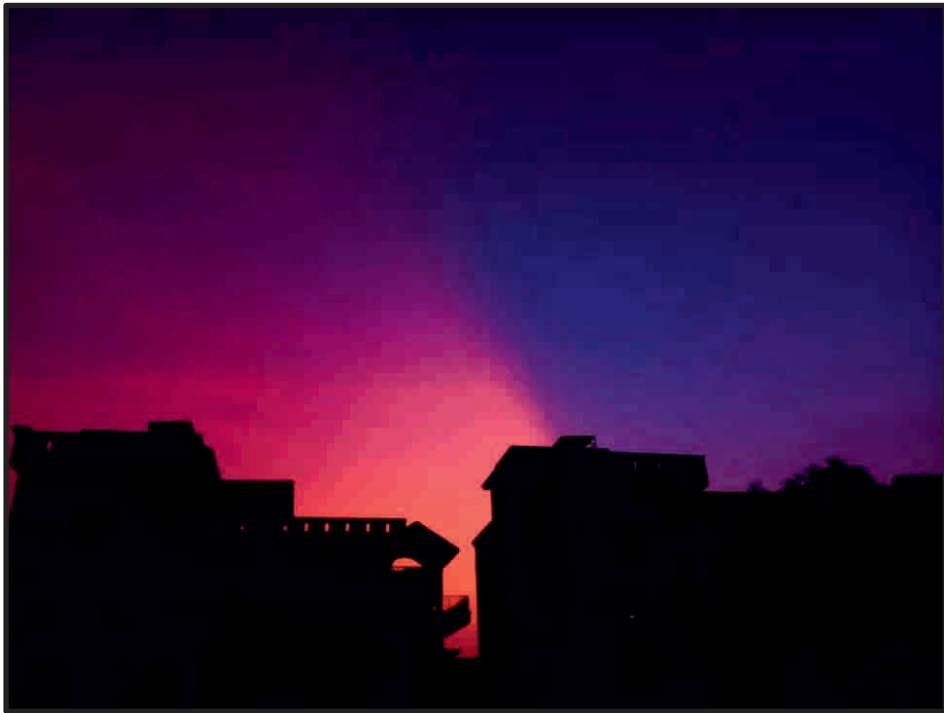


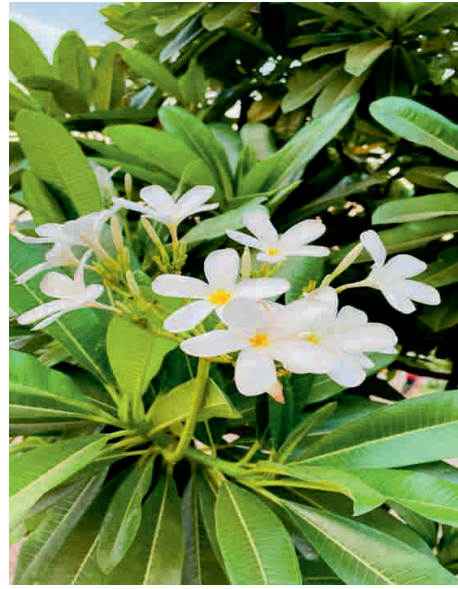
**Photo By: Miss. Mehvish Kadari  
B.P.Th**



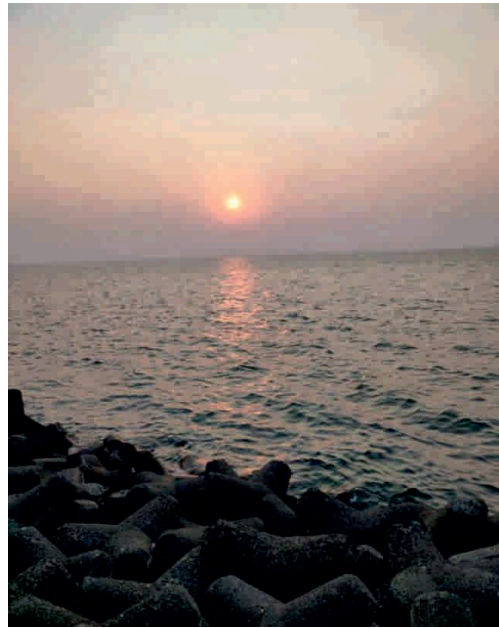


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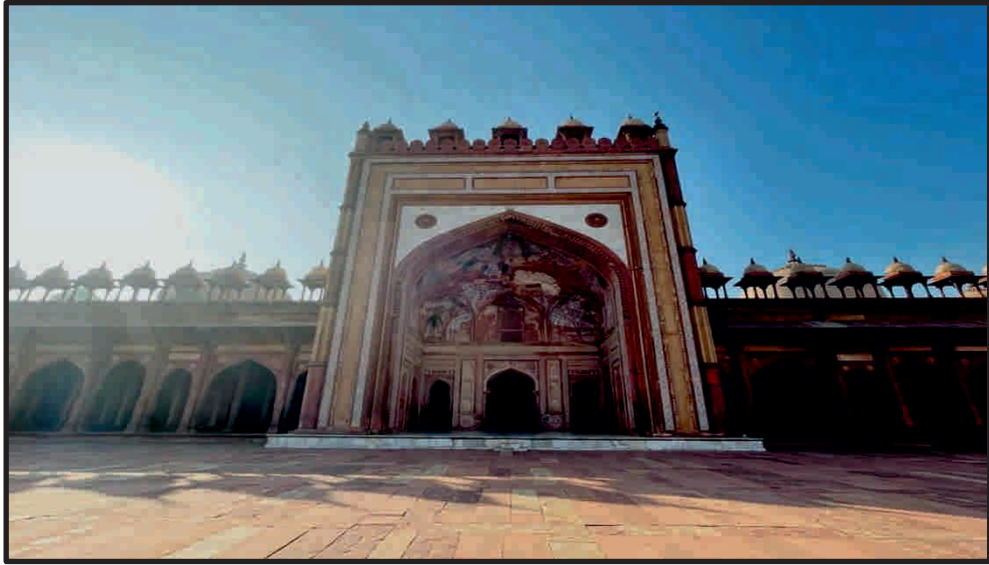




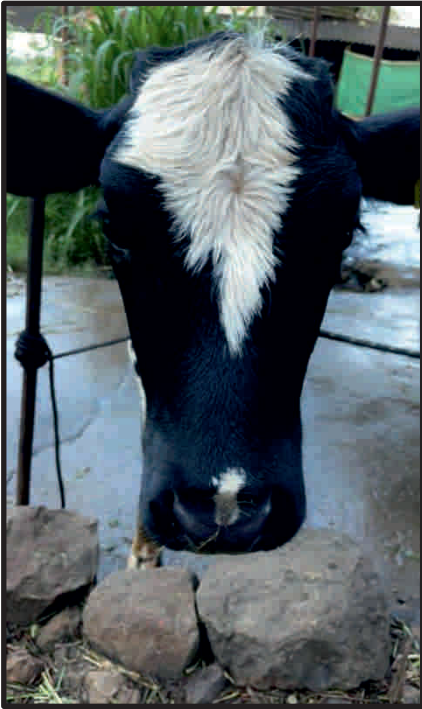
**Photo By: Miss. Mehvish Kadari  
B.P.Th**



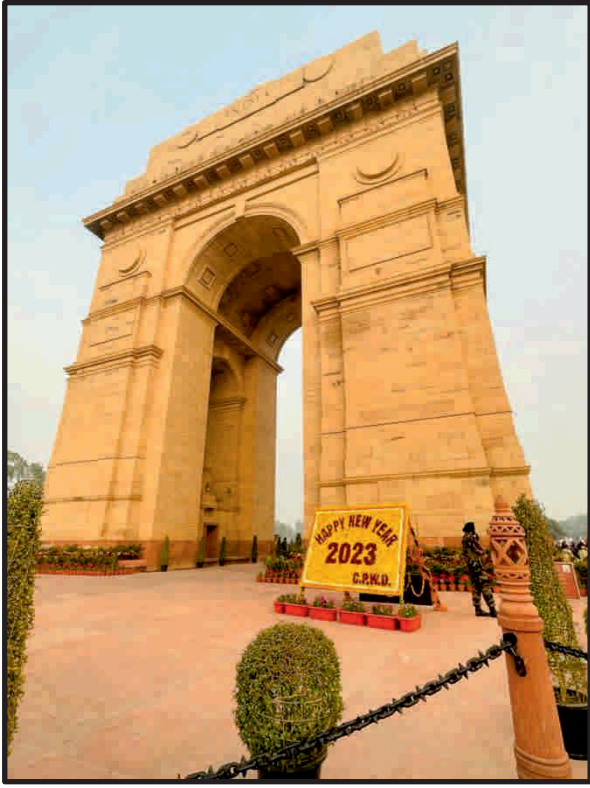




**Photo By: Miss. Mehvish Kadari  
B.P.Th**



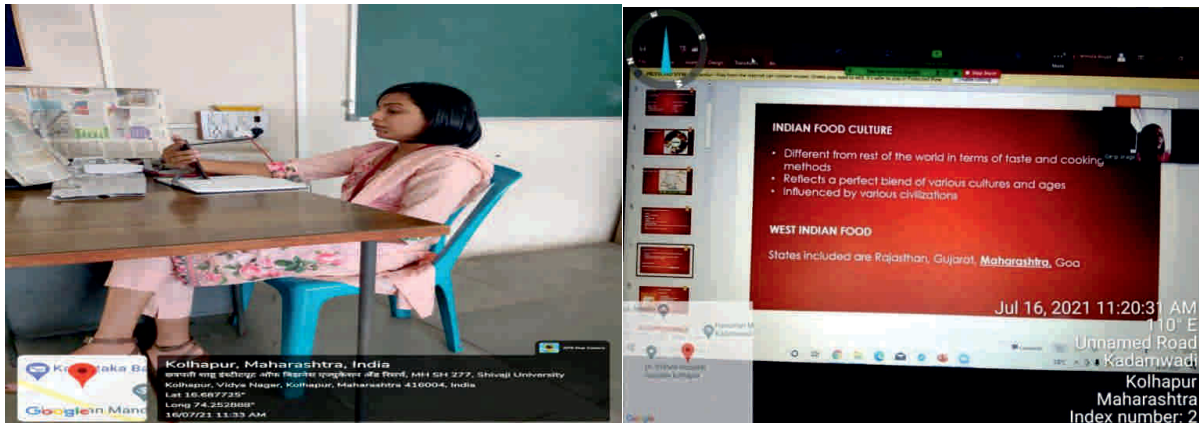
**Photo By: Miss. Manashi Shirgare  
B.P.Th**



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B.P.Th**

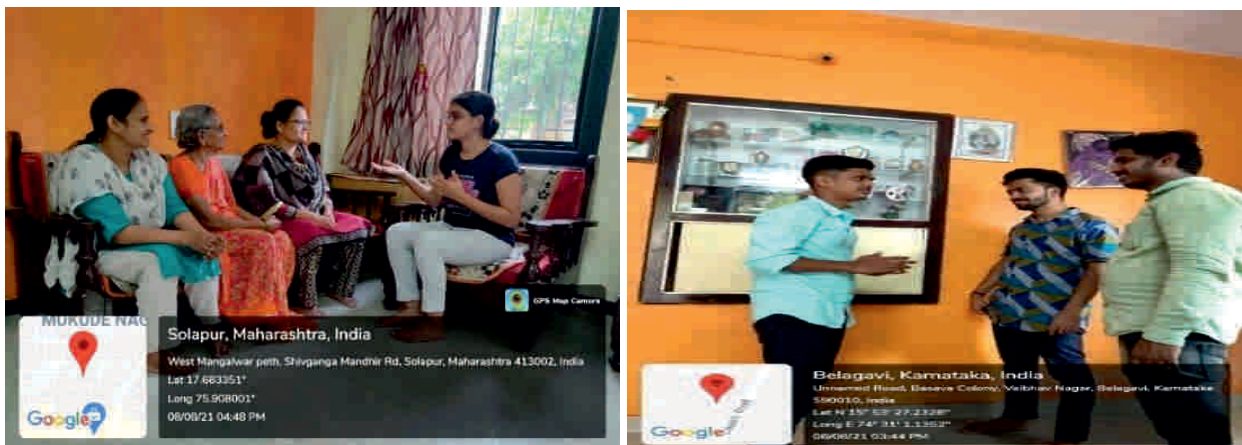
## Students' NSS Activities

1. Name of Activity - 75<sup>th</sup> years Independence Day of India, *Azadika Amrit Mahostav* 'Food Culture Webinar'.



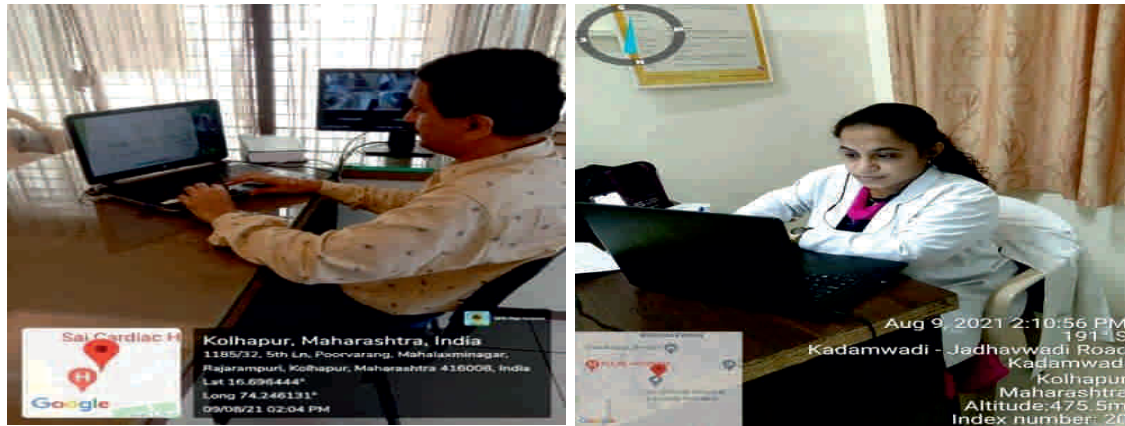
2. Name of Activity – Azadi ka Amrut Mahotsav (Awareness Campaign 'Catch the rain')

Name of College D.Y. Patil College of Physiotherapy



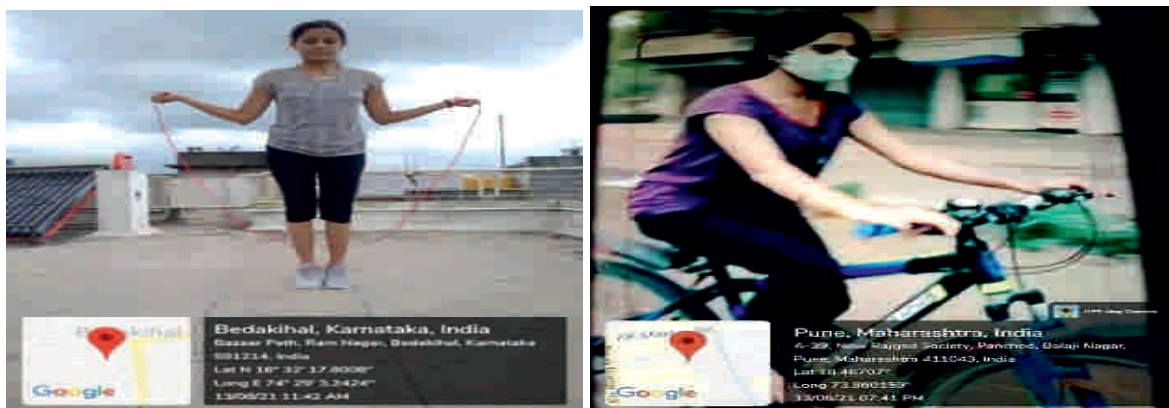
**3. Name of Activity – Azadika Amrut Mahotsav (Topic - Indian Freedom Fighters)**

**Name of College :- D.Y. Patil College of Physiotherapy**



**4. Name of Activity – Azadika Amrut Mahotsav (Topic - Fit India Freedom Run Campaign)**

**Name of College: - D.Y. Patil College of Physiotherapy**





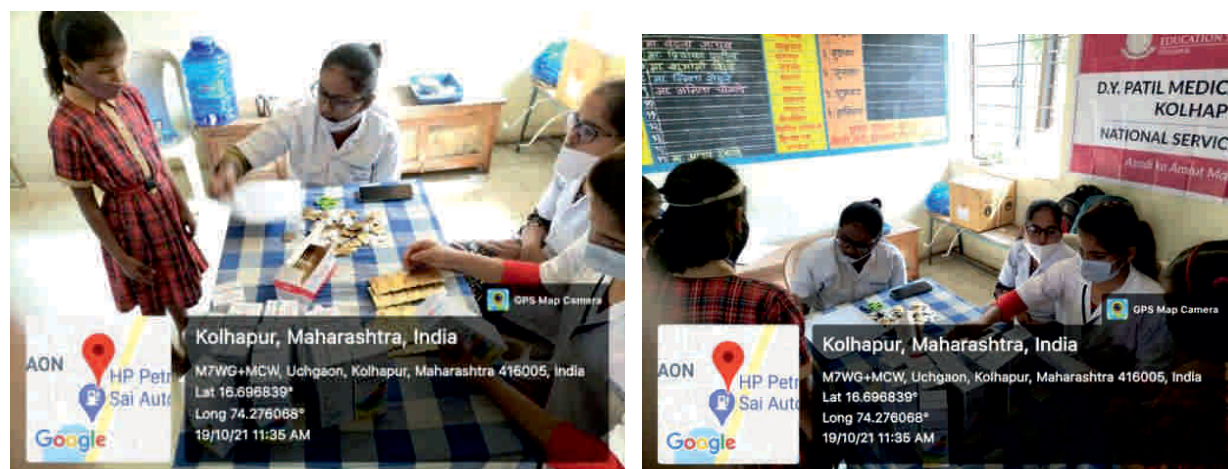
**5. Name of Activity - Clean India Programme on the occasion of Azadi ka Amrut Mahotsav**

**Name of College: - D.Y. Patil Medical College & CIR**



**6. Name of Activity – Health Checkup Camp.**

**Name of College: - D.Y. Patil Medical College Kolhapur**





7. Name of Activity – Azadika Amrut Mahotsav (Topic - Clean India Programme)

Name of College: - D.Y. Patil College of Physiotherapy

Before and after Cleaning  
26th<sup>th</sup> October 2021 at Panchanganga River Ghat, Kolhapur



8. Name of Activity – Azadi ka Amrut Mahotsav (Topic - Clean India Programme)

Name of College: - D.Y. Patil College of Nursing



### 9. Name of Activity -“Diabetes Awareness Program”

Name of College: - D.Y. Patil College of Nursin



### 10. Name of Activity – “Azadi ka Amrut Mahotsav”

Name of College: - D.Y. Patil School of Hospitality



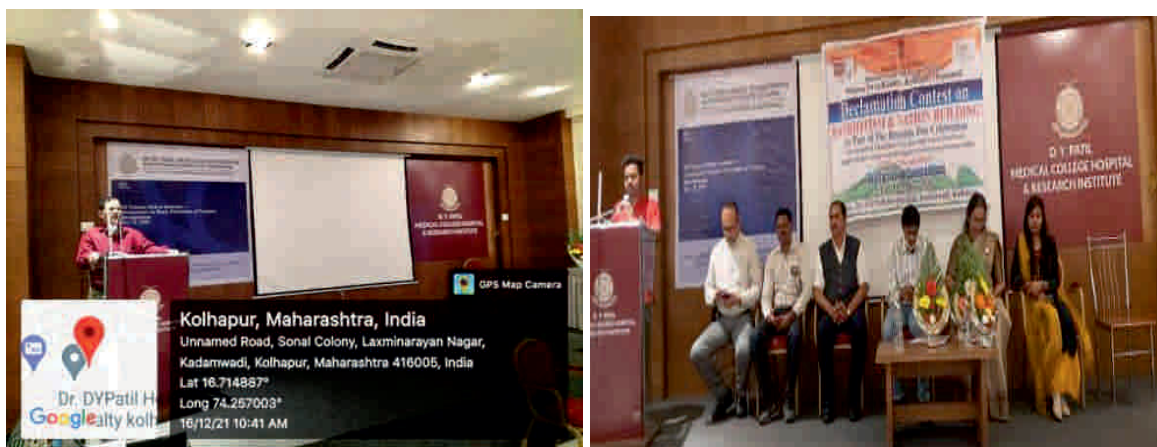


**11. Name of Activity – Declamation Contest (Block Level, Karvir) on Patriotism & Nation Building . Republic Day Celebrations, 2022**

**Place: -D.Y. Patil Hospital, Auditorium, Kolhapur**

**12. Name of Activity – Declamation Contest (District Level) on Patriotism & Nation Building as part of the Republic Day Celebrations, 2022**

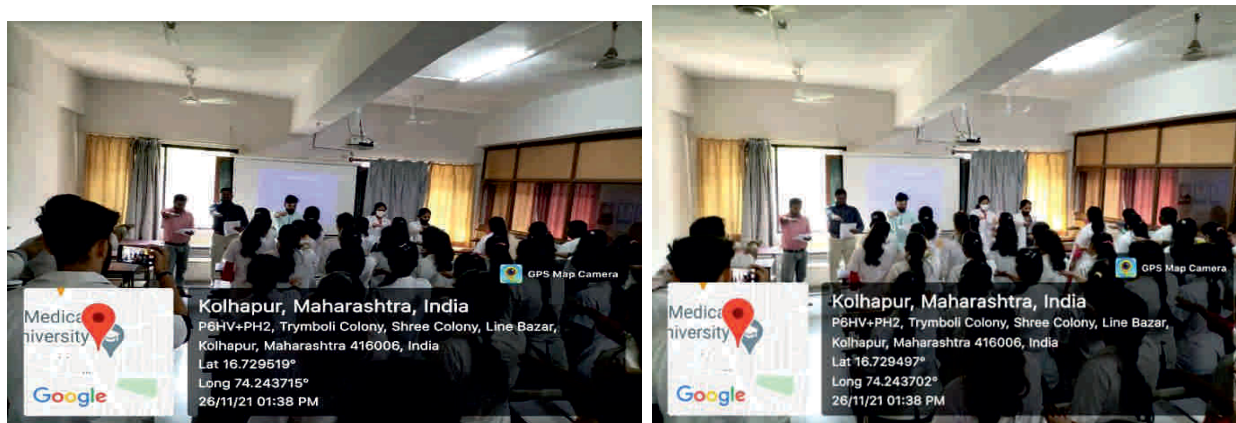
**Place: - Dr. D.Y. Patil Hospital, Auditorium, Kolhapur**



**13. Name of Activity – “Constitution Day”**

**Place: -, D.Y. Patil Medical College, Kolhapur**

**Name of College: - D.Y. Patil Medical College & School of Allied Health Sciences**



#### 14. Name of Activity – “Constitution Day”

Place: - D.Y. Patil Medical College, Kolhapur

Name of College: - D.Y. Patil College of Nursing



#### 17. Name of Activity - COVID-19 AWARENESS PROGRAMME

Place: -, D.Y. Patil Medical College, Kolhapur



#### 18. Name of Activity - On the occasion ‘AzadikaAmrutMahotsav’ NSS unit arranged Speech on CONTRIBUTION MADE BY FREEDOM FIGHTER’

Place: - Dr.D.Y. Patil Hospital, Auditorium, Kolhapur

Speaker: -Dr. Suresh V. SikhareHead,Department of History, Shri Shahaji



**Chhatrapati Mahavidyalya, Kolhapur.**

**Name of College: - D.Y. Patil Medical College**



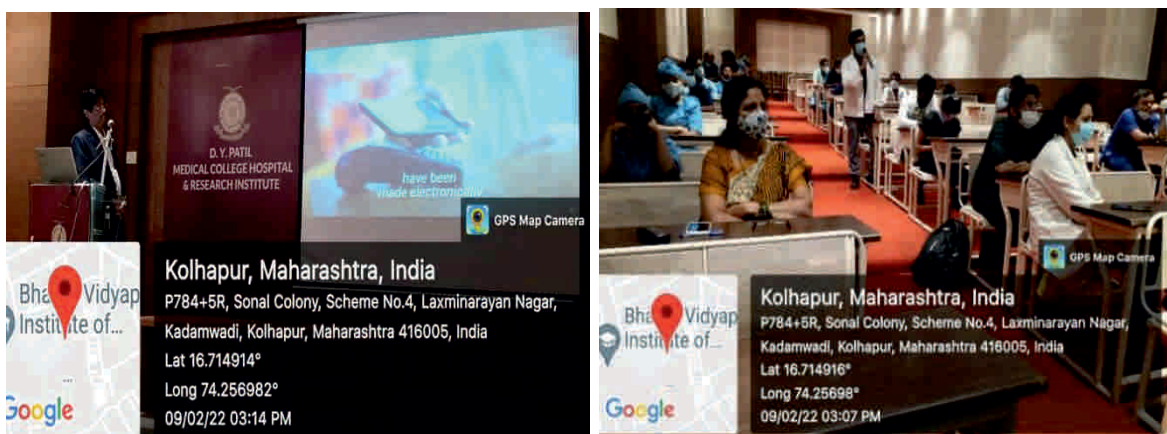
**19. Name of Activity - On the occasion ‘Azadi ka Amrut Mahotsav’ NSS unit arranged.**

**Speech on ‘Cash to Cashless’**

**Place: - Dr. D.Y. Patil Hospital, Auditorium, Kolhapur**

**Speaker: -Mr. S.R.A. NARAYANSWAMY**

**Name of College: - D.Y. Patil Medical College**



**20. Name of Activity – Health Check-up Camp**

**Place: - Avadhut Special Children’s School, Ambap.**

**Name of College: - D.Y. Patil Medical College, Kolhapur.**



**21. Name of Activity – Dr. Babasaheb Ambedkar Jayanti**

**Name of College:** - D.Y. Patil Education Society (Institution Deemed to be University), Kolhapur.



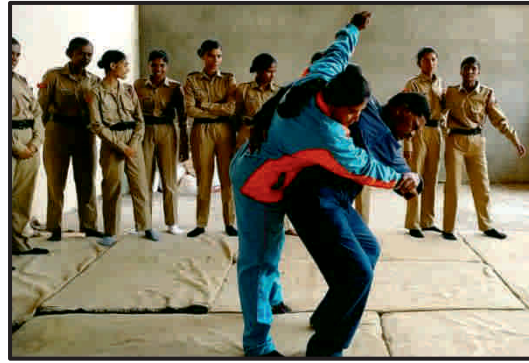
**22. Name of Activity – Poster competition on the occasion (AZADI KA AMRUT MAHOSTAV)**

**Name of College:** D.Y. Patil College of Nursing,

**23. Name of Activity – Self Defense Training Camp (8<sup>th</sup> International Women’s Day)**

**Place:** - D.Y. Patil School of Hospitality, Tarabai Park, Kolhapur.

**Name of College:** - D.Y. Patil School of Hospitality, Kolhapur.



#### 24. Name of Activity – Yoga Training for Students

**Place:** - D.Y. Patil Hospital Ground, Kolhapur

**Name of College:** - D.Y. Patil Education Society (Institution Deemed to be University), Kolhapur.

**Guest Name:** - Mr. Vilas Nikam, Yoga Trainer & President-Patanjali Yoga samitti, Kolhapur



**25. Name of Activity – “This is the way our king reformed Kolhapur Kingdom”**

Occasion of the birth centenary of Rajarshi Chhatrapati Shahu Maharaja

**Place:** - Historical Bhavani Mandap, Old Rajwada Kolhapur

**Name of College:** - D.Y. Patil College of Physiotherapy, Kolhapur.



**26. Name of Activity – “Foundation of Kolhapur” Occasion of the birth centenary of Rajarshi Chhatrapati Shahu Maharaja**

**Place:** - Historical Bhavani Mandap, Old Rajwada, Kolhapur

**Name of College:** - D.Y. Patil College of Nursing, Kolhapur.

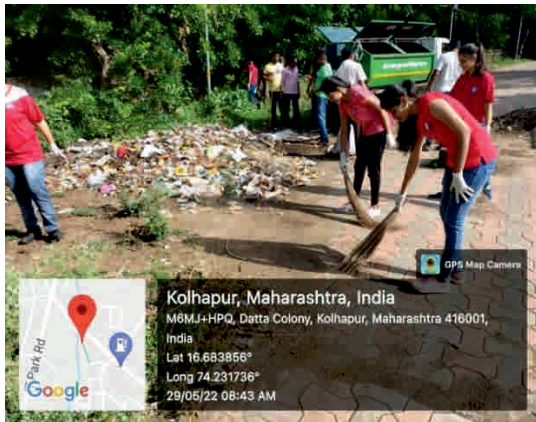




**27. Name of Activity – Jayanti Nala SwacchataAbhiyaan.**

**Place:**Jayanti Nala & Yallamma Temple Area.

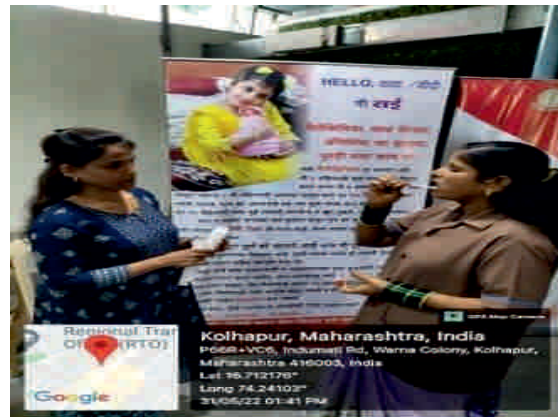
**Name of College:** D.Y.P. School of Allied Health Sciences.



**28. Name of Activity – Blood donation camp & Saliva test for thalassemia patients**

**Place:** D.Y.P. School of hospitality, Tarabai park, kolhapur

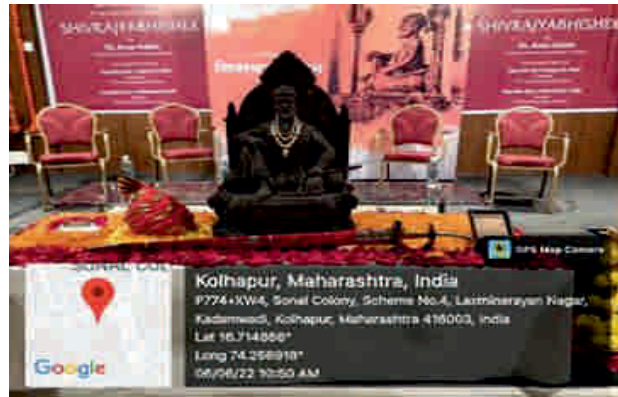
**Name of College:** D.Y.P. School of hospitality.



**29. Name of Activity – ‘SHIV SWARAJYA DIN’.**

**Place:** Dr.D.Y. Patil Hospital, Auditorium, Kolhapur.

**Name of College:** D.Y. Patil Education Society.



**30. Name of Activity – College Campus Cleaning Campaign - ‘Majhi Vasundhara Abhiyan’**

**Place:** - Center for Interdisciplinary Research College Campus, Kasaba Bavada, Kolhapur.

**Name of College:** D.Y. Patil School of Allied Health Sciences & C.I.R.



**31. Name of Activity – International Yoga Day**

**Place:** - D.Y. Patil University Exam Hall, Kolhapur

**Name of College:** - D.Y. Patil Education Society (Institution Deemed to be University), Kolhapur.





**Name of Activity – “Constitution Day”**

**Place : D. Y. Patil Medical College, Kolhapur**

**Name of College : D. Y. Patil Medical College & School of Allied Health Sciences**

**Brief about activity :** 26th November is celebrated as “Constitution Day” of India. On this occasion D. Y. Patil School of Allied Health Sciences and Medical College “Constitution Day” At this time all the volunteers, students & staff read the Indian Constitution.

Dr. R. S. Powar - NSS Coordinator, Dr. Sunita Patil – Programme Officer, Mr. Ganesh Bhosale & Mr.Dattatray Ravanmember of ‘Nehru Yuva Kendra’, Kolhapur, 70 volunteers and staff were present.









**D. Y. PATIL  
EDUCATION SOCIETY  
(DEEMED TO BE UNIVERSITY)**

**KOLHAPUR**

**869, 'E' D. Y. Patil Vidyanagar, Kasaba Bawada, Kolhapur-416006**

**Phone No.: (0231) 2601235-36**