



“PRATYAKSHA”

University Students' Magazine

for

2022-2023

of

D. Y. Patil Education Society

Deemed To Be University, Kolhapur



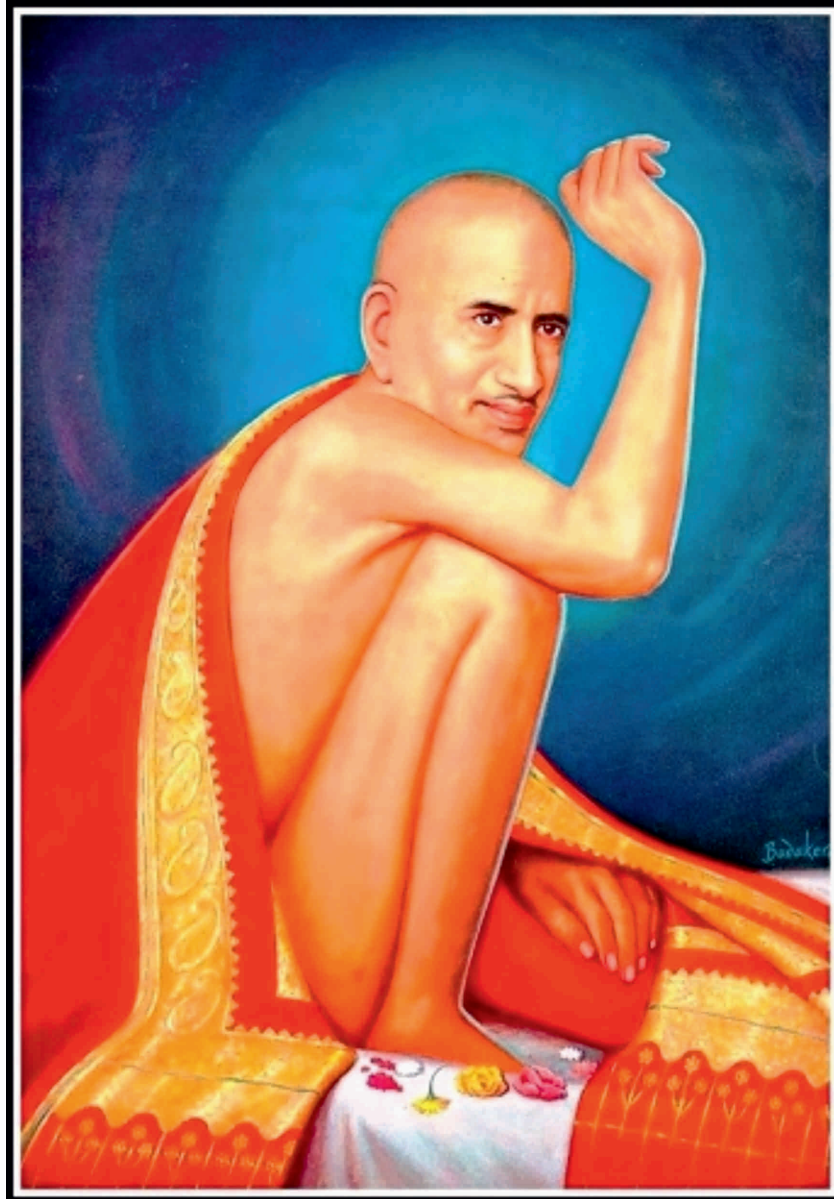
D. Y. Patil Education Society

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 !

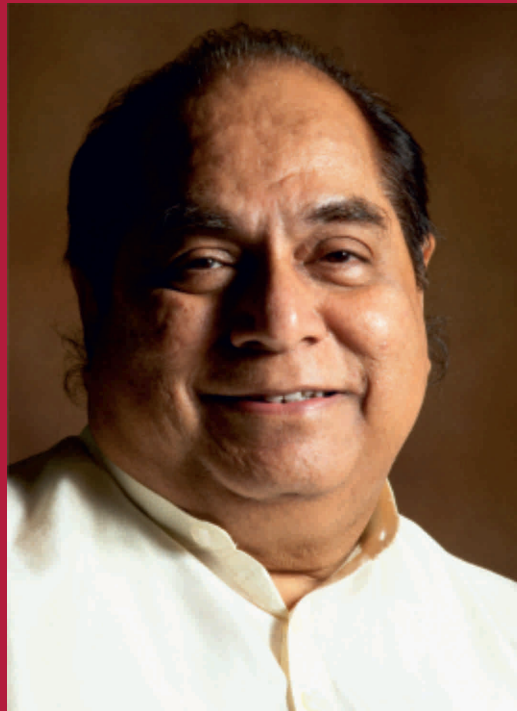
निवारा, सर्वांगीण विकास
आरोग्याचा लागे ध्यास
मूल्य शिक्षण, तत्त्व शिक्षण
सुयोग्य होते नीतीशिक्षण
आरोग्य ही खरी धन संपदा,
मनी बांधिली गाठ !

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 जिंकित 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



CONVOCAATION 2023



CHANCELLOR'S MESSAGE



Greetings.

Once again, the students of the D Y Patil Education Society Deemed to be University have impressed me with the eclectic contributions presented in Pratyaksha 2023. The enthusiastic participation and the contents of the submissions are a reflection of all that makes the youth the hope of the nation. I would like to congratulate all the students who have contributed to the magazine this year. As every year, the standard and messages in your contributions are appreciated.

Pratyaksha has become the platform to showcase some of the literary and art talent of our students. It also provides a platform to express your creativity as well as your skills in putting together these talents in an attractive and organized manner. The participation and involvement in co-curricular and extra-curricular activities is an important aspect of your life on campus. These activities help you hone skills that complement those you learn through the formal curriculum.

I commend the Editorial Team for the efforts they have taken and congratulate them for the result that has emerged.

I wish all the students the very best for this and future editions of Pratyaksha.

Dr Sanjay D Patil

Chancellor & President DYP Group

EDITORIAL TEAMS

STUDENT EDITORIAL TEAM

Student Editor:	Nirant Patil,	D Y Patil College of Physiotherapy
Editorial Team:	Tanvi Desai,	D Y Patil Medical College
	Shravya Shetty,	D Y Patil Medical College
	Raghavendra Gawade	D Y Patil College of Nursing
	Simran Kurane	D Y Patil College of Nursing
	Jaydeep Kamble,	Centre for Interdisciplinary Research
	Atharv Mulye	D Y Patil College of Physiotherapy
	Arya Kakde,	D Y Patil College of Physiotherapy
	Shruti Kadam,	D Y Patil School of Hospitality
	Prathamesh Kale,	D Y Patil School of Hospitality
	Viveka Pukale	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



Dear Readers,

Welcome to the stimulating world of the University's Students Magazine – 'Pratkysa'!

Within these pages, you will find an incredible array of ideas, stories, and artistic endeavours that showcase the boundless creativity and expressive spirit of our students, staff and faculty. This magazine stands as a testament to the power of imagination and the transformative nature of creative exploration.

In the realm of academia, it is often easy to get lost in the pursuit of knowledge, consumed by facts, theories, and examinations. However, it is crucial to remember that education is not limited to the acquisition of information; it is also about cultivating the ability to think critically, to question, to innovate, and to communicate effectively. It is in the embrace of these qualities that creativity flourishes, and it is this very essence that we seek to celebrate within these pages of the magazine.

This magazine serves as a platform for the diverse voices and talents primarily of our student body. It is a space where thoughts take shape, where visions are realized, and where ideas are given a voice. Each article, poem, photograph, painting, and piece of prose is a proof to the unique experiences, passions, and perspectives of our contributors.

As you delve into the pages of this magazine, we encourage you to let your imagination run wild, to embrace the unfamiliar, and to challenge your own perceptions. Engage with the works presented here with an open mind and a willingness to explore uncharted territories. Let the words, the images, and the ideas inspire you, provoke you, and ignite the spark of creativity within your own soul.

To the talented contributors who have poured their hearts and minds into their work, we extend our deepest gratitude. Your commitment to the pursuit of creative expression is an inspiration to all of us. Your contributions are a substantiation of the vibrancy and vitality of our student and academic community. We are privileged to have the opportunity to showcase your remarkable talents through the vast landscapes of literature, art, photography, science, technology, and everything in between.

Enjoy the voyage!

Dr. Rakesh Kumar Mudgal
Vice-Chancellor



University Celebrations of the 75th Independence Day of the Nation



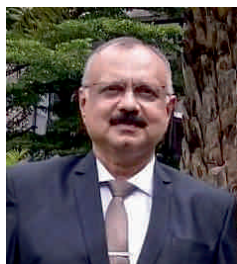
University Celebrations of the 74th Republic Day of the Nation

MESSAGES



Students magazine is a fascinating creation in students' career, that revives the sweet memories and makes one proud. This activity gives scope for togetherness, innovation, creativity, and leadership. Congratulations to the contributors! All the best!

Dr. Vishwanath Bhosale, Registrar



It is a great pleasure to appreciate the painstaking efforts of the Editorial Team and the Students being taken towards publishing this year's issue of 'Pratyaksha'. All the best. for this Issue.

Mr. Abhay Joshi, Controller of Examinations



Congratulations to team “Pratyaksha” for the current issue of the most awaited student magazine of our university. I am sure this issue will also make for most interesting reading.

CA Mr. Sridhar Narayanaswamy, Finance Officer



Our university's magazine is a wonderful collection of articles, stories, and artwork that depicts the talent and creativity of students and faculty. It is an inspiring display of their hard work and dedication. Congratulations to the editorial team and contributors for bringing this amazing publication to life!

Dr. Rakesh Kumar Sharma,

IQAC Director & Dean, D Y Patil Medical College, Kolhapur

NSS & NCC Activities



Cleaning campaign at Rajaram Bandhara,
Panchganga River, Kolhapur



Hand writing competition for school
children at Tamgaon residential camp



Cleaning activity at Tamgaon residential camps



NCC Students' Parade

MESSAGES



I am very happy to learn about the publication of student magazine "Pratyaksha" which includes the articles on variety of subjects. I congratulate all the contributors and editorial team.
Dr. C. D. Lokhande, Dean, Centre for Interdisciplinary Research



Your creativity shines brightly in our student magazine. Keep inspiring with your words and artistry. Congratulations on another exceptional edition!
Ms. Janaki Shinde, Principal, D. Y. Patil College of Nursing



I personally wish all the editorial team of "Pratyaksha" University student magazine successful publication, heartfelt congratulations for their commendable efforts, and wish everyone a bright future.
Mr. Rudheer Bardeskar, Principal, D Y Patil School of Hospitality



Good things remain good only because they are always scarce. I am glad to pen for our wonderful University Student magazine as an appreciation of the commendable efforts put forth by the team for this year's grand issue "Pratyaksha". Congratulations to the editorial team and talented students for their determined efforts in bringing out this magazine.

Dr. Amrutkuvar Rayjade, Principal, D. Y. Patil College of Physiotherapy



"It's a great pleasure to extend hearty congratulations to the editorial board of the college 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, D Y Patil School of Allied Health Science



I take immense pleasure in conveying my heartfelt congratulations to the Editorial Team and Students for their efforts to publish this year's issue of "Pratyaksha".

University magazine always portrays thoughts, ideas, dreams, hopes, feelings, creative writings and aspirations of young minds and it is a platform that provides exposure and freedom to express their views.

Dr. C. M. Jangame, Principal, D. Y. Patil College of Pharmacy



I would like to offer my congratulations to the editorial team and students for their impressive commitment in producing this year's "Pratyaksha" edition. "Pratyaksha" will foster creativity and provide a platform for students to share their ideas and talents. I am eagerly looking forward to the magazine's upcoming release.

Dr. Ajit Patil, Principal, D. Y. Patil School of Engineering & Management

STUDENT EDITOR'S MESSAGE



“Pratyaksha 2022-2023” 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 system, 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 2022-2023 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 (1st 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 2022-2023 possible.

Bioethics Unit Student's Wing Activities

Mime



Fig: Mime on Sustainability



Fig: Panel Discussion 5 'R's of Waste management

Annual Sports Activities



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The Choice

by

Abhishek Pingle, MBBS Batch 2020-2021

“It is our choices, Harry, that show what we truly are, far more than our abilities.”

— J.K. Rowling, Harry Potter and the Chamber of Secrets

A few days ago, I came across a Tedx Talk of Mandy Len Catron who once took the 36-question challenge posted by the New York Times which was supposed to create a deep intimacy between two people. The questions started with mild and simple and slowly became more emotional and intense. The researchers who designed the questions claimed they would make two people fall in love.

Some days later while reading a blog of Kristie Taylor, I again came across the reference of the same 36 questions. However, her relationship failed months later. But the questions were supposed to make two people fall in love and create a deep intimacy between them, right? Then why did it fail?

I then carried out a small and quick research on Mandy Len Catron to which I found out that she is living a happily married life with the same partner she tried those 36 questions posted in New York Times.

I was curious and surprised at the same time because the two outcomes were nothing but a contradiction of each other. When my thought process narrowed down, it all came to the hanging of success of the relationship onto just one main thing, The Choice.

Mandy Len Carton and her husband chose to be together.

Kristie Taylor and her partner chose not to be together.

“But until a person can say deeply and honestly, “I am what I am today because of the choices I made yesterday,” that person cannot say, “I choose otherwise.” — Stephen R. Covey

We make choices is because we have choices. We have choices because we like having choices. We like having choices because it gives us control and when we have something in control we automatically feel powerful, be it as petty as rejecting an unwanted call or as massive as accepting a billion-dollar deal.

Now, as a human it is very much important to make a choice and it is of utmost importance to understand that we all are making choices all the time even when we have chosen not to choose, we still have made a choice. The choice that will determine our experience or will turn out to be an experience is still based on our choice.

There will always come a time in your life where you will be stuck and as most of the great minds say, "Life is a blank book", and only you can choose if you have to turn the page, write another story or just simply close the book.

There might come a time in your life when you will be left with a bunch of wrong choices and no right ones. All you have to do is choose which one is the least wrong because that's probably the right thing to do at that point of time. Let us not forget this simple thing. Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Respect is a choice. Giving is a choice. Whatever choice you make, makes you. So, choose wisely.

I would like to conclude by quoting Thomas Monson.

"Choose what you love. Love your choice."

J K Rowling's book Chamber of Secrets will be remembered for many things.

Most definitely, it will be remembered as a horror story for Harry Potter himself. Imagine a young boy, just getting comfortable with the world of magic, facing the message "The Chamber of secrets has been opened, Enemies of the heir, BEWARE.", written across the wall. Stuff of nightmares.

Let us not forget Mr. Weasley's flying Ford Anglia that Harry & Ron used to get to Hogwarts. The loss of invisibility, running out of gas, nose-diving in Hogwarts Lake, getting whipped by the Whomping Willow, breaking a wand... Oh arduous indeed were the gifts of misadventure.

And who can forget the courageous house-elf, who bashed himself on his head – Dobby? With dire warnings of harm for Harry, this friend and his love for Harry and Socks, remain classic.

NEGLECTING THE ELDERLY

by

Rohan Ramesh Kotekar, B.Sc. Hospitality Studies, Batch 2022-2023

In a world that often prioritizes the pursuit of personal ambitions and modern lifestyles, the issues of elderly parents being abandoned or neglected by their children's is a distressing reality. The main motto of this article is to delve these painful happenings in a limelight and most of the time people aren't really concerned about them.

Everybody at a certain point of their lives must have seen un-healthy, elderly persons striving even for the basic living; they need to stand at signals, outside the temples, near prestigious peoples' residences, seeking help for living.

Sharing my experience, so I do see an old lady daily on my route, sad and disheartened, and it always makes me think that what really caused her to end up like this ? Did she ever have a good life? Does she have somebody to look after her? For how long she has been 'her'? Multiple questions will arise the more and more you try to understand them. Many NGOs claim that they care and work for this type of people but do those elderly persons ever have a feeling similar to being at home? Will they get the same affection and care they expected?

The abandoning of elderly parents by their children's is a distressing issue that underscores the need for a shift in our societal values. It is essential to prioritize the well-being of our aging parents and ensure that they receive the care, respect and support they deserve. By promoting a culture of care, open communication and shared responsibilities within families, we can work toward preventing the heart-wrenching

abandonment of our elder loved ones and provide them with the dignity and comfort they should be afforded in their later years.

DID YOU KNOW?

As per the Economic Advisory Council to the Prime Minister's (EAC-PM) Quality of Life for Elderly Index, proportions of seniors in India will rise from 7.5% in 2001 to almost 12.5% by 2026 and to over 19.5% by 2050. This outfall of increasing life expectancy, better health infrastructure and lower fertility rates over the last 7 decades, has lead to multiple measures in taxation, microfinance and safety that emerge from the "National Policy for Senior Citizens 2011".

The Silver Economy and Gerontechnology are only some avenues that have opened up due to this demographic shift.

Haven
By

Dr Sakshi Gupta, MD Obstetrics & Gynecology, Batch 2021-2022

Small feet, Scared eyes

Muddy roads underneath, Overhead, cloudy skies

Hands outstretched,

A quivering cry

"Help me"

Deafening silence

In actions, More so Than words

Aiming to Keep moving

Slipping, And skidding

Scraped knees, Bruised heart

To carry a wound Concealed

Small feet, Now grown tall

Eyes still terrified

Muddy roads underneath, Overhead, cloudy
skies

"Help me"

Reverberating

Around the empty hallway, Damp and dark,

Walls foreboding

No words, Resounding

Merely a hushed whisper

Hands bruised, Pulling weight

Alone, All through life



Slipping, And skidding
A sigh
Outstretched hands, Belonging to another
Looking up A face, A smile
Hesitation For seconds, For miles
A decision, Giving in
Hand held, Tugged
Standing tall, Weightlessness
Gleaming rays of light,
Breaking through The damp, the dark
Abased
A voice, Another's
"It's okay, I am here"



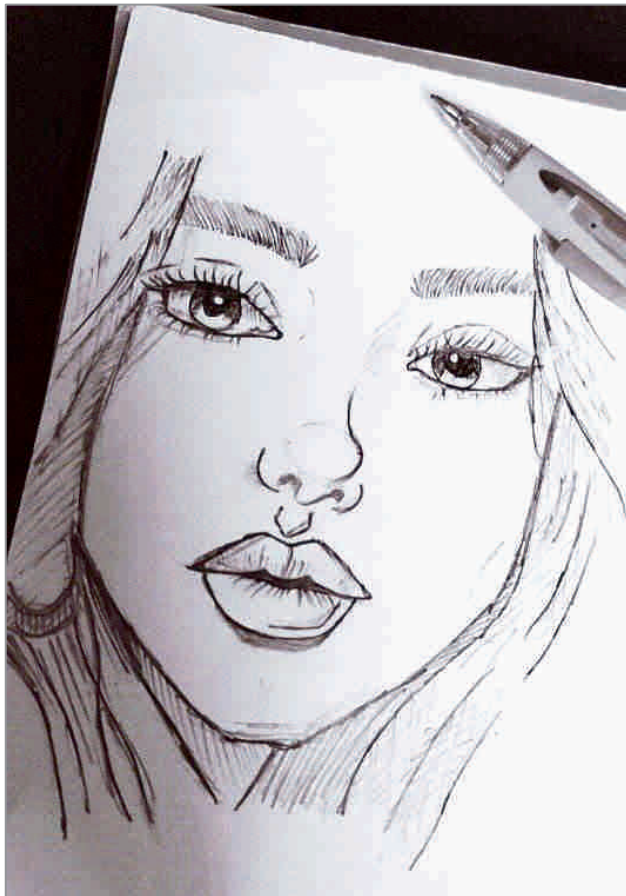
"I gave myself permission to feel and experience all of my emotions.
In order to do that, I had to stop being afraid to feel. In order to do
that, I taught myself to believe that no matter what I felt or what
happened when I felt it, I would be okay." — Iyanla Vanzant



Art by: Esha Lawangare BPTH 2022-2023

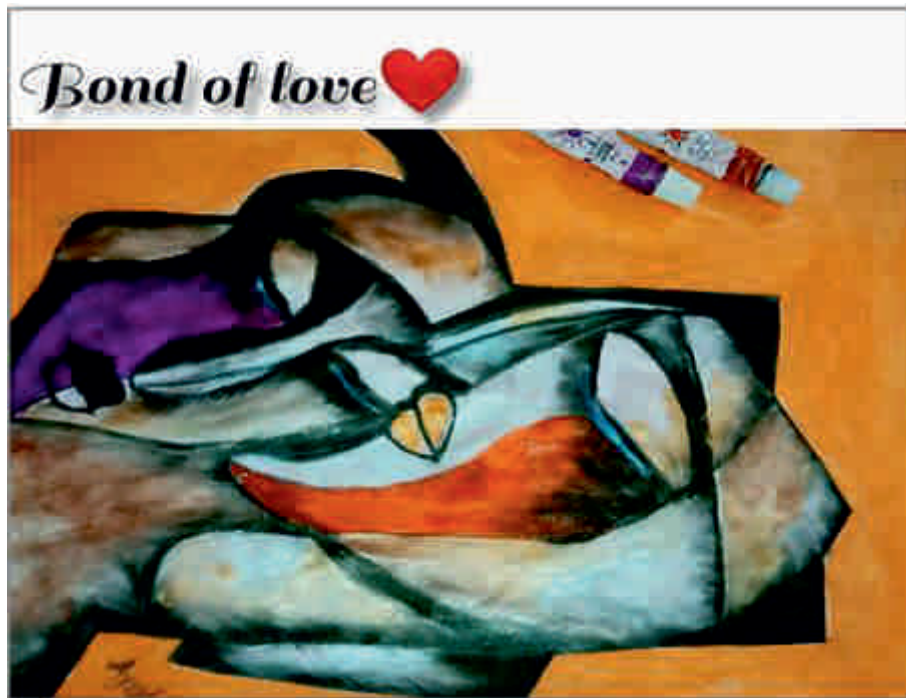
**"Faith is taking the first step
even when
you don't see the whole staircase."**

— Martin Luther King, Jr.



**"Whole life is a search for beauty.
But, when the beauty is found inside,
the search ends and
a beautiful journey begins."**

— Harshit Walia



Art by: Ayushi Shrivastav BPTTh (2022-2023) titled "Bond of Love"



Social Media and Mental Health

By

Pratham Shawn Coutinho, MBBS Batch 2022-2023

In this digital age, social media platforms have become integral to our lives, influencing how we communicate, share information and connect with others. While social media offers numerous benefits, it also raises concerns about its impact on mental health.

On the positive side, social media can feel like the world's biggest support group. It is like having a 24/7 therapist where you can vent about your boss's questionable fashion choices or your cat's newfound fascination with the bathroom sink. These connections can provide feelings of emotional support, reduce the mindset of being isolated and enhance overall well-being. During times of crisis, it is your lifeline to the reassurance that your neighbor's sourdough started isn't doing any better than yours. Even during the COVID lockdown time, it was social media that kept the world connected. Patients who were quarantined from their dear ones could video call them using social media, to eliminate the feelings of lonesomeness.

Additionally, social media is a treasure trove of information. It's like having a personal librarian who curates all that you need to know. It also serves as a powerful tool for disseminating information about mental health issues, reducing stigma and promoting awareness. Supportive communities and organizations often use these resources to share personal stories and coping strategies. Who knew that scrolling through cute animal videos or cooking yummy recipes seen online, could keep you busy and away from the mental trauma's life offers?

Now, for the flip side. Social media is the world's largest stage for comparison. It is where everyone's life is a highlight reel. People post carefully curated snapshots of their existence, making it seem like they're sipping champagne on a yacht while you're wondering if it is acceptable to wear pajamas on your next Zoom meeting. This can lead to what experts call "comparisonitis" – the irresistible urge to compare your life with that of someone else. This is as stupid as comparing Albert Einstein's cricketing skills to that of Sachin Tendulkar.

And let's not forget about the dreaded FOMO (Fear of Missing out). It is the anxiety inducing fear that everyone else is having more fun, accomplishing more, and looking better while doing it. It's like the universe's way of saying, "Remember that friend who always had cooler toys? Well, they now have cooler vacations too."

Another issue we have come across is the 'Perfectionists' Pandemonium'. We see Instagram influencers who wake up with perfect hair and makeup. They're like the mythical creatures, right? Social media bombards us with images of flawless beauty and unattainable perfection. It is like attending a never-ending beauty pageant where you're the only contestant without a tiara.

We also come across the 'Overthinker's Overdrive', where we post something, and within milliseconds your brain becomes a supercomputer that analyzes every comment and emoji reaction to it. Did they laugh because my caption was funny or because my face looked like that of a clown? We certainly should not allow social media to influence our thoughts in such a manner. We also mustn't allow social media to trap us in the 'time wrap' effect, where we open Facebook for a quick update but end up wasting 3 hours being busy looking into what the World is doing.

In conclusion, social media is like a chaotic comedy show. It provides entertainment, connection and a generous dose of awkward moments. To navigate its' peculiar pitfalls and maintain good mental health; it is crucial to approach it with humor, self-awareness, and the understanding that everyone is just trying to figure out this digital circus together. After all, life is too short to worry about perfect sourdough starters, when you can be out there making real, slightly burnt, but genuinely delicious rotis.

Something about Social Media:

- The total of 4.89 billion social media users spend an average 151 minutes per day and bounce between a global average of seven different networks of social sites per month.
- Stats: 2.96 billion active Facebook users, 2.5b use YouTube, Instagram > 2 b & TikTok 1 b ; Twitter boasts 556 million & Pinterest 450 million monthly users. LinkedIn: 900 million members, over 63 million company profiles, across 200 countries.
- Social media (\$137 billion) edged out paid search as an advertising channel, even though users grew only by 3% in the 12 months ending January 2023. Instagram offers the highest Return on Investment for selling, & over 60% users are b/w 18-34 years of age.

Work of Physiotherapy & Miracles from Creator

By

Lydia Sebastian Bachelor in Physiotherapy, Batch 2022-2023

Most people have probably never heard of physical therapy of physiotherapy & for those who have the word “Massage” immediately comes to mind. This is a false impression. To clear up any confusion, a masseuse or masseur is someone who gives massages. However, Physiotherapists/ Physical therapists are a group of medical rehabilitation professionals who evaluate, identify & treat patients using various modalities & methods, including exercise of massage. Therefore, one should think of the phrase “dynamism” whenever the word “Physiotherapy” is heard. Alternatively, it can be referred to as ‘breach-repairer’ because it highlights the aesthetic qualities of majority of major surgical treatments.

On the 60th national conference of the Indian Association of Physiotherapist, Indian Prime Minister Narendra Modi discussed the importance of physiotherapy for the growth of the nation. He said, he is motivated by physiotherapy because of what they learn, which is “Your inner strength is stronger than challenges. Furthermore, with a little bit of encouragement & support people can win over the toughest of challenges.” Yes, it is true.

Physiotherapy plays a significant part in healthcare & enhances the quality of life for millions of people globally. It uses an integrated approach to treat a variety of health problems that include rehabilitation of individuals recovering from illnesses or operations, using non-invasive pain reduction techniques, aiding symptom management & enhancing excellence of life for people with chronic illness like arthritics, diabetes & heart disease.

Physiotherapy uses infrared & ultraviolet radiations, the invisible portion of light to promote visible tissue healing in addition with body’s relaxation methods. In hydrotherapy sessions, physiotherapy uses thermal & buoyant properties of water, resulting in achieving normal range of motion. Physiotherapy offers hope when oral tablets, injections, medications fall short. It does not mean to imply that physiotherapy doesn't collaborate with other healthcare professionals. They do! Many post-operative

conditions, deformities, pain, neurological diseases traumatic injury, restricted movements etc. are referred for physiotherapy.

Consequently, this article concludes that all the healthcare, surgeons & physiotherapists do what they can do but sustaining life is what had the creator does! Hence, the ultimate success of patient's recovery is a tribute to God the creator, and the efforts of doctors & physiotherapists who bring the ecstatic joy in patient's life.



OBJECTIFYING WOMEN

By

Shriya S Ranjane, MBBS, Batch 2022-2023

We all know the very first thought that came in our mind when we saw the topic objectifying woman was "FEMINISM".

And many would believe that only a feminist would choose to write on it. But it's not about being feminist, it's about a woman as an individual.

One glimpse of any newspaper and we all know that objectifying women is still prevalent everywhere. Be it a heinous crime like rape or body shaming or physical abuse or eve teasing, every act done adds up to trauma.

If we google the meaning of 'woman' we will find "An adult female human being" but what we usually ignore is the HUMAN BEING part in a female. Many don't treat women like a human being; she is either an object to flirt with and entertain or a robot machine in many households.

Some words which are have now become derogatory objectification have become synonymous to females in the modern world! Seriously such an easy comparison of a dog with a human being?

Objectification involves viewing and/or treating a person as an object, devoid of thought or feeling. Often, people blame the girl for being the rape victim just because "*Ye umar me toh aisa hi hoga, khudko sambhal ke rakhna chahiye tha*"... Or a very common dialogue "*mithai ka dabba khula rahega toh makhi toh aayegi na uspar*". Seriously? Females cannot even look good and beautiful?

So, in the world where we talk about human equality, we don't have right to look good, be beautiful, wear what we like...because men do not have control over their hormones.

Objectifying is not just verbally, but also by actions and thoughts. No matter what the advertisement be "*Ladki ko main lead mein daal do, product bik jaayega*" seems to be the entire thought process. Just imagine a model just coming in the end of the advertisement and quotes "XYZ TYRES... AS FAST AS IT GETS???" Does it even make

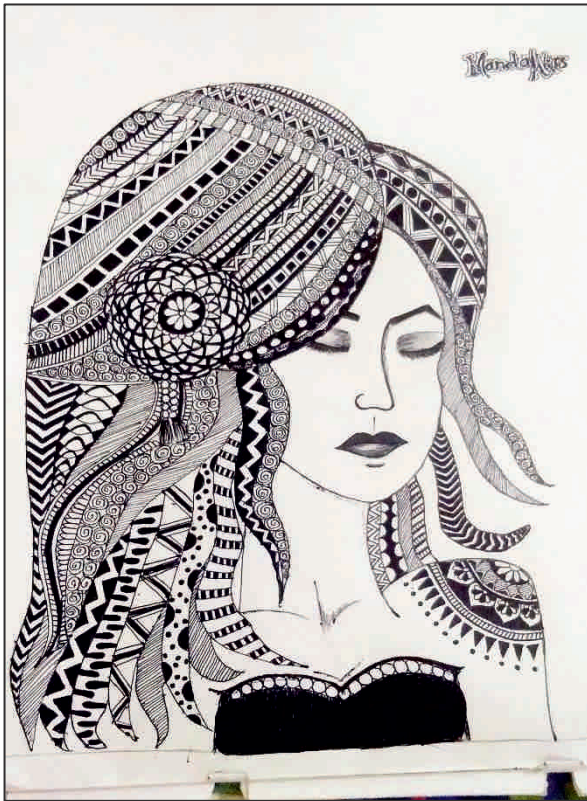
sense?? From magazine ads to television shows, commercials to movies and more, it does not take much digging to see and feel the sexual objectification of women. Shows that have portrayed men as woman and have models as comedians purely conveys that woman are mere source of entertainment.

It's a very common thing in college, where even a crush or attraction towards a girl is addressed as, "*yeh meri bandi hain*". If the emotion is pure, why can't it be addressed more respectfully and in a better way? Probably because we find these words cool as it is portrayed in our movies that way.

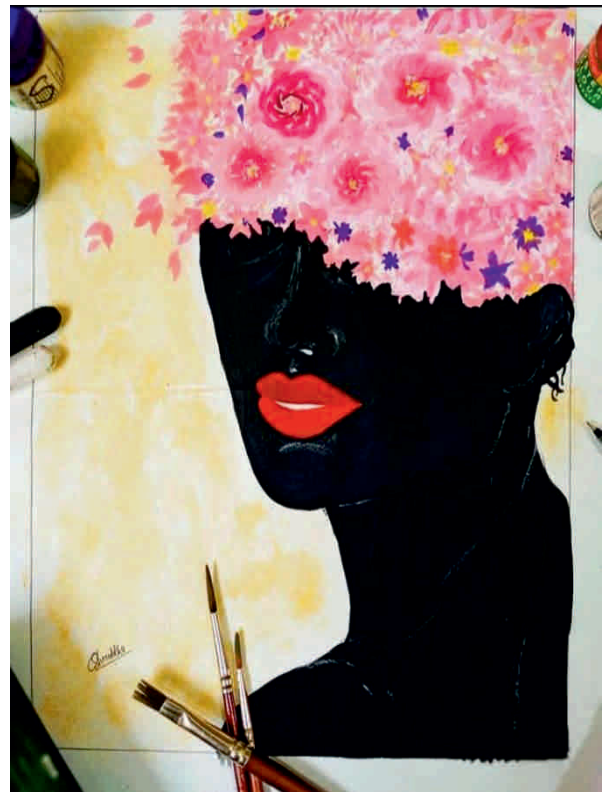
We don't give much importance to the serious topic of objectification. Instead, we feel that even after giving all the possible opportunity to woman they are still feminists and want more. We don't want more. We just want FREEDOM; freedom to dress as we are comfortable, freedom to look beautiful, freedom to come back home late night after an important work...we need freedom to enjoy peace of mind.

Getting social respect and freedom is not feminism, it's a basic human right and talking about women empowerment is not being feminists but a soul behind who fought all the way till here to talk about the issues openly.

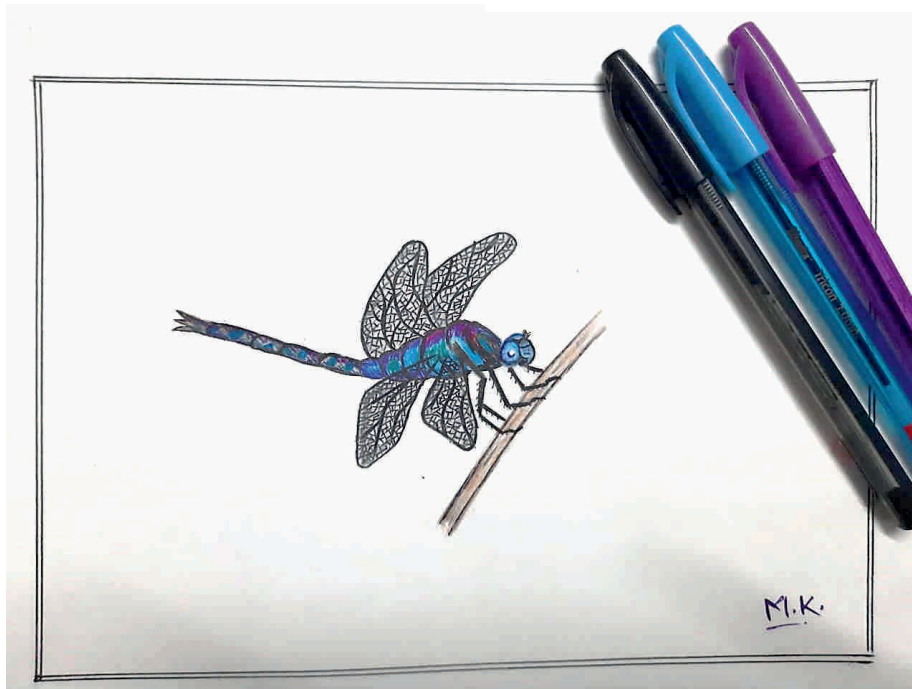
But anyway, who will still agree that objectifying is a serious problem and not think that "*RESPECT DE TOH RAHEN HAIN... OPPORTUNITY DE TOH RAHEN HAIN... Bhagwaan jaane inko aur kya chahiye...*



Art by: Esha Lawangare, BPT



Art by: Shraddha Shirodkar, BPT



Art by: Madhuri Nanware, BPT,

Voice Assistants in Hospitality: Using Artificial Intelligence for customer service.

By

Mr. Pradumnya G Nadapurohit, B.Sc. Hospitality Studies Batch 2022-2023

This article contributes to the emerging literature on AI in smart hospitality and explores the acceptance and operationalization of VAs. Voice control can also help those in the hospitality industry to deliver a superior customer experience, by shortening response times, streamlining booking processes, and allowing customers to make requests for room service, or fresh towels, without needing to leave their room or lift a finger.

Voice AI is a conversational AI tool that uses voice commands to receive and interpret directives. Artificial Intelligence (AI) is rapidly transforming the hospitality industry, and its impact on hotels is far-reaching. AI has the potential to improve efficiency, increase revenue, and enhance guest experiences. We will see various uses of AI in hotels and the benefits and potential savings associated with these technologies. We will also discuss the disadvantages of not implementing an AI strategy and the impact of AI on manpower requirements in various departments.

Uses of AI in hotels:

- Personalised experiences: AI can be used to personalise guest experiences by providing customised recommendations and offering more targeted services based on their preferences and behaviours.
- Predictive maintenance: AI can be used to predict equipment failures and maintenance needs, reducing downtime and improving operational efficiency.
- Chatbots: AI-powered chatbots can be used to provide 24/7 customer service, answer frequently asked questions, and process bookings.
- Dynamic pricing: AI algorithms can be used to dynamically adjust room prices based on supply, demand, and other factors, increasing revenue and improving occupancy rates.
- Energy management: AI can be used to optimise energy usage, reducing costs and reducing the hotel's environmental impact.

Hotels currently using AI: Several hotels are currently using AI technology, including Hilton, Marriott, and InterContinental Hotels Group. For example, Hilton has integrated

AI-powered virtual concierges into its hotel rooms, and Marriott is using AI to optimise room pricing and dynamically adjust staffing levels based on occupancy.

Disadvantages of not implementing an AI strategy: Hotel chains that do not implement an AI strategy risk falling behind their competitors and missing out on the many benefits and potential savings associated with these technologies. In addition, without AI, hotels may struggle to keep up with changing customer expectations and to provide the personalised experiences that guests are now seeking.

The scientific and business community is divided on how to view AI. We all accept AI is here to stay. However, the speed, direction & future of AI development has led to some thought and many divergent viewpoints. Let's visit a few:

- **A P J Abdul Kalam:** "AI (artificial intelligence) can enhance human endeavors, especially in medicine..."
- **Stephen Hawking:** "It (AI) will either be the best thing that's ever happened to us, or it will be the worst thing. If we're not careful, it very well may be the last thing".
- **Sundar Pichai:** "AI technology will be the biggest technological shift in our lifetimes and might even turn out to be bigger than the internet itself".
- **Elon Musk:** "AI is more dangerous than, say, mismanaged aircraft design or production maintenance or bad car production, in the sense that it is, it has the potential — however small one may regard that probability, but it is non-trivial — it has the potential of civilization destruction".
- **Barrack Obama:** "We're going to need to make sure that everybody can have confidence that whatever journey we're on here with AI, that it's not just being driven by a few people without without any kind of interaction or voice from ordinary folks ..."
- **Mukesh Ambani:** "a global AI Revolution is reshaping the world around us, ..." "India must harness AI for innovation, growth, and national prosperity".

CANCER AWARENESS

By

Ms. Disha Upadhyay, M. Sc. [Medical Physics] Part II

Cancer awareness is an essential part of public health because it improves in the prevention, detection, and support of malignancies in people with cancer and their families.

Listed below are some important thoughts about cancer awareness:

1. **Cancer:** A set of illnesses referred to as cancer can be defined by the body's abnormal cells growing and spreading out of control. There are numerous distinct forms of cancer, each with unique characteristics and treatment options available.
2. **Cancer varieties:** There are over a hundred different kinds of cancer, and each one is characterized by the body's cells that are abnormally growing and proliferating out of control. Examples include Breast, lung, prostate, and colorectal cancers are among the most prevalent varieties.
3. **Risk Factors:** A wide range of different factors are capable of making individuals a greater probability to develop cancer. These include genetic characteristics, decisions about lifestyle (including smoking, a diet, and fitness), radiation exposure, certain chemical interactions, and infections (such the human papillomavirus and hepatitis B and C).
4. **Important Dates and Months:** There are several months or days set aside to raise awareness of various malignancies. For instance, October is Breast Cancer Awareness Month and November is Lung Cancer Awareness Months in every year. These activities are intended to inform the public about specific cancer types, hazards, symptoms, and ways to prevent them.
5. **Early Diagnosis:** Programs that promote awareness against cancer place a high priority on the value of early detection through regular check-up's and self-examinations. Early identification of cancer tends to result in enhanced therapeutic outcomes.
6. **Prevention:** Making modifications to one's lifestyle, such as eating healthily, exercising frequently, avoiding from smoking and drinking too much alcohol will help from one's risk of getting cancer. In addition, there's also vaccines for certain cancers which can prevent them from ever spreading, such as the HPV vaccine for cervical cancer.

7. **Support and Resources:** Being part of cancer awareness initiatives, assistance and encouragement networks are made as well readily accessible to cancer patients, their families. Support is crucial for those fighting cancer as it can prove physically, emotionally, and financially exhausting.
8. **Fundraising:** Many cancer awareness programs include fundraising initiatives. These funds support care for patients, cancer research, and the development of new treatment options.
9. **Lowering Stigma:** raising awareness might help in decreasing the stigma associated with cancer. Individuals with cancer cannot be ashamed of their illness, and their communities should to be genuinely supportive and understanding of them.
10. **Global Efforts:** There are numerous efforts being taken globally to spread awareness of malignancy. Worldwide raising awareness initiatives are carried out by organisations like the World Cancer Research Fund and World Cancer Day to promote cancer prevention and early detection.
11. **Government Initiatives:** Governments also play a role in promoting awareness regarding cancer. In addition to conducting public health measures aimed at reducing cancer rates as well as improving treatment choices, they may allocate funds for cancer research.
12. **Cancer Diagnostic Program:** For common cancers like breast, cervical, and colorectal, various countries have established cancer screening programs. For individuals from specific ages, these programs provide regular examinations to find cancer at an early, curable stage.
13. **Patient Empowerment:** Promoting cancer awareness requires more than just educating the public; it also involves teaching cancer patients the resources that they need to take an active role in their care decisions and stand up for their needs.
Keep in the forefront that decreasing the burden of cancer demands a collaborative effort from individuals, communities, health care professionals, and organizations. Public health can be greatly enhanced by educating everyone about potential cancer aspects, prevention, and early detection.

The Role of Radiation Safety Officers in Diagnostic Radiology

By

Ms. Muskan Bhakar, M. Sc. Part II Medical Physics

1. A description regarding the physical aspects of diagnostic imaging

- Performance necessities for new radio-diagnostic equipment
- Keeping track of a calibration process, preserving maintenance, repairing equipment, recording, and maintaining information
- Maintaining a functional quality management program for all imaging- related equipment to deliver more effective images of the highest caliber while limiting radiation doses to patients
- Ensuring that technicians use radiological techniques correctly, especially proper application of imaging devices, radiation shielding etc, Maintenance and Persistence of a Radiation Safety Program
- Performing and planning for the radiation safety program.
- Establishing the ALARA (as low as reasonably achievable) and personnel radiation monitoring procedures
- To ensure that radionuclide's are handled responsibly and are disposed of safely
- Administration of newly established or updated ionizing radiation, radio-frequency, and magnetic field equipment rooms
- To place a priority on patient safety in emergencies like medication errors and radioactive material accidents.

2. The Clinical Imaging Processes' Goals

- By consulting physicians for information on medical imaging technology in relation to the radiobiological components of patients' examinations
- Look at the particular patient and doses, such as the fetal dose for a particular patient. The setting up of specialized software for the examination of investigative research investigations or the study of certain data
- Discussions with patients about radiation exposure risks

3. Involvement in Planning for Distributing Resource

- Participation in the programs for healthcare physics and imaging equipment The efficiency of the utilized machinery.
- Visualizing how the equipment will be manufactured.

4. To boost involvement and dedication in educational programs

- To teach radiology and nuclear medicine residents, which involves being in charge of physics instruction and getting residents ready for the physics sections of the ABR or ABSNM EXAMS?
- Instructional and hands-on assistance for learners enrolled in diagnostic imaging programs, such as those pursuing radiography.
- Ensuring all employees who radiation-exposed areas or in close proximity to magnetic resonance imaging systems receive continuing training in safety procedures and measures.

5. Being Active in the Community Through endeavours on public education

- Giving presentations or running demonstrations in nearby schools.
- Entering science competitions and signing up for physics and science societies.

6. Participating in the community of medical imagers

- Attending scientific conferences and seminars, such as those on diagnostic imaging, medical physics, and other related topics, offers a priceless chance to stay up to date on the most recent findings.
- Participating in peer review, which may involve examining manuscripts for publications or grant applications, among other thing
- Taking part in advisory roles and working with federal, state, and certification organizations like the American Board of Radiology (ABR), the American College of Radiology's Mammography Accreditation Program (ACR-MAP), and the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).

The development and leadership of a comprehensive quantitative quality control program, which includes extremely strict testing procedures, data analysis, and ensuring that imaging equipment consistently satisfies the highest standards of accuracy, precision, and safety, is one of the main duties of the medical physicist.

Prospects and applications of nanobiotechnology

By

Radhika B Jadhav, Dr. Arpita Pandey Tiwari
Stem cell and Regenerative Medicine (2022-2023), Medical Biotechnology

Introduction

New technologies have always been a major driving force in medical diverse technology and it is largely due to the high economic and social value of modern medical devices that new materials and processes are incorporated at a very early stage into new products. Due to such conditions, the emergency of nanotechnology over the past few years has had an intermediate influence on medical device technology. Nanobiotechnology is young and rapidly progress field of research at the cross roads of biotechnology and nano-science. Nanotechnology is a novel scientific approach that involves materials and equipment's capable of manipulating physical as well as chemical properties of a substance at molecular levels. On the other hand, biotechnology uses the knowledge and techniques of biology to manipulate molecular, genetic and cellular processes to develop products and services and is used in diverse fields from medicine to agriculture [1].

Nanobiotechnology is considered to be the unique fusion of biotechnology and nanotechnology by which classical micro-technology can be merged to a molecular biological approach in real. Due to such technology, devices can be made by incorporating biological molecules or by building the tiny tools to study the diverse properties of biological molecules. Hence, Nanobiotechnology is an ease branch for different avenues of life science by application of information technology and nanotechnology into contemporary biological issues. This technology has potential to remove boundaries between biology, physics and chemistry to some extent, and shape up our current ideas and understanding. For this reason, many new challenges and directions may also arise in education, research & diagnostics in parallel by the extensive use of nanobiotechnology with the passage of time [2].

Nanobiotechnology at a glance

Biotechnology and nanotechnology are two of the 21st century's most promising technologies. Nanotechnology (sometimes referred to as nanotech) is defined as the design, development and application of materials & devices whose least functional

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Art by: Madhuri Nanware BPTH 2022-2023

Can Physiotherapy Help You Walk Again?

by

Mr Mayuresh D, Bachelor in Physiotherapy, Batch 2022-2023

Introduction

Walking is a fundamental aspect of human mobility and independence. However, due to various injuries, medical conditions, or accidents, many individuals find themselves facing the daunting challenge of regaining their ability to walk.

Physiotherapy, a healthcare profession that focuses on improving physical function and mobility, can play a pivotal role in making people walk again. In this article, we will explore how physiotherapy can facilitate walking recovery through real world examples of individuals who have successfully regained their mobility.

The Power of Physiotherapy

Physiotherapy, often called physical therapy in some regions, is a healthcare discipline that involves the assessment, diagnosis, and treatment of musculoskeletal and neurological conditions. The primary goal of physiotherapy is to enhance physical function, reduce pain, and promote overall well-being. In cases where walking ability has been impaired, physiotherapists employ a combination of techniques, exercises, and interventions to help patients regain their mobility.

Examples:

1. Stroke Rehabilitation: Stroke is a leading cause of mobility issues, as it can result in partial or complete paralysis on one side of the body. Physiotherapy plays a crucial role in helping individuals regain their ability to walk. Through a structured program of exercises, gait training and muscle strengthening, patients can gradually relearn how to walk. Real-world examples include individuals like John, who, with the help of his physiotherapist, regained his ability to walk independently after a stroke.
2. Orthopaedic Injuries: In cases of severe orthopaedic injuries, such as fractures, joint replacements, or ligament tears, walking ability can be compromised. Physiotherapists work closely with patients to strengthen muscles, and restore proper gait patterns. Sarah, for instance, recovered from a complex knee injury and returned to walking normally after intensive physiotherapy sessions.
3. Spinal Cord Injury: Perhaps one of the most challenging situations for regaining mobility is a spinal cord injury. While not all spinal cord injuries result in complete paralysis, they often lead to impaired walking ability. Through specialized physiotherapy

programs, patients like David have made remarkable progress. David, who sustained a spinal cord injury in an accident, now uses assistive devices and a combination of physiotherapy techniques to walk with a degree of independence.

4. Aging and Mobility: As people age, natural factors like muscle weakness and joint degeneration can affect mobility. Physiotherapists can help older individuals maintain or regain their walking ability through exercises that focus on balance, strength, and flexibility. Helen, at the age of 75, was able to continue her daily walks in the park with the support of her physiotherapist, ensuring she maintains an active life style.

* Physiotherapy is a powerful healthcare profession that offers hope to individuals who have lost their ability to walk due to various circumstances. The real-world examples of individuals like John, Sarah, David and Helen demonstrate that, with dedication, patience and the guidance of skilled physiotherapists, the path to walking again is achievable. Physiotherapy can be a beacon of hope for those facing mobility challenges, helping them regain their independence and improve their quality of life. If you or someone you know is struggling to walk, consider consulting and physiotherapist for a personalized plan to begin the journey toward recovery.

Physiotherapy Was Established After World War One

During WW1. Thousands of Canadian soldiers were injured lost part of their function and/or mobility.

As result, Canadian physician developed this therapeutic modality to help these patients restore their previous physical features

Smartphones - A Boon or Curse?

By

Miss Apeksha Chitre B.Pharm 2022-2023

Since the world is evolved and the advance technology has developed, every individual has a smartphone and is one of the most reliable things in the world. Yes, we can communicate and have worldwide information on our fingertips because of this invention. But, the most time killing thing is social media.

People are overly obsessed with it nowadays. And that is what leads to the over usage of cell phones, which is extremely harmful for our mind, eyes, health and emotions. How and why are smartphones harmful for us?

- Mobile phones emit radiofrequency energy, a form of non-ionizing electromagnetic radiation, which can be absorbed by tissues close to the phone. Scientists have reported adverse health effects of using mobile phones including changes in brain activity, reaction times, and sleep patterns.

- According to a five-year cohort study, excessive cell phone usage is known to result in musculoskeletal disorders such as tendonitis and first carpometacarpal arthritis in the forearm and thumb. Prolonged use of mobile devices with the head bent downward and not moving can result into a repetitive stress injury or overuse syndrome in the neck called tech neck or text neck.

- Studies have proven that people who spend too much of their time with their cell phones are more prone to stress, anxiety, and depression. The virtual world we view on our mobile phones is highly distracting. We find it fascinating and spend hours lost in it. It is not only misleading but confusing, too. It also distracts us from our studies and sports as we wish to spend more time with our phones than the books. We tend to lose focus and the academic performance too can suffer badly.

- Constant staring at mobile phones affects eyesight and eye health. It leads to the eye strain which include stress, redness, burning sensation, blurred vision, and dry eyes. This is one of the worst negative effects of mobile phones. We even suffer from headaches and migraines due to this which further leads to anxiety and depression.

- Addiction to anything depends on brain chemicals, and dopamine is usually the neurotransmitter responsible. Dopamine is a neurochemical messenger and carries signals that are responsible for reward-seeking. The neuroplastic change from the process is what causes the addiction to happen. Every time a notification comes from the phone, the brain releases dopamine. The more this happens, your brain releases dopamine even before the notification. The prior release of dopamine creates the need to check your phone for the same brain

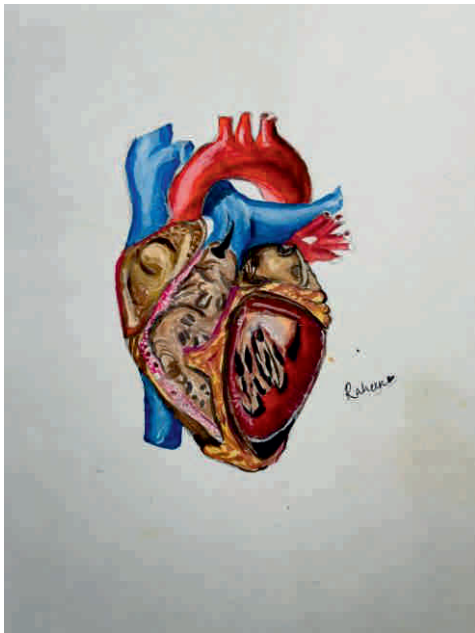
response. With time, you will be spending more time on your phone and not on other essential activities.

Problematic cell phone users can develop a social media addiction as well, which has a number of harmful effects on the user, such as Impaired self-esteem and Impaired work performance. Addiction to social networking, texting, and messaging can extend to the point where virtual, online friends become more important than real-life relationships. Often family members sit together and spend time on their phone rather than communicating with each other.

All these factors affect human health and that's why mobile phones are boon as well as a curse. Therefore, we should limit the use of smartphones and use it only when it is necessary so as to maintain our health.

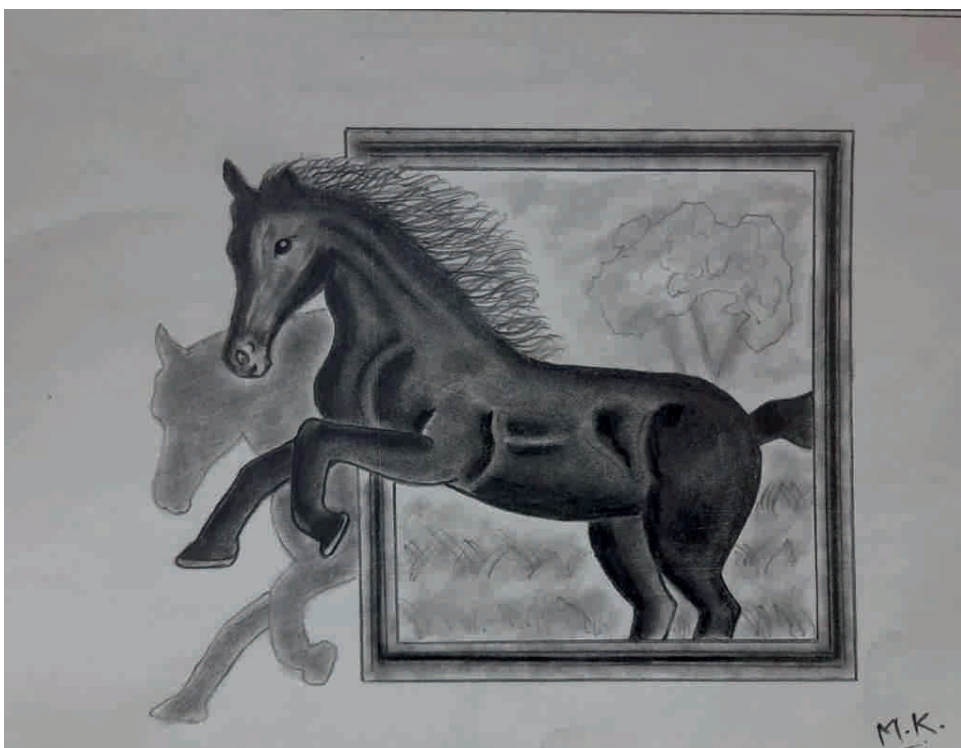
There are more Mobile Phones than People in our Country

This is happening because the number of the people who have a mobile phones in the world is very high (about 5,000 million, and it is increasing as we speak and each user has about 1.2 phones on average, which means that the number of the mobile lines is located close to 7,500 million, and the world is populated by 7,350 millions people.



Art By: Miss. Raheen Kadri

B.P.Th



Art By: Miss. Madhuri Nanware

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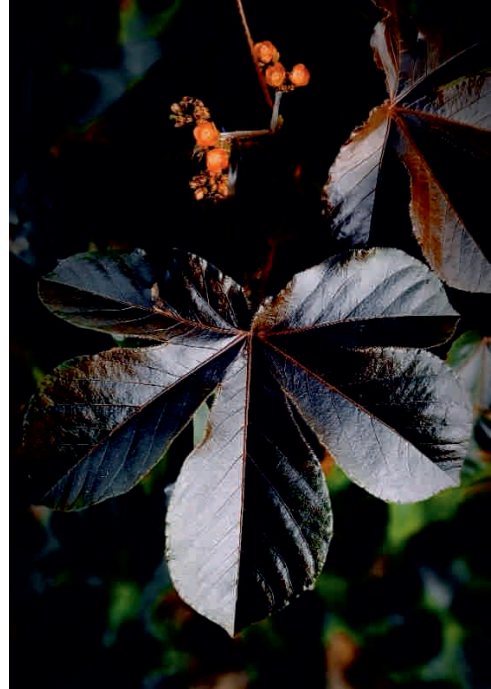
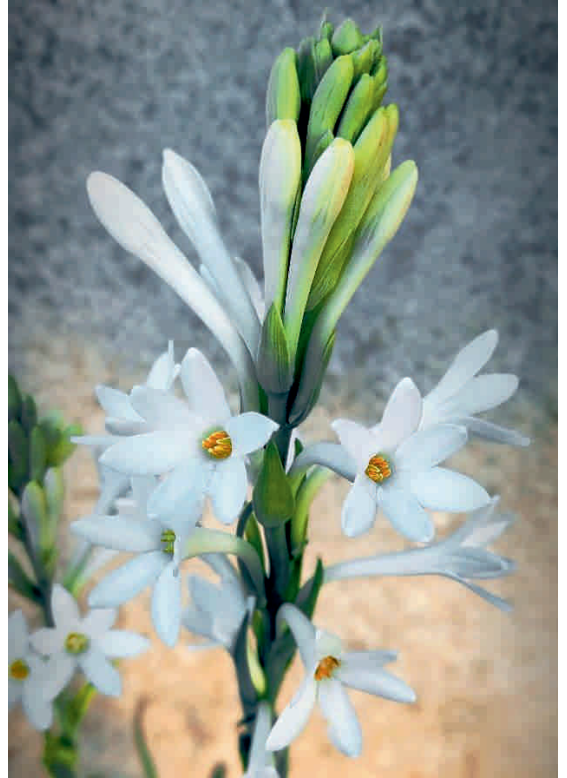
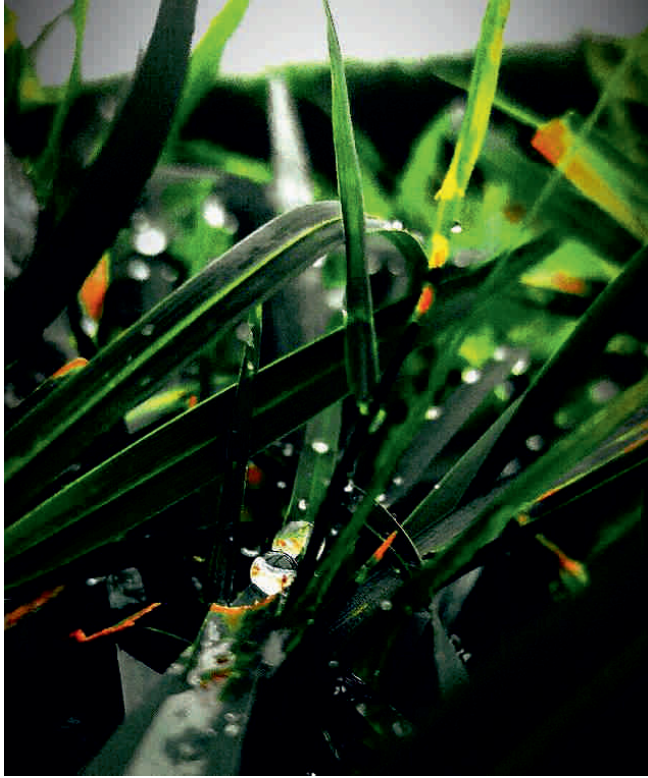


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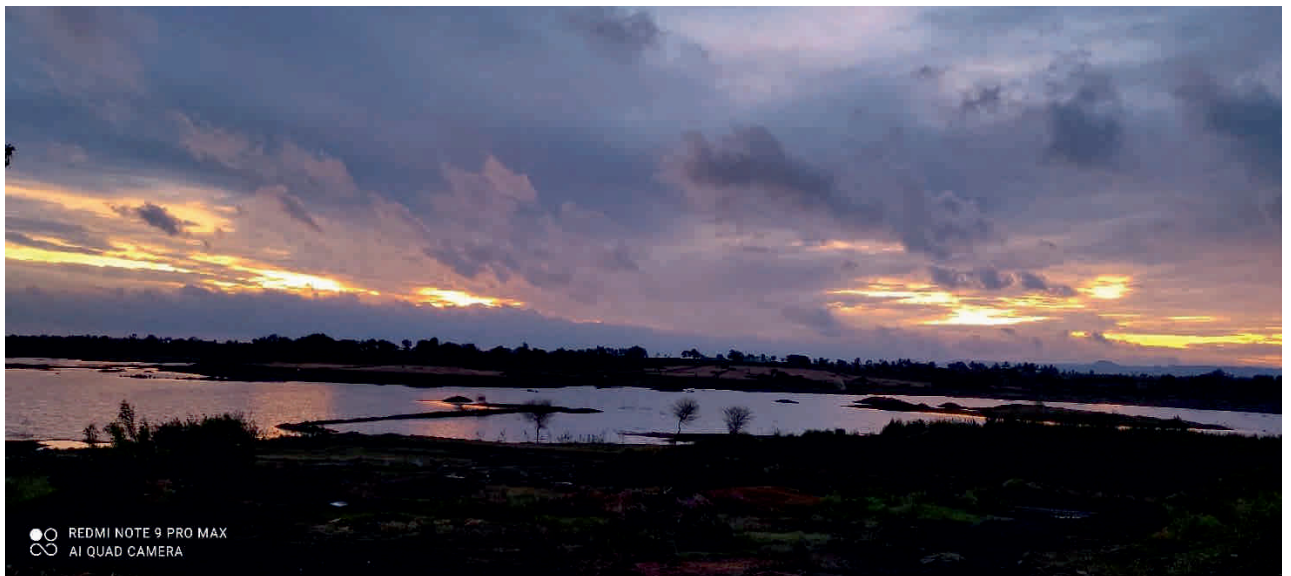




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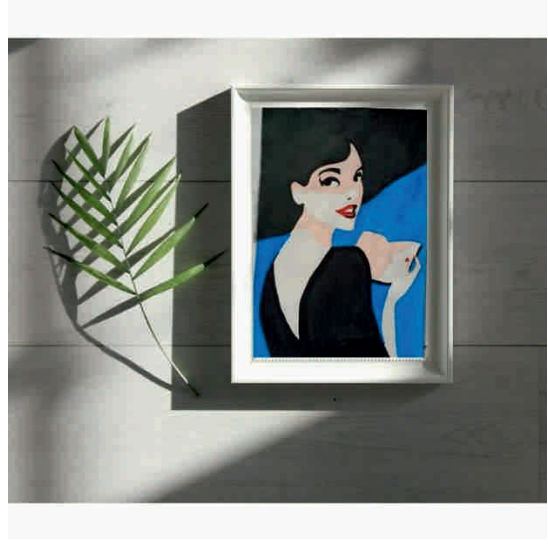
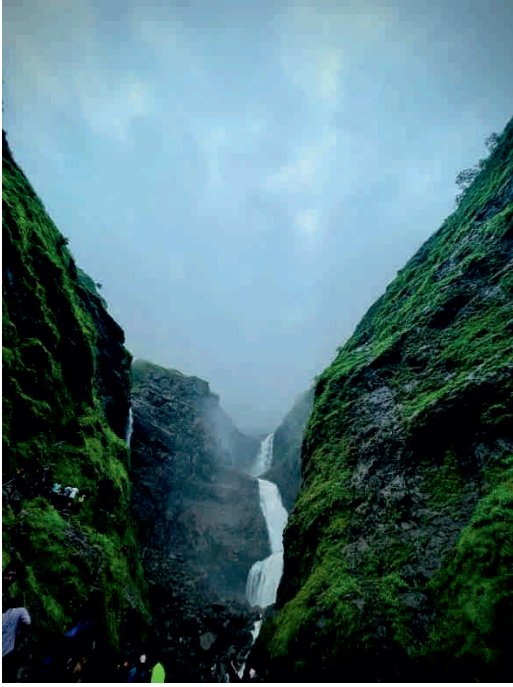


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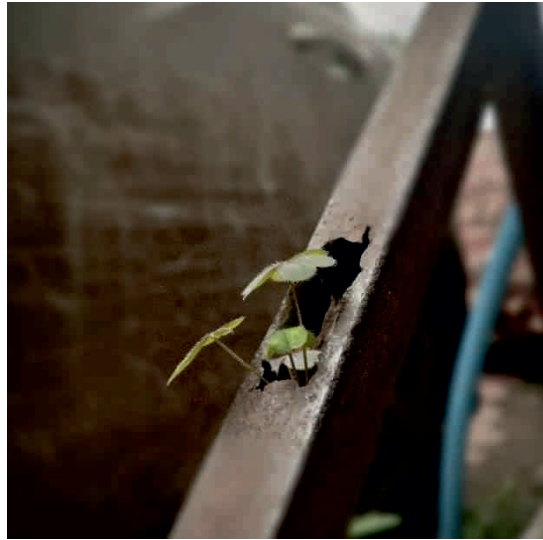


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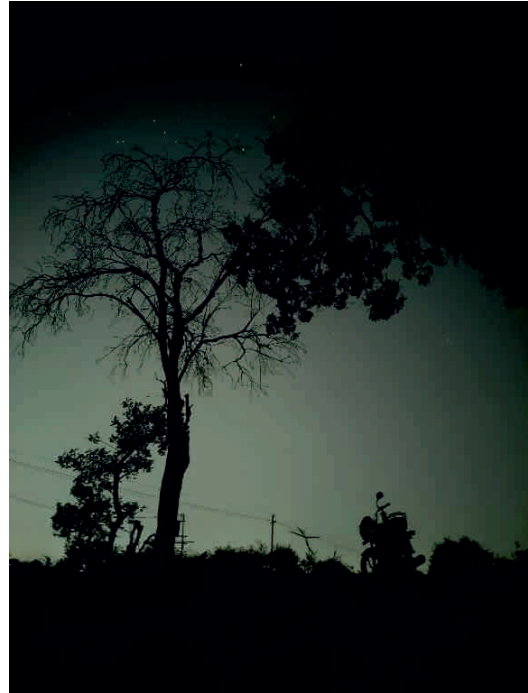
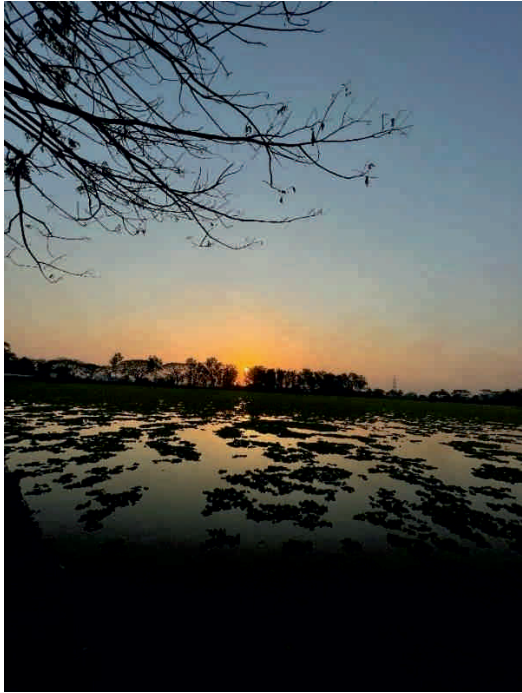
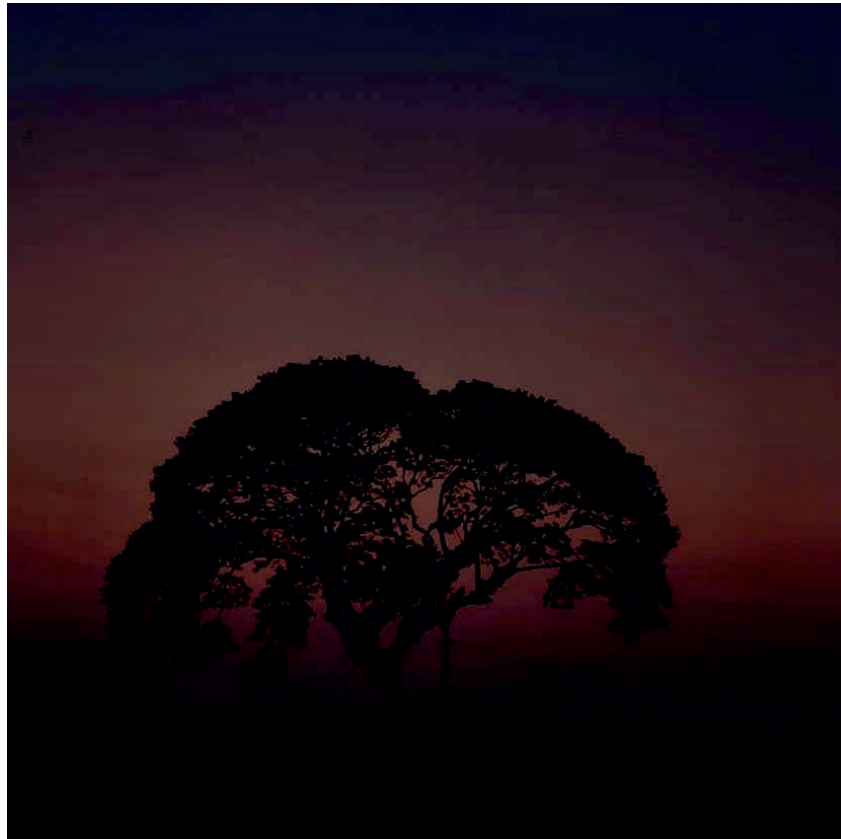


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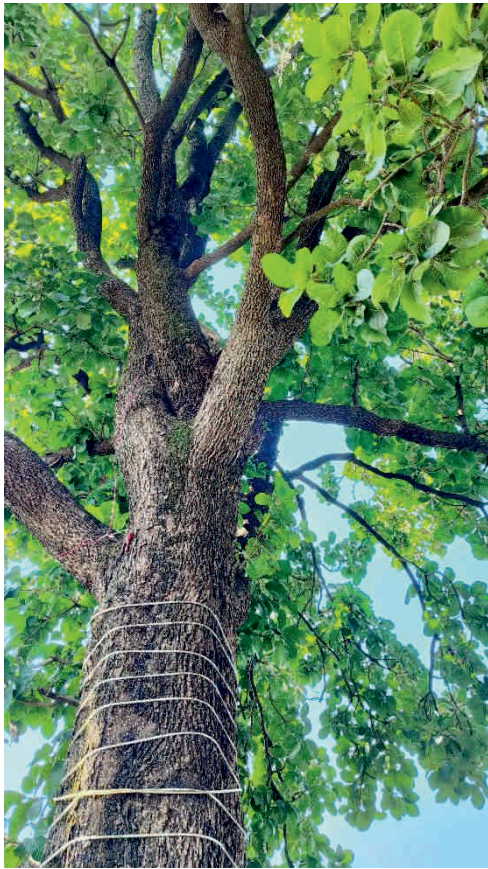
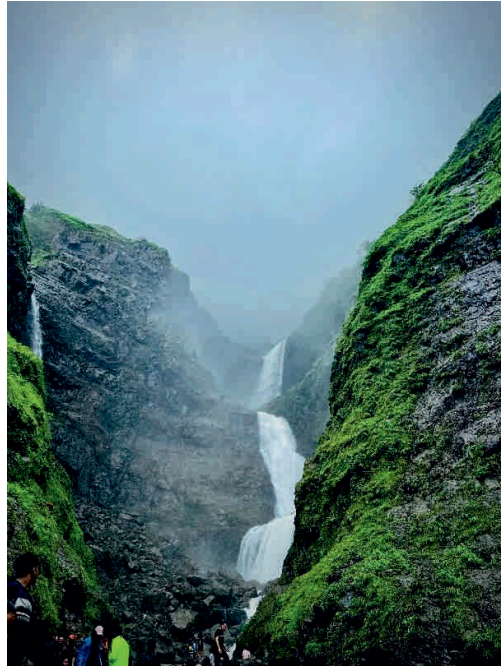
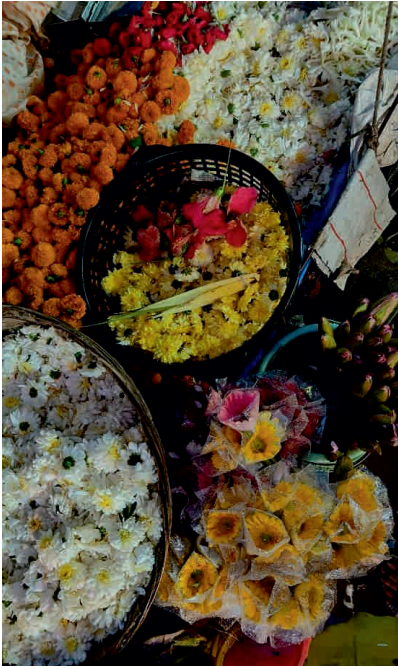


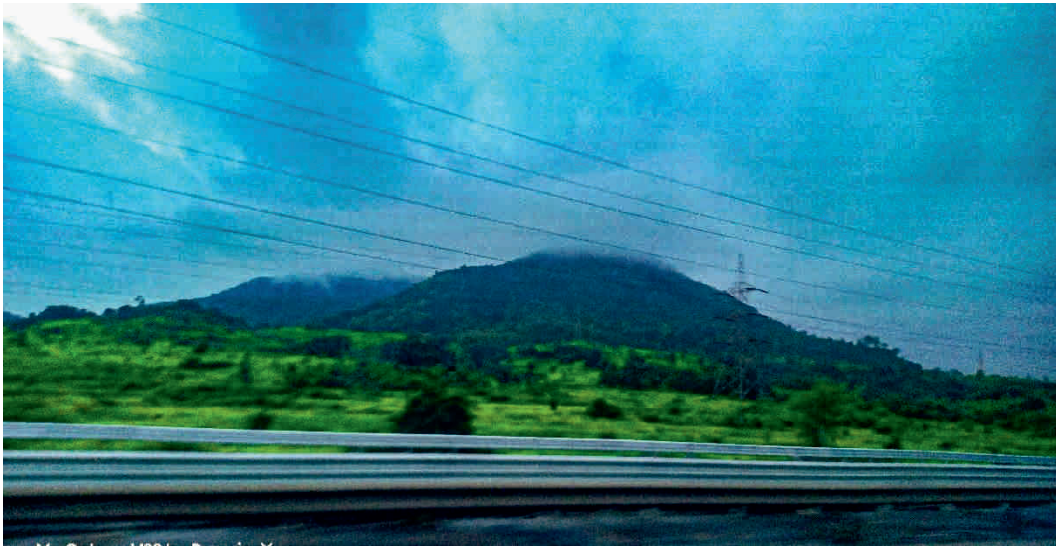
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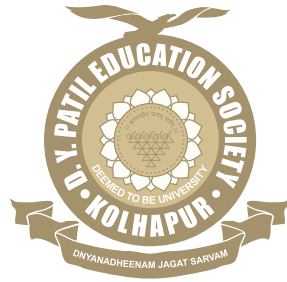




**Photo By: Miss. Sanika Mhaske
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