



# CHALAPATHI INSTITUTE OF PHARMACEUTICAL SCIENCES



**AUTONOMOUS**

(Affiliated to Acharya Nagarjuna University)

Accredited by **NAAC** with 'A+' Grade and Accredited by **NBA** (B.Pharmacy)

2023

**PRAXIS**

**Chalapathi  
Pharmacy  
Students**

**Creative**  
THOUGHTS

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"Creativity is intelligence having fun." - Albert Einstein

# Welcome to **PRAXIS** 9<sup>TH</sup> EDITION (2023)

As we embark on the journey of the ninth edition of PRAXIS, the editorial board of the Chalapathi Institute of Pharmaceutical Sciences (Autonomous) extends a warm welcome to all our readers.

PRAXIS stands as a testament to our commitment to providing a platform for students to express themselves freely, explore their interests and engage in critical discourse. In this edition, we continue to uphold our mission of inspiring self-confidence, nurturing emotional intelligence, and encouraging the honest expression of both strengths and weaknesses.

In a world where uncertainty looms large, we believe that creativity serves as a guiding light, illuminating pathways for self-discovery and empowerment. Each contribution in PRAXIS, whether it be thought-provoking articles, captivating artwork, or humorous anecdotes, plays a vital role in enriching our collective experience and fostering a culture of holistic learning.

We extend our heartfelt gratitude to Sri. Y. V. Anjaneyulu, the founder and chairman of the Chalapathi Educational Society, and Prof. Rama Rao Nadendla, the principal of the Chalapathi Institute of Pharmaceutical Sciences, for their unwavering support and dedication to our endeavors. To our esteemed contributors, we applaud your creativity, dedication, and passion. Your voices are the heartbeat of PRAXIS and we are honored to showcase your talents in this edition.

As we embark on this new chapter, we invite both new and returning contributors to join us in our pursuit of excellence. Your perspectives, ideas and insights are invaluable and we eagerly anticipate the vibrant tapestry of student creativity that will unfold within these pages.

For all those who wish to connect with us, whether to contribute, provide feedback or simply share your thoughts, we welcome you to reach out to us at [praxisclpt@gmail.com](mailto:praxisclpt@gmail.com). Your input is instrumental in shaping the future editions of PRAXIS and ensuring that our journey of growth and discovery continues.

Thank you for your unwavering support and enthusiasm. Together, let us embrace the spirit of innovation, creativity, and community as we embark on this exciting adventure.

Warm regards,

PRAXIS Editorial Board

## Inside

Inspirational Story | Did you know | Stories | Poems | Jokes  
Drawings | Puzzles | Photography | Telugu Song | Paintings  
Scientific Fact | Drawings....

01



## An inspiration

Adar Poonawalla, born on January 14, 1981, into the affluent Poonawalla family in Pune, Maharashtra, India, has risen to prominence as a successful businessman and a key figure in the global vaccine industry.

**Early Life and Education:** Adar Poonawalla was born to Cyrus Poonawalla and his wife, and he grew up in Pune, Maharashtra. His father, Cyrus Poonawalla, is the founder of the Serum Institute of India (SII), the world's largest vaccine manufacturer. Adar received his early education in Pune and later pursued higher studies abroad.

**Business Career:** After completing his education, Adar Poonawalla joined the Serum Institute of India, which was founded by his father. Under his leadership, Serum Institute has expanded its operations significantly, becoming a major player in the global vaccine market. Adar has played a pivotal role in modernizing and scaling up the production facilities at Serum Institute, making it capable of producing millions of doses of vaccines each year.

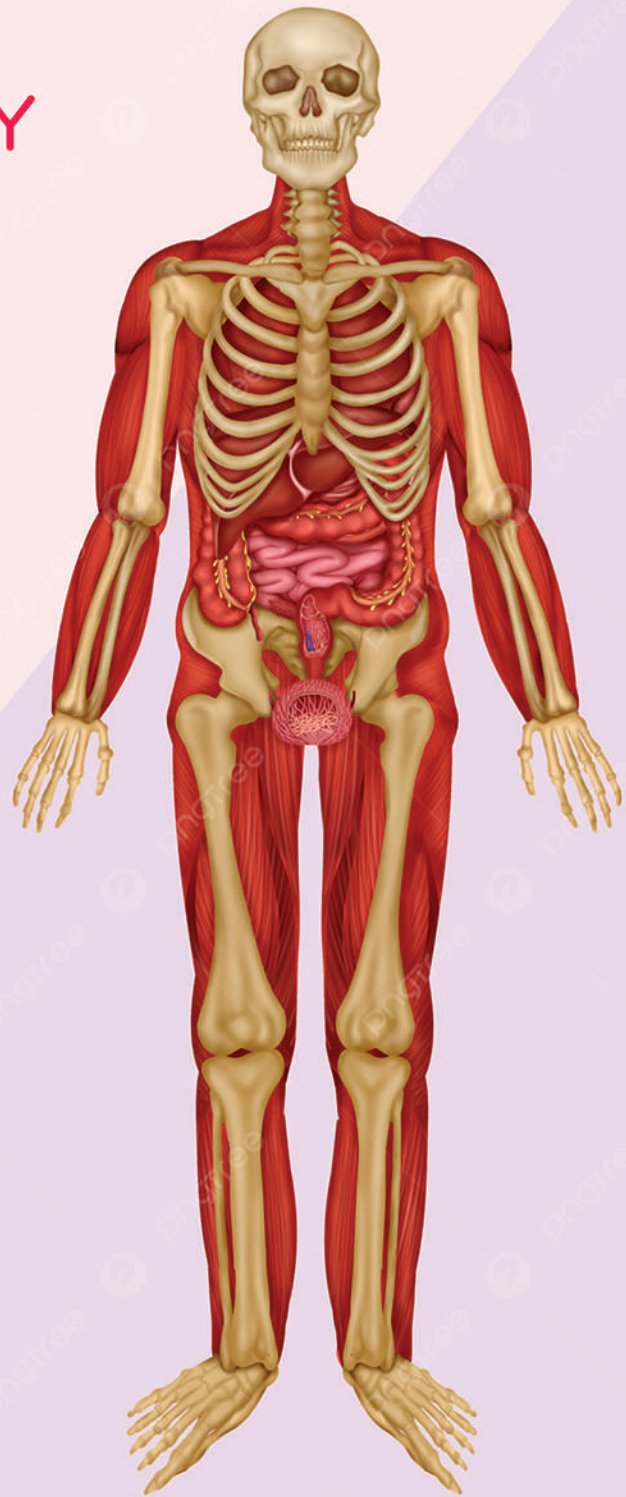
**COVID-19 Pandemic and Vaccine Production:** During the COVID-19 pandemic, Adar Poonawalla gained widespread attention for his efforts to produce and distribute vaccines to combat the virus. Serum Institute partnered with Oxford University and AstraZeneca to manufacture the Oxford-AstraZeneca COVID-19 vaccine, known as Covishield in India. Poonawalla played a crucial role in ramping up production to meet the global demand for vaccines, particularly through initiatives such as the COVAX program aimed at ensuring equitable vaccine distribution worldwide.

**Philanthropy and Public Engagement:** Adar Poonawalla has been actively involved in philanthropic activities, focusing on healthcare, education, and social welfare initiatives. He has been vocal about the importance of vaccination in controlling the spread of infectious diseases and has advocated for greater access to vaccines for people in developing countries.

**Recognition and Awards:** Adar Poonawalla's contributions to the field of healthcare and vaccine manufacturing have earned him widespread recognition and accolades. He has been honored with awards and titles for his leadership and efforts in vaccine production, including being named among Time magazine's 100 Most Influential People in the World in 2021.

# INTERESTING FACTS ABOUT HUMAN BODY

- ✓ Every second, your body produces 25 million new cells.
- ✓ Our bodies give off a tiny amount of light that's too weak for the eye to see (Which is a by product of biochemical reactions involving free radicals).
- ✓ Our cornea, doesn't get any blood supply and receives oxygen directly from the air.
- ✓ Your heart can sync to the rhythm when you listen to music.
- ✓ When your body experiences extreme starvation, there are chances that your brain will start to eat itself.
- ✓ Another weird fact about the human body is hiccups occur when the temperature changes.
- ✓ The information travels to your brain at a speed of 268 miles per hour.
- ✓ You are about 1cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between your bones gets squashed and compressed.
- ✓ Your body has 2.5 million sweat pores.
- ✓ Every minute you shed over 30,000 dead skin cells.
- ✓ Teeth are considered part of the skeletal system, but are not counted as bones.
- ✓ Your bones are stronger than steel, A block of bone the size of a matchbox can support upto 18,000 pounds of weight.
- ✓ Your eyes are so powerful that they can detect light from a candle over 1.7 miles away.
- ✓ There are over 1,00,000 miles of blood vessels inside your body.
- ✓ Without your pinky finger, you would lose about 50% of your hand strength. Big things often come in small packages.



**Hima Varshini K**  
Y22BPH0553  
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# EVERY SUCCESS STORY.... ALSO A STORY OF GREAT FAILURES

Failure is the highway to success. Tom Watson said, "If you want to succeed double your failure rate".

If you study history, you will find that all stories of success are also stories of great failures. But people don't see the failures. They only see one side of the picture and they say that person got lucky. He must have been all the right place at the right time.

Let me share someone's life history with you. This was a story of one who failed in business at the age of 21; was defeated in a legislative race at age 22; failed again in business at age 24; over came the death of his sweet heart at age 26; has a nervous break down at age 27; lost a congressional race at age 34; lost a senatorial race at age 49; and was elected president of the united states at age 52.

## "This man was Abraham Lincoln"

Would you call him a failure? He could have quit. But no Lincoln, defeat was a detour and not a dead end.

☒ A Newyork times editorial on December 10 1903, questioned the wisdom of the wright brothers who were trying to invent a machine, heavier than air, that would fly. One week later, at kitty hawk, the wright brothers took their famous flight.

☒ Colonel Sanders, at age 65; with a beat-up car and a \$100 cheque from social security, realized he had to do something. He remembered his mother's recipe and went out selling. He had knocked on more than a thousand doors before he got his first order. "How many of us quit after three tries, ten tries a hundred tries, and then we say we tried as hard as we could"?

☒ As young cartoonist, Walt Disney faced many rejections from newspaper editors, who said he had no talent. One day a minister at a church hired him to draw some cartoons. Disney was working out of a small mouse infested shed near the church. After seeing a small mouse, he was inspired. That was the start of Mickey Mouse. "Successful people don't do great things; they only do small things in a great way".

☒ One day, in school days his teacher, "your Tommy is too stupid to learn, get him out of the school". His mother read the note and answered, "My Tommy is not stupid to learn, I will teach him myself". and that Tommy grew up to be the great Thomas Edison.

Thomas Edison had only three months of formal schooling and he was partially deaf.

☒ Henry Ford forgot to put the reverses gear in the first car he made.

☒ Do you consider these people failures? They succeeded in spite of problems, not in the absence of them. But to the outside world, it appears as though they just got lucky.

## "All success stories ate stories of great failures"

☒ Thomas Edison failed approximately 10,000 times while he was working on the light bulb.

☒ Henry ford was broke at the age of 54.

☒ Lee Lacocca was fired by Henry Ford II at the age of 54.

☒ Young Beethoven was told that he had no talent for music, but he gave some of the best music to the world.

## "Set backs are inevitable in life"

Ask yourself after every set back; what did I learn from this experience?

Napoleon Hill wrote "Whatever the mind of man can conceive and believe the mind can achieve"

"A burning desire is the starting point of all accomplishment. Just like a small fire cannot give much heat, a weak desire cannot produce great results"



**Chokka Anjali**  
Y22BPH0525  
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# SUCCESS STORIES



## Dr. Mallikarjuna Rao Sunkara

Graduation: 2006–2010 B.Pharmacy Batch

### Most proud moments of the college?

Challenging environment among the students of our batch, faculty support and their motivation to achieve excellence, and getting the institutional best ranks until that time.

### How did college prepare you for your career?

Institution and faculty supported us with advanced coaching in addition to regular classes and well supported us in preparing for competitive exams like NIPER, BITS, GPAT etc. This is one of the best foundations to keep our competition spirit heads up.

### What do you absolutely loved being a part of?

Being 4 years at Chalapathi was a turning point in my career, and I absolutely loved this journey. I got an unconditional support from faculty, lab facilities, library, and in every step of my preparation and success.

### What advice do you have for students as they look for future careers or future programs apply to?

Be curious, ready to learn, and aim big in life. Believe in yourself because there is something bigger and greater in you than any difficulty or struggle outside of you. No one can limit you to dream big except you. Most important: Never Forget Where You Come From.

### What is the topic you can give a five-minute presentation on right this second?

Interview tips for effective presentation!

### What has been your proudest achievement so far?

NIPER Mohali admission and Ph.D. degree from German university. Both were achieved because of Chalapathi standard education system.

### What have you most enjoyed studying and why?

Reimagining the cardiovascular science and research in my Ph.D. studies. Meeting great scientists in conferences, learning new ideas, and contributed a great piece of research for the betterment of people's lives.

Good luck!

Best Regards

Mallikarjuna Rao Sunkara

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05

# Fun Facts



**N. Sarayu**  
Y22BPH0568 | I/IV B.Pharmacy

**1. Do you know?**

A. It is impossible for most people to lick their own elbow.  
(Try it)

**2. Do you know?**

A. A shrimps heart is in it's head. They also have an open circulatory system which means no arteries and their organs float direct in blood.

**3. Do you know?**

A. "The sixth sick sheik's sixth sheeps sick" is believed to be the toughest tongue twister in english language.

**4. Do you know?**

A. If you sneeze too hard , you could fracture a rib.

**5. Do you know?**

A. Some lipsticks contain fish scales.

**6. Do you know?**

A. Like fingerprints, everyone's tongue print is different.

**7. Do you know?**

A. There are 293 ways to make change for a dollar.

**8. Do you know?**

A. The shark is the only fish that can blink both eyes.

**9. Do you know?**

A. Dreamt is the only word in english that ends with letters "mt".

**10. Do you know?**

A. Los Angeles full name is "EL Pueblo de nuestra senora la reina de los Angeles de pociuncula".

**11. Do you know?**

A. 'Stewardresses' is the longest word that is typed with only the left hand.

**12. Do you know?**

A. Cat urine glows under black-light.

**13. Do you know?**

A. It is physically impossible for pigs to look up into the sky.

**14. Do you know?**

A. The crocodile cannot stick it's tongue out.

**15. Do you know?**

A. The Eiffel Tower can be 15cm taller during summer, due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.

**16. Do you know?**

A. Try-phobia is the fear of closed - packed holes or more specifically, "an aversion to the sight of irregular patterns (or) clusters of small holes (or) bumps.

**17. Do you know?**

A. Australia is wider than moon. The moon sits at 3,400km in diameter while, Australia's diameter from east to west about 4000km.

**18. Do you know?**

A. The ancient Romans used to drop a piece of toast into their wine for good health. Hence why called we 'raise a toast'.

**19. Do you know?**

A. Hippopotamus milk is pink.

**20. Do you know?**

A. Love carrots?  
Don't eat too many (or) you will turn orange.

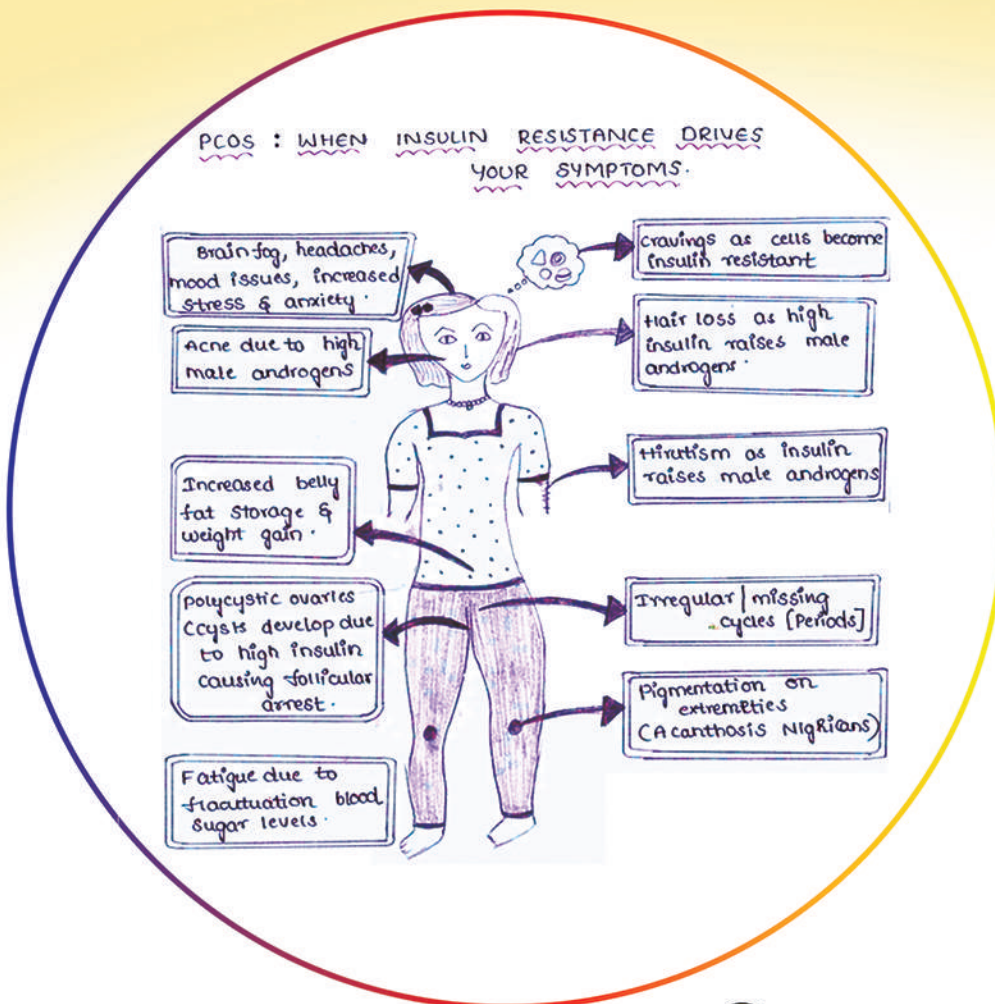


# Fun Facts



**R. Pradeepika**  
Y22BPH0538, I/IV B.Pharmacy

1. Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
2. People are more creative in the shower. When we take a warm shower, we experience an increased dopamine flow that makes us more creative.
3. The Japanese word "Kuchi zamishi" is the act of eating when you are not hungry because your moth is lonely.
4. An "Ultra crepidarian" is someone who voices thoughts beyond their expertise.



# MEDICAL FACTS



**J. Nandhini**  
Y21PHD0111, II/VI Pharm.D

# CROSSWORD

# PUZZLES

## Drugs and Medicines

O	E	E	C	N	A	R	E	L	O	T	D	C	P
F	P	E	A	A	E	L	E	S	U	B	A	E	S
C	A	R	R	R	Y	L	D	S	L	L	D	M	Y
H	T	C	E	O	R	E	G	S	E	E	R	F	C
D	S	E	U	S	S	O	S	D	O	S	E	M	H
I	I	C	I	T	C	E	S	S	C	O	N	I	O
H	C	N	N	S	C	R	S	M	T	P	N	S	L
E	A	E	E	B	I	E	I	A	O	H	N	U	O
T	M	D	T	C	I	N	F	P	A	E	M	S	G
R	R	N	P	N	D	N	M	F	T	I	U	E	I
P	A	E	S	E	D	R	U	G	E	I	I	I	C
C	H	P	N	T	I	I	U	I	P	H	O	S	A
R	P	E	M	E	D	I	C	I	N	E	F	N	L
Y	H	D	L	A	C	I	S	Y	H	P	F	E	F

- PRESCRIPTION
- ABUSE
- PHARMACIST
- DOSE
- DRUG
- EFFECT
- DEPENDENCE
- MEDICINE
- MISUSE
- TOLERANCE
- PHYSICAL
- PSYCHOLOGICAL



**R. Pradeepika**

Y22BPH0538, I/IV B.Pharmacy

## MOST HAUNTED AND MYSTERIOUS FACTS ABOUT GHOST'S

- India's top most haunted place – Bhangarh fort in Rajasthan stand's in 1st place
- Presence of spirits around a person can be indicated by a feel of shift in room temperature especially having a very cold spot, than the normal
- The founder and the CEO of Indian paranormal society – “Gaurav Tiwari” died mysteriously at the aged 30, the reason for this death was still unsolved
- SHAMS AL – MA'ARIF – is the most dangerous cursed occult book of the world
- “Kuldhara village” also known as “ghost village” of Rajasthan was left abandoned in just one night in the year 1825, since then due to suspicious and paranormal incidents in that village, is known a tourist place but entry after 6:00pm in to the village was banned by government of India.
- Ouija board also known as spirit board is mostly used to communicate with spirits.



**R. Pradeepika**

Y22BPH0538, I/IV B.Pharmacy

## THE POET'S DREAM LAND

"In twilight's hush, where dreams arise,  
When Star adorn the darkened Skies,  
Let me weave a tapestry of words,  
A Poet gift where beauty stirs.

Upon the canvas of the mind,  
A Symphony of thoughts unwind,  
Each lines a brushstroke, Soft and bold,  
To tell a tale yet untold.

From whispered winds on distant shores,  
To fiery sunsets, love Explores,  
The poet's heart, a vessel wide,  
In which emotions gently glide

When pen in hand, the ink shall flow,  
Like rivers in a steady tow, painting.  
Scenes of joy and woe, Where tears  
and laughter interflow

I'll wander through enchanted lands  
Where unicorns and castles stand,  
Imbibe the essence of the dew.  
And dance among the morning's hue.

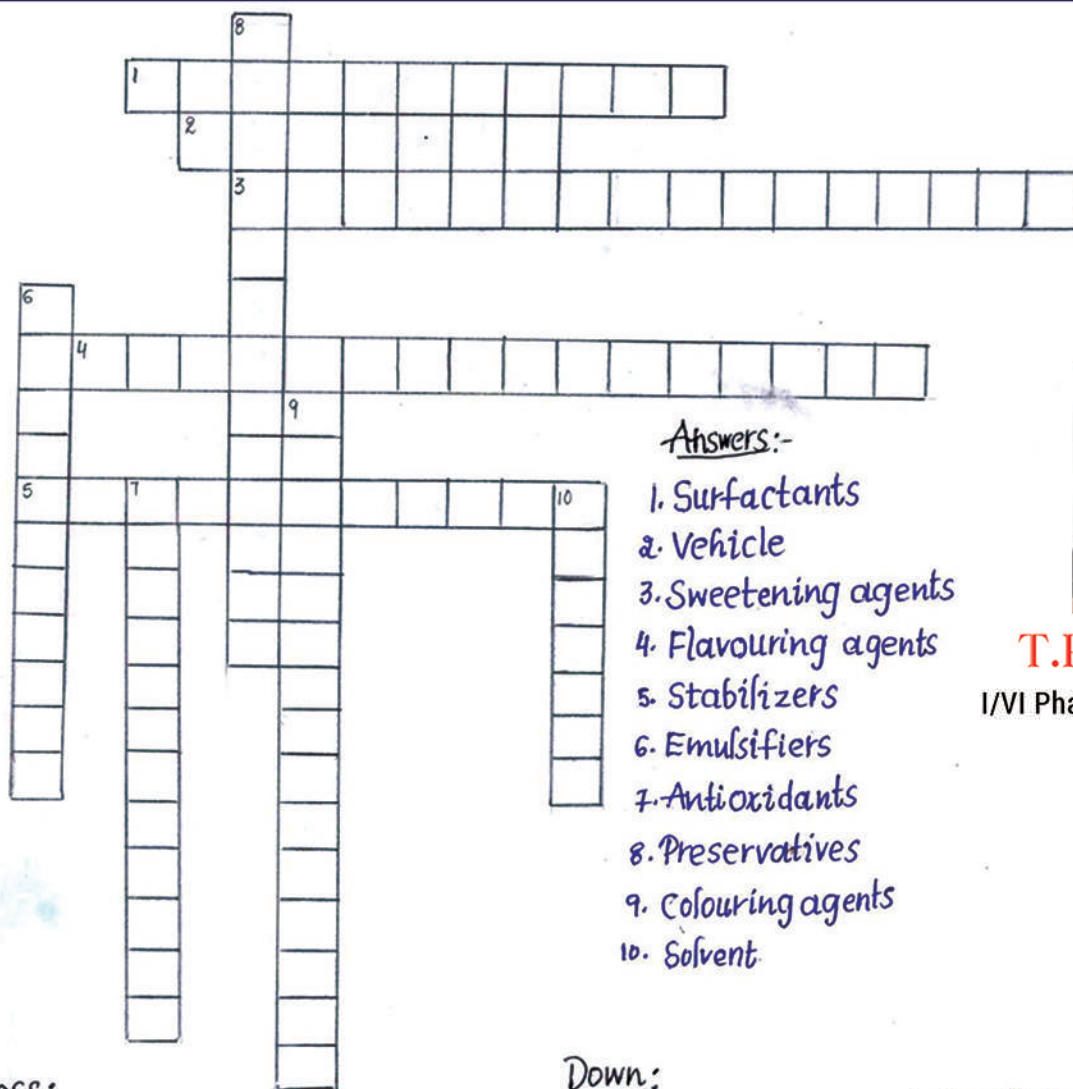
Through forests deep, where secrets hide,  
And rivers sing of occident pride...



**Ch. Avinash**

I/IV B PHARMACY, Y22BPH0524

# EXCIPIENTS USED IN FORMULATION OF MONOPHASIC LIQUID DOSAGE FORMS



## Answers:-

1. Surfactants
2. Vehicle
3. Sweetening agents
4. Flavouring agents
5. Stabilizers
6. Emulsifiers
7. Antioxidants
8. Preservatives
9. Colouring agents
10. Solvent



**T.Renu Sree**

I/VI Pharma.D., Y22PHD0128

## Across:

1. A substance which tends to reduce the surface tension of a liquid (11)
2. The materials that are chemically inert (7)
3. These are used to overcome the unpleasant taste of formulation (10)
4. These are used to overcome the unpleasant odour of formulation (16)
5. These are used to increase stability of the preparation (11)

## Down:

6. These are used to prevent breaking of emulsion (11)
7. These are substances that inhibit oxidation (12)
8. These are used for the preservation of formulation (13)
9. The substances which color the other substances to improve acceptance (15)
10. These substances added to a primary solvent in small amounts to increase solubility (7)

# TRUE MEANING OF LIFE

A man went to God and asked, "What's the value of life"?

God gave him a stone and told him to figure out its value without selling it.

The man then took the stone to an orange seller and asked about its value...

The orange seller offered 12 oranges for it.

The man refused and told the seller that...

God asked him not to sell it...

The vegetable seller offered a sack of potatoes which the man refused too.

Then he proceeded to the jewellery shop and again asked about the value of the stone.

He was offered \$100,000 which he refused too...

But the jeweller offered \$150,000 again.

However the man explained that he should not sell the stone.

The seller saw the ruby, laid it down a red cloth and he put it on it.

He asked the man where he got the stone, and told him that he could never be able to purchase it even if he sold the whole world and his own life.

The man was stunned and went back to God, and explained to him what happened.

Then he asked God one more time: "What is the value of life"?

To which God replied: the answers you got from the orange seller, the vegetable seller, the jeweller and the precious stone's seller explain the value of our life.....

You may be a precious stone, even priceless, but people may value you based on their level of information, their belief in you, that motivate behind entertaining you, their ambition, and their risk taking ability.

But don't fear, you will surely find someone... who will discern your true love...

In the eyes of God everyone is unique and precious...

You should respect yourself and know that nobody can replace you....



**M. Mounika**  
Y20BPH0507, IV/IV B.Pharmacy





# Jokes

- Customer: How much for this mirror?  
Shopkeeper: 1000rs  
Customer: it's very costly what's so unique in this mirror?  
Shopkeeper: if you drop it from 100th floor it will not break till 99th floor
- Person: hello police 78 people are following me?  
Police: Don't worry I'm coming to protect you, where are you?  
Person: on Instagram
- Name the nation we all hate?  
Examination
- Why men are supposed to be in kitchen?  
Because it's COOKING and not COOQUEEN
- What happens if messi(football player) goes far?  
Pharmacy (far-messi)
- What do dentists call their x-rays?  
Tooth picks
- What is a room with no walls?  
Mushroom
- What are the strongest days of the week?  
Saturday and Sunday because every otherday is a week day



**G. Tabasum**

I/IV B.Pharmacy,Y22BPH0534

# PAPAYA

Health Benefits (Carica papaya)



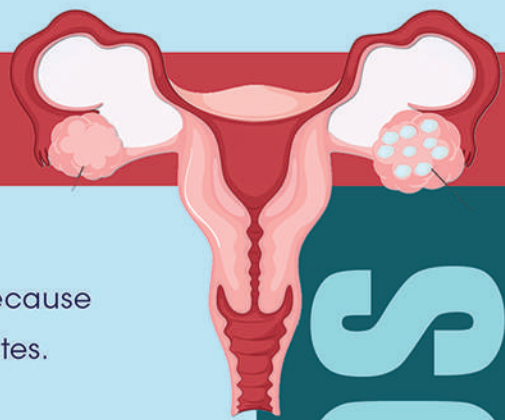
- ✓ Help Reduce the Risk of Alzheimer's Disease
- ✓ Helps Protect Against Certain Types of Cancer
- ✓ Boosts Your Immune System
- ✓ Potentially Protects the Heart
- ✓ Aids in Lowering Blood Sugar
- ✓ Plays a Role in Fighting Inflammation
- ✓ Help Protect the Eyes
- ✓ Improves Digestion
- ✓ DIY a Hair Mask with Papaya
- ✓ Exfoliate Your Skin
- ✓ Apply Papaya to Skin to Help Relieve a Sunburn
- ✓ Improve the immune system and increase platelet counts



**A. SUMANA**  
Y22MPHRA463, II/II M.Pharmacy

# PCOD - Polycystic Ovarian Disease

## PCOS - Polycystic Ovarian Syndrome



### What is the reason for PCOS & PCOD?

PCOD or PCOS occurs due to or because of high insulin levels because of over consumption of carbohydrates, sugars insulin levels elevates.

Over consumption of....

- 1) Full refined carbohydrates
- 2) High sugar content
- 3) High fruit juices

Main reason of this disease is carbohydrates converts to glucose. PCOS are called diabetes of ovaries

Acne, unwanted facial hair(Hirstusim), male pattern baldness, menstrual irregularities, infertility, weight gain is the symptoms of this disease.

Before ovulation estrogen level increase which is created from testosterone hormone? If insulin level is elevated then testosterone doesnot convert to estrogen, ovaries doesnot ovulate. Eggs remain and convert to cyst.

Sex hormone binding globulin (SHBG) binds testosterone then only testosterone levels are maintained. If SHBG is not released properly then testosterone does not bind SHBG and then testosterone is in free condition then only facial hair occurs and to irregular periods.

### How to reverse PCOD, PCOS?

- Reduce the intake of carbohydrates
- Don't exercise too much (stress)
- Be careful of smoking (frequent high insulin levels)
- Intermediate fasting helps
- Increase the intake of protein and fat rich food

In 2005 researchers followed 11 women with PCOS as they went on a keto diet for six months. The 5 women who completed the study lost weight and improved their hormonal status

In 2013 - keto diet - PCOS reverse

In 2017 - the effect of low carbohydrate diet on PCOS. A meta-analysis of randomized controlled trails.

In 2020 - study conducted on 20 women

# PCOD - PCOS



**P. Rachana**

Y22BPH0574  
I/IV B.Pharmacy



# RIDDLES



1. What can run but not walk?

**A. "A River"**

2. What one can catch that is thrown?

**A. Cold**

3. What is  $\frac{3}{7}$  chicken,  $\frac{2}{3}$  cat,  $\frac{2}{4}$  goat?

**A. Chicago**

4. What kind of tree can you carry in your hand?

**A. A Palm**

5. If you throw a blue stone into the red sea, what will it become?

**A. It becomes wet**

6. What gets shorter as it grows older?

**A. Candle**

7. What can a child make but never see?

**A. Noise**



G. Naga Sai Sandeepthi

Y22BPH0540, I/IV B.Pharmacy

# SPACE MEDICINE AND HEALTHCARE ON EARTH

# Story

## Space Medicine:

Space Medicine is a specialized field under aerospace medicine that focuses on the medical care of astronauts and space flight participant. In a way helping for development of Healthcare on Earth.

Astronauts are not the only one's who benefit from space medicine research. Several Medicinal products have been developed that are space spinoffs, which are practical applications for the fields of medicine arising out of the space program.

## Background:

Space medicine is important for future orbital and interplanetary returned space flights and also contributes to the development of Earth medicine.

## Remote sensing:

Remote sensing involves collecting, information from a distance via a sensor placed on a satellite or aircraft. Such sensors detect Electromagnetic Radiation (EMR) reflected from the earth up to the sensor. One of the main uses of remote sensing is determining the association between infectious diseases and environmental parameters.

For example, the associations between malaria cases and rainfall, vegetation and temperature have been investigated using remotely sensed data. Other diseases have also been studied, including dengue fever, cholera, meningitis and brucellosis. In the context of the COVID-19 pandemic, remote sensing has been used to detect the distinct areas and indicate successful lock down.

## Global Navigation Satellite System:

A global Navigation satellite system (GNSS) comprises a group of satellites that allows individuals to locate their positions on or near the earth. Once the signal is received from GNSS, another system is required to display the data on a map. This system is referred to as geographic Information system (GIS).

GNSS has been used to research various topics, including epidemiology, non-communicable diseases, physical activity of certain groups, and other topics that have contributed to the development of earth medicine GNSS has also been used in tracking communicable diseases, especially person-to-person, vector-borne and zoonotic diseases. Eg: Corona.

## Satellite Communication:

Satellite communication refers to the ability of a satellite to transfer information from one area to another. Tele medicine is a valuable application of this space technology, necessary for various situations, including remote areas or difficult-to-reach areas, and time sensitive interventions.

The Satellite For Epidemiology (SAFE) System was developed based on satellite communication to deliver early health warnings. Particularly relevant throughout the Covid-19 global pandemic, emergencies require rapid responses like natural disasters man made emergencies, epidemics and highly infectious diseases.

### **Tissue chips substitute human subjects:**

Tissue chips are devices that can help scientists perform experiments on living cells that resemble human tissues and organs. The use of tissue chips helps scientific experiments by reducing the need for animal subjects that precede clinical human trials.

An example is the cardinal heart investigation, which used engineered heart tissues, to observe the effect of space on the heart, leading to development in medicine to prevent some cardiac diseases on Earth.

### **New postpartum haemorrhage interventions:**

Postpartum haemorrhage (PPH) is a medical maternal condition considered the leading cause of death and morbidity after child birth. The G-suits, which were designed for astronauts to apply pressure to their bodies in zero gravity space, were modified and implemented to treat postpartum haemorrhage in females and was successful to stop the bleeding just in 10 hours. Which otherwise would extend to more than few weeks.

### **Remote monitoring of health conditions:**

Early space flights only lasted for short periods. Physiological changes during space travel were monitored but not transmitted back to Earth in real time. Thus, new technologies were needed and developed for ensuring safety and wellness through-out longer trips.

To this end, engineers developed a new technology that monitors physiological changes, time and transmits them to earth. This method is called telemetric health monitoring. This technology was later incorporated into intensive care unit (ICU). This technology is now being adopted in next-generation smart phones & fitness trackers, thus allowing doctors to track their patients vitals and other parameters of medicine, while they are outside hospital.

### **Research and Development:**

Physiological changes incurred in the space micro gravity environment offer sights into earth based pathologies. It helps terrestrials in many ways, whether by providing novel methods of treatment and rehabilitation for vulnerable populations, life saving interventions, or portable diagnostics in space. Continued advancements in space medicine will continue to advance health care on earth. Further more, space research and discoveries are beneficial not only to earth medicine but also to many other fields like safety, environment

Etc. In 2015, the United Nations developed a plan to help development of humans, the planet and prosperity known as the 2030 Agenda for Sustainable Development (2030 SDG's). Many of the challenges will stand to benefit through innovations in space medicines such as food growth, pharmaceutical development, tele education and tele health.



**G. Lalitya**

\Y22BPH0544, I/IV B. PHARMACY

# TONGUE *Twisters*

Brisk brave brigadiers brandished  
broad bright blades, blunder busses,  
and bludgeons - balancing them badly.

IF you must cross a course cross cow  
across a crowded cow crossing, cross  
the cross coarse cow across the  
crowded cow crossing carefully.

Can you can a canned can into an  
uncanned can like a canner can. can a  
canned can into an uncanned can?

Thrifty Theophilus, the theocratic  
thistle sifter, thrice thrust three  
thousand thistles through the slick  
thick of his softly throbbing thumb.

Through three cheese trees three free fleas flew.  
While these fleas flew, freezy breeze blew.  
Freezy breeze made these three trees freeze.  
Freezy trees made these trees cheese freeze.  
That's what made these three free fleas sneeze.



E. Pragna

I/IV B PHARMACY  
Y22BPH0532

# TONGUE Twisters



- A quick witted cricket critic
- No need to light a night light on a light night like tonight
- Roberts ran rings around the roman ruins
- Does thin shop sport short socks with spots
- Four furious friends fought for the phone
- Clean clams crammed in clean cans
- Send toast to ten tense shout saints ten tall tents
- How can calm cram in a clean cream can?
- I wish to wish the wish you wish to wish, but if you wish the witch wishes. I won't wish the wish you wish to wish
- Scissors sizzle, thistles sizzle
- Pad kid poured curd – palled cod
- Six sick hicks nick six slick bricks with picks and sticks
- She shells sca-shells on the sca-shore
- Lesser leather never weathered wetter weather better
- Flee from fog to fight flu fast



**E. Prasanthi**

Y20BPH0540  
IV/IV B.Pharmacy

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One day a boy named Dave was living in a village called Cortona. He was living with his mother. His life was going in a beautiful way. But, one day his mother dies due to illness. From that day, onwards the boy's life was full of darkness and he was so depressed. His days were difficult. Every day is a bad day to him. But one day an angel came from heaven and says these words to the boy, "Peace", "Peace", and "Peace". From that day onwards "Peace" was filled in the boy's life. His heart is very comfort and light.

From that time onwards, miracles were happening in his village. When Dave was walking on the streets, two young teenage boys were fighting and Dave went there to stop the fight and he touched the two young boys at that time, peace from Dave's hand was passed and peace filled in the two boy's hearts. And both the young boys became friends.

A young man named Wilson was working in a mechanic shop. Wilson not able to speak properly everyone was avoiding him as he was unable to speak clearly. Dave while he was going on his way, he met Wilson heart filled with peace and a positive feeling that he can speak properly was raised. From that day, he was speaking, singing in very good manner and all others made friendship with Wilson. And all loved Wilson singing.

A woman who got married and her husband left her & went away. From that day onwards, she was so depressed & was very far away from happiness. And she thought that when was with her husband. She was very happy that is why that happiness went way from her as her husband left her. So, she thought that she should go away from happy moments & she should be very strict and a chrophobia person. One day Dave went to her company & unfortunately he touches the young woman hand while he was giving file to her. From that time, onwards her heart filled with peace and happiness. And she changes her mind & became a happy person.

"The miraculous hand of Dave brought very good changes in so many people".

Moral: In every situation of our lives we need to be positive and every time our heart need to be filled with peace so that only our lives go in a happy manner/way.

And we should not think always about past & we need to leave the past and enjoy the present.

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# STORY OF MIRACULOUS



**P. Ravali**

Y21BPH0571  
II/IV B.Pharmacy

# Telugu Song



## అమ్మ మాట

అమ్మ మాట కమ్మనైన మాటేనురా  
అమ్మ పాట మధురమైన పాటేనురా  
అమ్మంటే కనిపించే కమనీయ రూపమా !! అమ్మ !!

అమ్మంటే కరుణించే అనురాగదీపము  
అమ్మ ఉంటే లేదురా, ఏ లోపము  
అమ్మలేని ఆ బ్రతుకు ఓ శాపమా... !! అమ్మ !!

అమ్మంటే అంతులేని సహనానికి సంకేతం  
అమ్మంటే ఉన్నతమౌ సుగుణాల సందేశం  
అమ్మసేవ చేసుకునే బ్రతుకు ధన్యమూ  
అమ్మ ఋణం తీర్చుకోని బ్రతుకు వ్యర్థమూ !! అమ్మ !!

అమ్మంటే ఆత్మీయత పెంచే అనుబంధమూ  
అమ్మంటే అలరారు మమతల సుమ గంధమూ  
అమ్మను ఆనందపరుచు బ్రతుకొక వరమూ  
అమ్మను అగచాట్లు పెట్టు బ్రతుకు నరకమూ !! అమ్మ !!

## సూక్తులు :

1. నోరు మంచిదైతే ఊరు మంచిదౌతుంది
2. ధైర్యం కూడా ఒక ఆయుధమే.
3. దురాశ దుఃఖానికి మూలం
4. సాన పెట్టకుండా వజ్రం మెరవదు
5. సహనానికి మించిన సాధనలేదు
6. ఆవేశం వల్ల సత్యం నశిస్తుంది.



G.Sashiman

I/IV B.Pharmacy, Y22BPH0537

# పాఠశువు కథలు

1. కొత్త పెళ్ళి కొడుకు బట్టలన్నీ విప్పేసి బావిలో దూకాడు కానీ మళ్ళీ తిరిగి రాలేదు ?  
జవాబు : అరటిపండు

2. తెల్లటి పొలంలో నల్లటి విత్తనాలు చేత్తో చల్లుతారు. నీటితో ఏరుతారు ?  
జవాబు : అక్షరాలు

3. చక్కని రాజుకు ఒళ్ళంతా ముత్యాలు ?  
జవాబు : మొక్కజొన్న కంకి.

4. దేహమెల్ల కళ్ళు, దేవేంద్రుడు కాను, నరవాహనము లేక నడిచి పోలేను.  
నాకు జీవం లేదు కానీ జీవుల్ని చంపుతాను  
జవాబు : వల

5. నాలో దేశాలు ఉంటాయి కానీ మనుషులు ఉండరు, సముద్రాలు ఉంటాయి కానీ  
నీళ్ళు ఉండవు రోడ్లు ఉంటాయి కానీ వాహనాలు ఉండవు ఎవరు నేను ?  
జవాబు : ప్రపంచ పటము

6. ఊపుతే ఊగుతాయి కానీ పీకుతే రావు ఏంటవి ?  
జవాబు : చేతివేళ్ళు

7. మొదట చప్పన, నడుమ పుల్లన, కోన కమ్మన ?  
జవాబు : పాలు, పెరుగు, నెయ్యి

8. అందమైన గిన్నెలో ఎర్రని పిట్ట తోకతో నీళ్ళు త్రాగుతుంది ?  
జవాబు : దీపం వత్తి

9. ఆకులు లేని అడవిలో జీవం లేని జంతువు జీవాలను వేటాడుతుంది ?  
జవాబు : దువ్వెన

10. చాచుకొని, సావిట్లో పడుకునే ముసలమ్మ, ముడుచుకొని మూల నిలబడింది ?  
జవాబు : చాప



P.Durga Bhavani

IV/VI Pharma.D, Y20PHD0126



# జోక్ ఆదిరింది...



ఒక అమెరికా అమ్మాయి వైనా అబ్బాయిని పెళ్ళి చేసుకుంది.  
వారికి పుట్టిన బిడ్డ నాలుగు నెలలకే చనిపోతే ఆ అమ్మాయి ఏడుస్తూ  
కూర్చుంది. అప్పుడు వాళ్ళమ్మ వచ్చి పెళ్ళి చేసుకునే ముందు ఆలోచించాలి...  
చైనీయుల ఉత్పత్తులు ఎక్కువ కాలం వుండవని తెలియదా !

భార్య : ఏమండీ..మనకి పెళ్ళి చేసిన అయ్యగారు బస్సు గుద్ది చని పోయారట తెలుసా  
భర్త : చేసిన పాపం ఊరికే పోతుందా...

Whatsapp చూసేవాడు ఒక్కసారే చూసేసి వదిలేస్తాడు.. కానీ పెట్టినవాడు మాత్రం నిమిషానికోసారి చూసుకుంటాడు.

చిన్నప్పుడు కప్పలను రాళ్ళు పెట్టి కొడుతుంటే నీకు మూగ పెళ్ళాం వస్తుందిరా అని భయపెట్టేవారు.. ఎంత భయపడేవాళ్ళమో..  
ఇప్పుడు అనిపిస్తుంది.. కొట్టిఉంటే ఎంత బాగుండునో అని.

లాక్డౌన్ అప్పుడు అపదలో ఉంటే ఆదుకునేవాడు ఫ్రెండ్.. ఇప్పుడు బోర్నాడితే తన Amazon prime/Netflix account share  
చేసేవాడే నిజమైన ఫ్రెండ్

ఒకవేళా.. నా మెస్సేజ్ల వల్ల.. ఎసరికైనా ఇబ్బంది కలుగుతుంటే.. లేదా నా మెస్సేజ్లు వద్దను కుంటే..  
మీకు పూర్తి అధికారం వుంది... మీ మొబైల్ గట్టిగా నేలకేసి.. లేదా గోడకేసి కొట్టండి..  
మీ ఆనందం కంటే నాకు ఏదీ ఎక్కువ కాదు..

భార్య : ఏమండీ.. కారు తాళాలివ్వండి.. కిట్టి పార్కింగ్ వెళ్ళాలి

భర్త : పక్కనే కదే ! కారెండుకు

భార్య: 5 లక్షల కారులో వెళితే, మర్యాద పెరుగుతుంది.. అందుకని

భర్త : అవునా.. ఇదిగో ఈ పదిరూపాయలు తీసుకో 50 లక్షల బస్సులో వెళ్ళు మర్యాద భయంకరంగా పెరుగుతుంది.

భార్య : ఏండీ.. కొన్నేళ్ళ కిందట నేను పెప్పీ బాటిల్లా సన్నగా.. నాజుగ్గా ఉండేదాన్ని కదా..

భర్త : ఇప్పుడు కూడా నువ్వల్లానే ఉన్నావు డియర్

భార్య : (ఆనందంతో ఉక్కిరి బిక్కిరి అవుతూ) నిజమా..

భర్త : అవును కాకపోతే అప్పుడు 200 ఎమ్.ఎల్ బాటిల్.. ఇప్పుడు 2.5 లీటర్ బాటిల్ అంతే

భార్య : సచ్చినోదా..

బిక్షగాడు : అయ్యా..! ఓ 8 రూపాయిలు ఉంటే దానం చెయ్యండయ్యా ?

అవతలి వ్యక్తి : టీ 4 రూపాయిలు కదా !

బిక్షగాడు : నాకు.. నా గర్లెఫ్రెండ్ అయ్యా..

అవతలి వ్యక్తి : బిక్షగాడికి గర్లెఫ్రెండా..?

బిక్షగాడు : లేదయ్యా..! గర్లెఫ్రెండ్ వచ్చాకే బిక్షగాడిని అయ్యా..!



**R. GOPI CHAND**  
Y22MPHRA467,I/II M.Pharmacy



# PHOTOGRAPHY

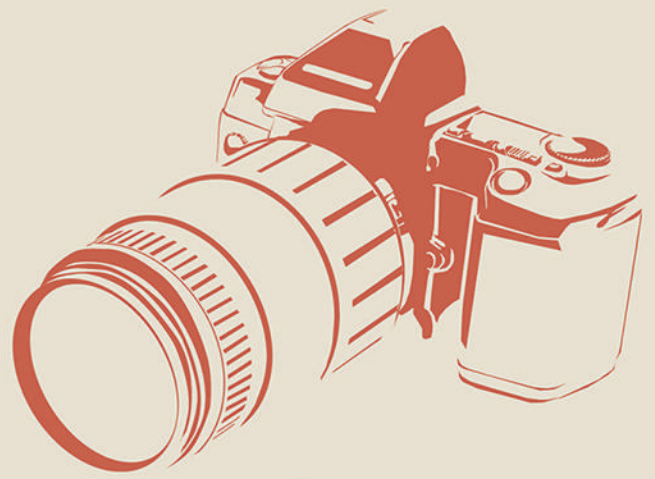


Photography is the art of capturing light with a camera, usually via a digital sensor or film, to create an image. With the right camera equipment, you can even photograph wavelengths of light invisible to the human eye



**R. GOPI CHAND**

IV/IV B.Pharmacy,  
Y20BPH0548



**K. Rupa Sree**

Y20PHD0127  
III/VI PHARM. D

# Photography




**K. Sri Harshitha**

Y20BPH0598  
IV/IV B. Pharmacy



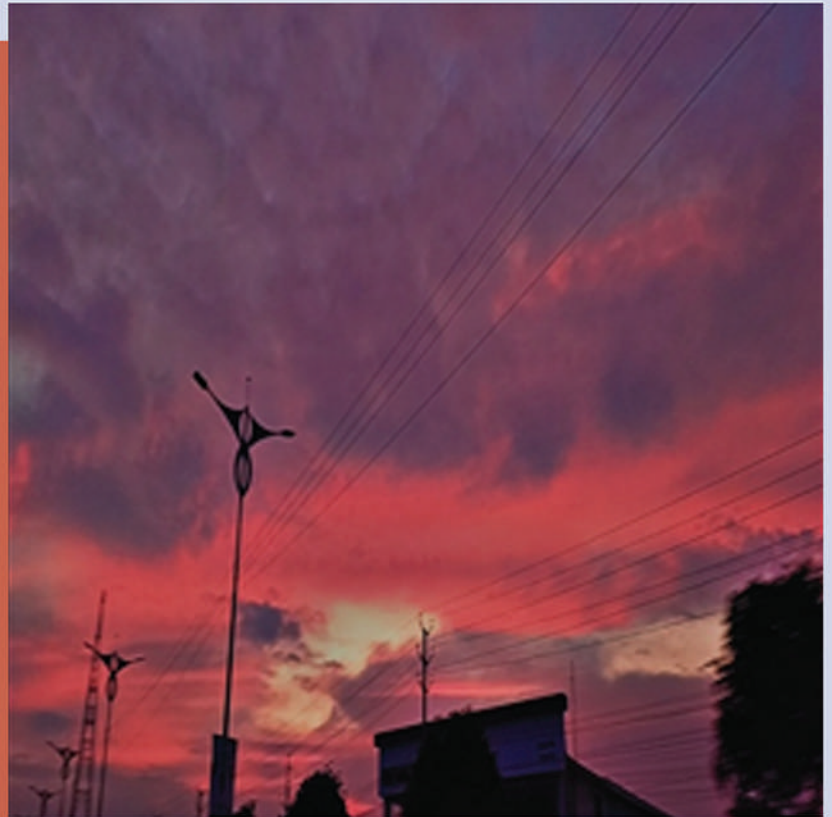



  
*photography*



**Sk Sana Seema**

Y20PHD0129  
III/VI Pharm. D





*photography*

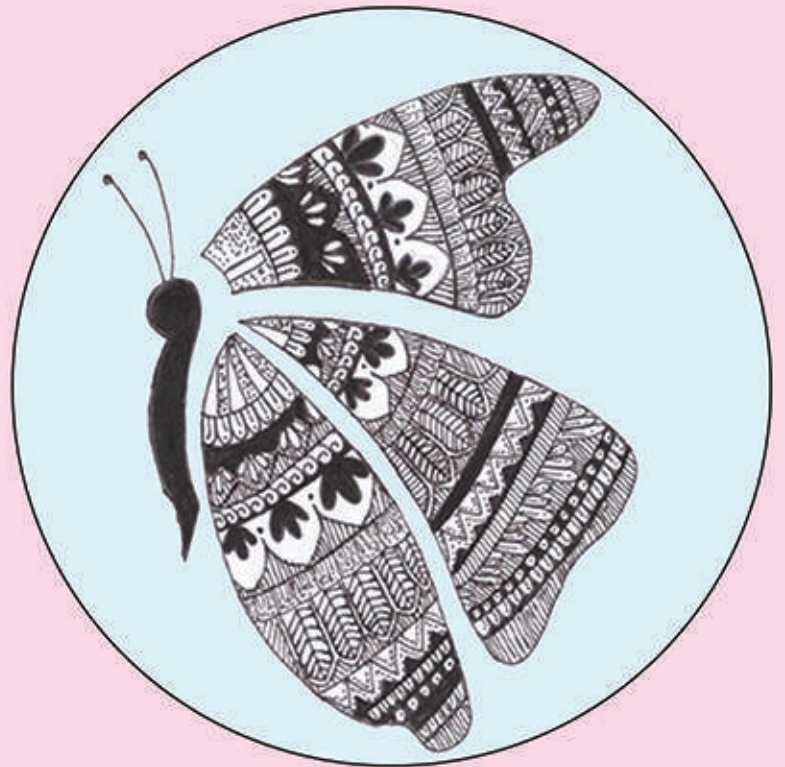
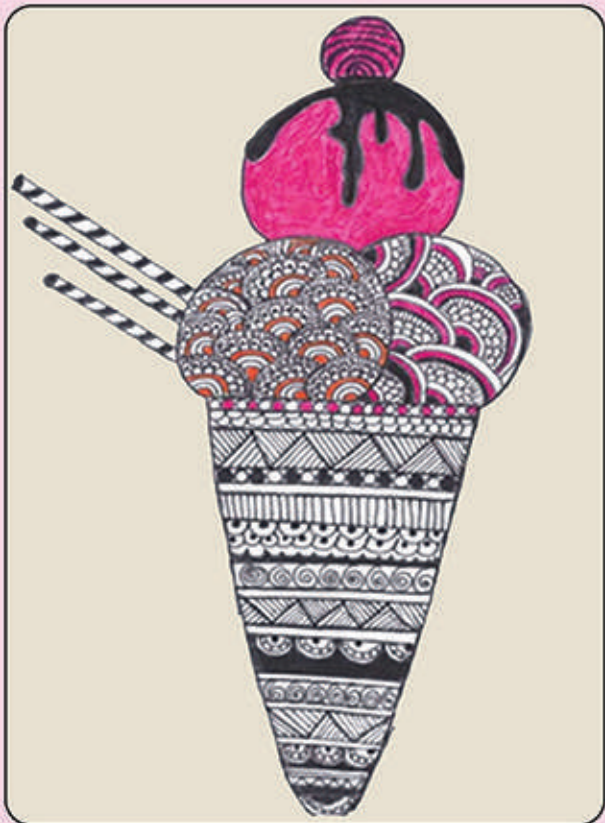
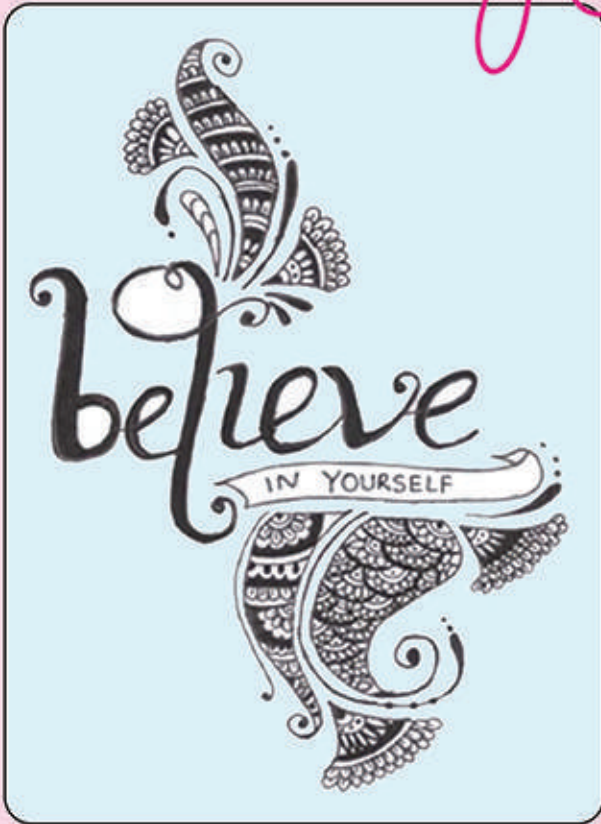


**K Sai Krishna**

Y21PHD0113  
II/VI Pharm. D



# Drawings



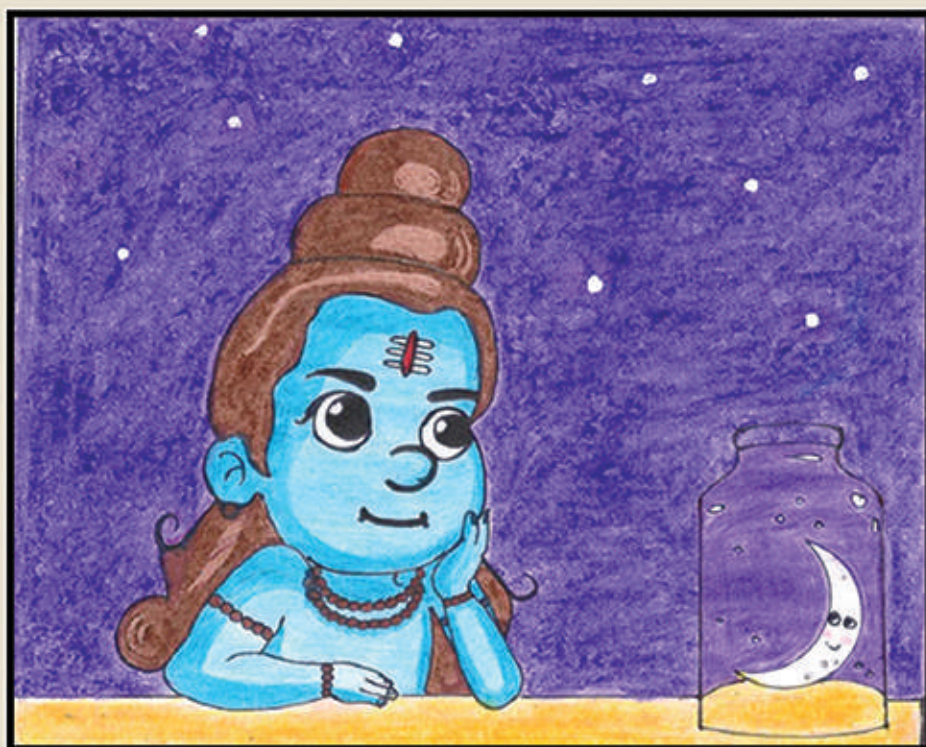
K Sri Kumari

Y22PHD0115  
I/VI Pharm. D

# Drawings



**I. Nymisha Reddy**  
IV/IV B. Pharmacy, Y20BPH0550



Shiva is described as  
"Darkness"  
Darkness is  
everywhere, It is the  
only thing, that is  
"all - Pervading"



**M Sivani**  
Y20PHD0122, IV/VI Pharm. D

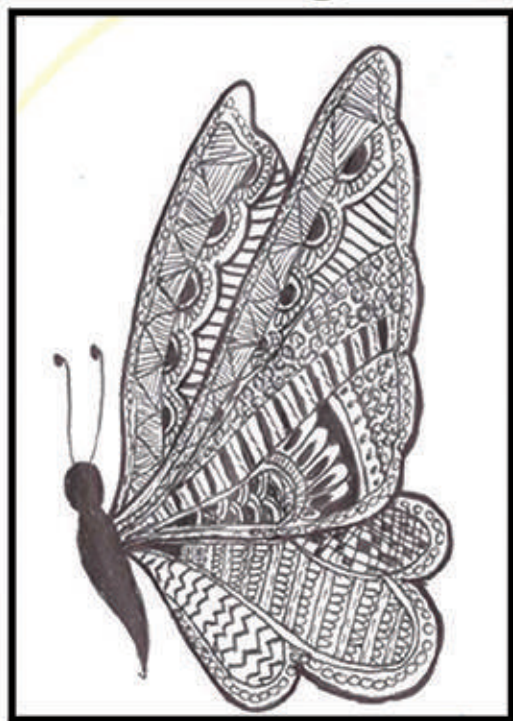
# Drawings



M Ganeswari  
Y22PHD0116, I/VI Pharm. D



# Drawings



Ch Likitha  
Y20BPH0533  
IV/IV B. Pharmacy



K. Yamini  
Y22BPH0551, I/IV B. Pharmacy

# DRAWINGS

- A Mother's love is more beautiful than any fresh flower.
- The one who loves you unconditionally from our first heartbeat.
- Mom you've given me so much, love from your heart and warmth of your touch.
- The one who puts your needs before her own.



**P Sonyavardhini**  
Y21BPH0562 II/IV B. Pharmacy



## •Respect Women – Respect Nation

Thousands of Plants makes Garden.

Crores of water drops makes the Sea.

But, Only one women can make home paradise.



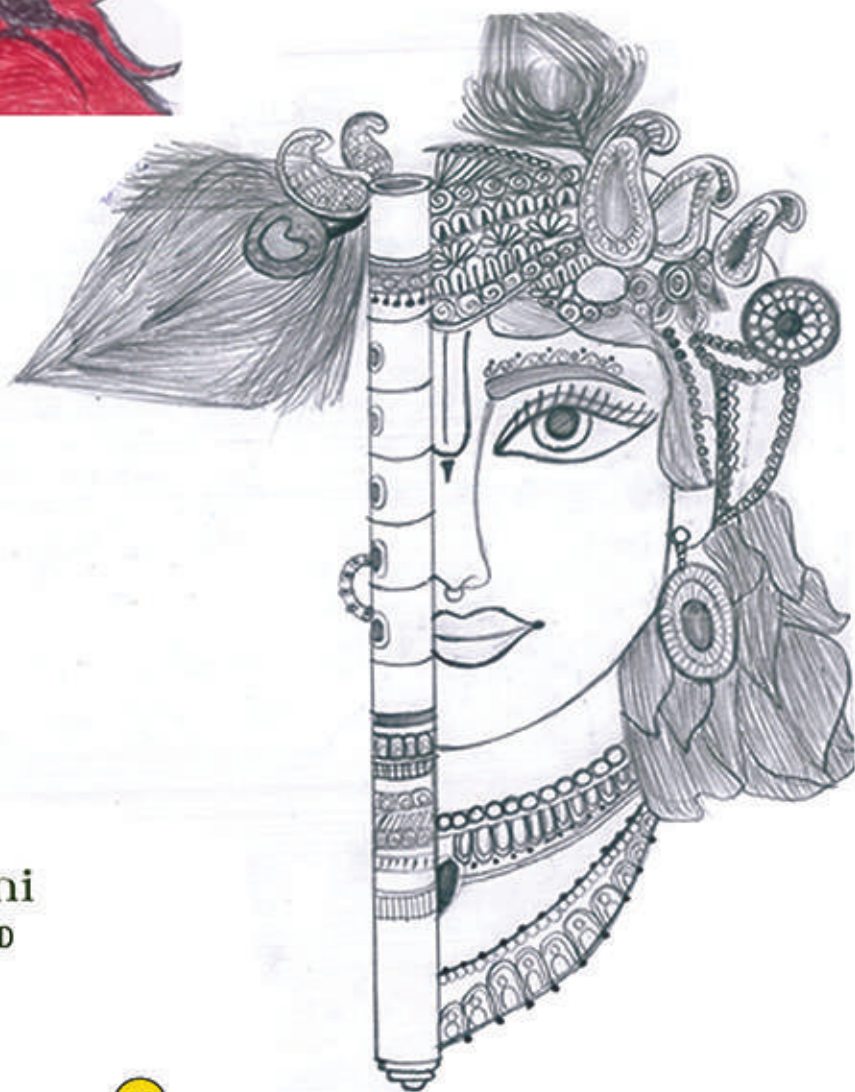
**A Bhuvaneshwar**  
Y21BPH0588, II/IV B. Pharmacy

# DRAWINGS



P. Mahesh

II/VI Pharm D, Y21PH00118



K Naga Tejaswini

Y21PHD0116, II/VI Pharm. D

# Drawings



**G Bhavana**

Y22MPHPY444, I/II M. Pharmacy



**G.Kavya**

II/VI Pharm D, Y21PHD0130



**Ch Sreeja**

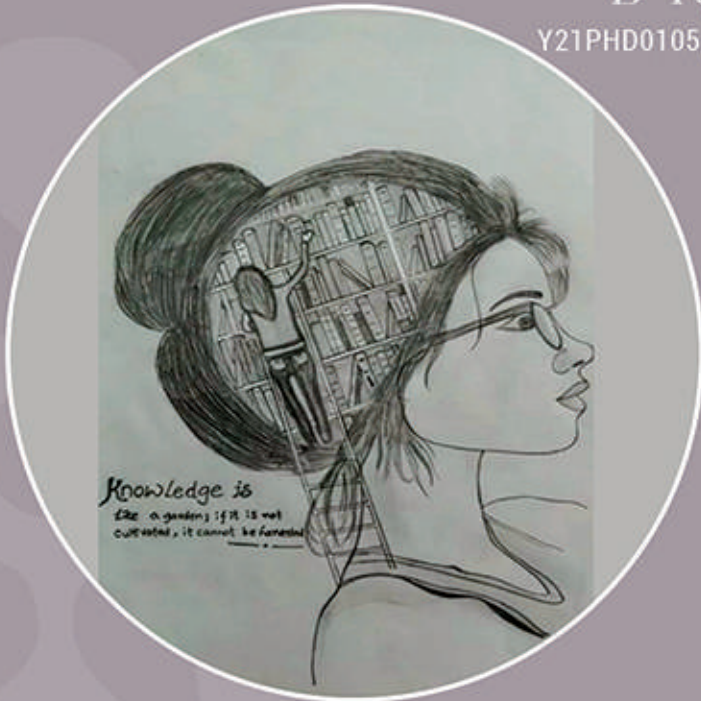
Y20PHD0106, III/VI Pharm. D



B Tejomai

Y21PHD0105, III/VI Pharm. D

CHALAPATHI  
D



V Rajitha

Y20PHD0131, III/VI Pharm. D



K Ajay Chandana

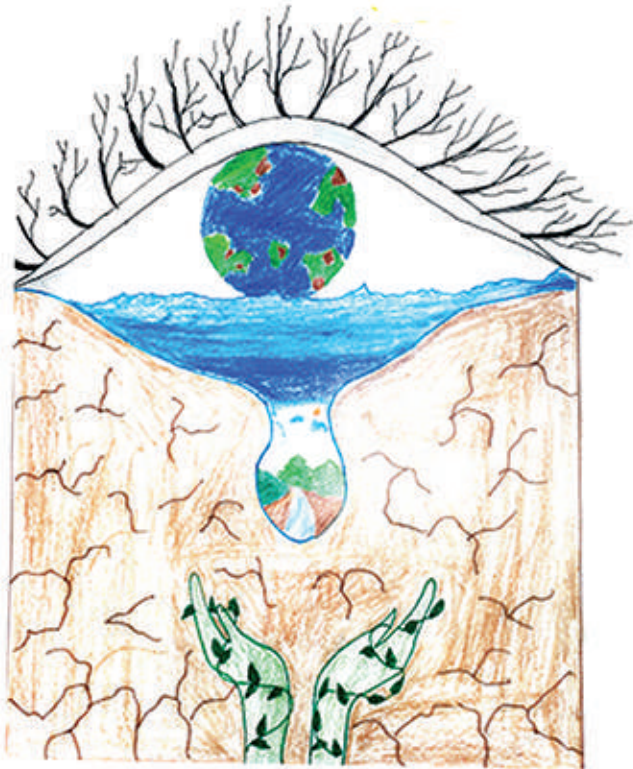
Y22MPHRA469, I/II M. Pharmacy



Water is a Treasure  
Save with Pleasure

# WORLD WATER DAY (22-03-2024)

Water for PEACE



We never know the worth of water till the well is dry

# CHALAPATHI INSTITUTE OF PHARMACEUTICAL SCIENCES (AUTONOMOUS)

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**APURI SRAVANI**  
Rank : 1,772



**MUTHUMULA SONU**  
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**SHAIK SAJID**  
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**K.M. AMRUTHAVARSHINI**  
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**V. KARTHIKEYA**  
Rank : 3,200



**P. PRAVEEN**  
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Rank : 5,557



**V. SREE PRIYA**  
Rank : 5,737



**B. KONDA NAIK**  
Rank : 20,655

## PGECET-2023 RANKERS



**SOLASA TEJASWI**  
Rank : 56



**SHAIK SAJID**  
Rank : 82



**KONDEPOGU SASIDHAR**  
Rank : 96



**PATHIPATI PRAVEEN**  
Rank : 146



**R. HRUSHIK KOWTINYA**  
Rank : 146



**P. SREE GEETHA VAISHNAVI**  
Rank : 250



**BALIJE PALLI SATISH**  
Rank : 913



**DONEPUDI NAGA NITISH**  
Rank : 1181

## NIPER-2023 RANKERS



**PATHIPATI PRAVEEN**  
Rank : 1524



**MUTHUMULA SONU**  
Rank : 2408



**SHAIK SAJID**  
Rank : 2557



**B. SAI HANUMANTHU HARISH**  
Rank : 2953



**KONDEPOGU SASIDHAR**  
Rank : 2885



# CHALAPATHI INSTITUTE OF PHARMACEUTICAL SCIENCES



**AUTONOMOUS**

(Affiliated to Acharya Nagarjuna University)

Accredited by NAAC with 'A+' Grade and Accredited by NBA (B.Pharmacy)



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