



**ISSUE 8**  
**Jan- June, 2019**

# PHARMA EPISTLE



**I.T.S COLLEGE OF PHARMACY**  
**MURADNAGAR, GHAZIABAD**

Dear readers,

Writing is the painting of the voice, says Voltaire. Inculcation of creative thinking and writing amongst the students is one of the objectives set by ITS and Pharma Epistle plays the role of providing an important platform for ITSians to present their works. When the magazine is finally in your hand, I can perceive your curiosity coupled with your impatience to see your articles, stories, poems come alive in the face of their listeners and readers. I have a vicarious feeling of your happiness. One can imagine the happiness of an upcoming writer when he sees his work in printed form in a magazine and it is this feeling of confidence that ignites his writing skill that gives him impetus for the development of his creativity into his thought process. For many it represents the first and perhaps the last opportunity to be celebrated. For some it is a stepping stone to further literary endeavor. The belief being that young people can create works of astonishing power. It is axiomatic that each and every one is creative in his or her own way. After all, if students aren't creative, then who is? And so it follows that an editor's role is to stand back and let the student's creativity unfold. For the successful creation of a college magazine, a lot of planning compounded with team work is needed and I was lucky to have a team of dedicated professors and students, who played a proactive role in galvanizing the everyone into penning their ideas onto paper and also in the compilation of this magazine I am thankful to all the blooming writers who have responded to my call and penned their ideas for the magazine.

Finally from the entire team of Pharma Epistle, I wish all the readers a happy reading.

Yours faithfully,

RAKSHA

**Arts Corner**

Nature's Photography (Sunset View)



BhanuVanshlaj, 1<sup>st</sup> Year



Richa Jain, 3<sup>rd</sup> Year



Shilpi Saxena, 3<sup>rd</sup> Year



IshuGarg, 1<sup>st</sup> Year



Richa Jain, 3<sup>rd</sup> Year



Richa Jain, 3<sup>rd</sup> Year

### Poetry for all

**What You Can Do**

**When you see litter in the streets  
 And the air smells of pollution  
 When you feel like it's all piling up  
 Remember there is a solution**

**There's something each of us can do  
 To keep the rivers clean  
 To keep fresh the air we breathe  
 And keep the forests green**

**Help clean a beach  
 Or recycle bottles and cans  
 Learn about the problems we face  
 And help others understand**

**It doesn't have to be a lot  
 If we each just do our share  
 So take time out on Earth Day  
 To show the Earth you care**

Ayush Kumar, 1<sup>st</sup> Year

## **A Shadow**

A person of a negative attitude has a belief that he is all alone in time. The story begins when I was eighteen and pursuing my graduation second year studies. I lived alone and didn't have faith in love and togetherness. Every summer vacation I used to visit a water stream and earn some portraits but this year I got a new birth just because of shadow. It's last day of my trip and I visited the lake for the last portrait, I was just passing from the stream's bank and I saw a granny talking to stream and found this really funny. Being so curious to see something really funny on trip, I just jumped to the place and found granny was sharing moments with shadow and stream. This amazed me but I laughed out over her childish behaviour. But what actually amazed me was cool behaviour of granny on my reaction! Now I was unable to hold my words for asking her about what she was doing and her reply was breath taking for me; she replied with love that "she is immersing her loneliness and feeling love shower from her shadow." Her aura was so soothing and loving that I couldn't get myself away of her love vibes and started a conversation with her. That conversation changed my life as she told me that she lost her husband on second day of their togetherness and started feeling lonely but soon she realized that she was doing nothing more than hurting her husband's memories and "I found a new life partner" she said. Without waiting I asked "who" with expression of a sudden shock! As how someone can betray one's love (I thought). But her reply was amazing, she said "her shadow" and with the same moment of her reply I asked her, why? Why did you choose your shadow? And her words were.....

She said it's her shadow only who was with her from her first breath and will be with her till her last breath. She explained me how her shadow was her only partner in her every emotion, every life moment. It's her shadow only who knew her more than anyone even more than herself. Her shadow is just like a diary for her life, a blank paper full of words; sketch of her soul: a part of her every emotion and much more. All this shocked me but before I could ask her something she continued with her words. She expressed "she counts her every emotion with her shadow only." Whenever she felt lonely she used to interact with her shadow as she found her past love and memories in the shadow and whenever she realized that she was not holding the situation good or she was wrong she looked into her shadow and all this made her realize that how well she could do this and how nice she was, she said. She also explained that shadow is the only black, expressionless, blank part to your body but still gives shine to you by getting all your sin into her own, gives you expression with your hidden memories in her, writes every sad and cheering moment of your life without showing sad one to you so you can leave your past far and can move on but opens up you to cheer like a pop up balloon full of loving memories at the time of loneliness. Her words were so enthusiastic that I couldn't get my ears away from her. Now what she expressed gave my soul a new birth, as she expressed that even she know her future all because of her shadow. At the age of seventy five ,her shadow seemed young, as young as her twenties when she used to dance and she said "It just depends on you, only that how you make

yourself, how you visualize yourself; me; time; globe; and your favourite stream. Just remember that whenever you feel lonely, confused, or you failed; just ask your shadow and follow the shadow's sound". The time I blinked my eyes, I found granny was missing but I saw her shadow telling me story of granny and cheering my life. From that day granny's shadow is with me.

After that I followed what granny said to me and wished to meet her once more in my life. All that changed my life and after one year I found myself at new heights of life all just because of granny and her shadow. Now I am a man of positive attitude. But I still wonder how she came to know that I loved that stream, how?

Your shadow is your soul imprint, writing you in yourself, remembering yourself by seeing your shadow, guiding you without sound, enhancing you without telling you. Though its dark but still brightens you without leaving you, no matter that who is more darker, you or the shadow.....

IshuGarg

1st Year

### **Never Forget To Live....**

*A thousand words full of worth*

*Time spent appreciating earth*

*Clouds, sunshine, or even on a rainy day*

*My admiration for you will never go astray*

*Tucson, Arizona, is quite the experience*

*40,000 students, am I just one name on a list?*

*Your potential is limitless and everyone has special abilities*

*19 years of experience has allowed me to see*

*Academics are important but never forget to live life*

*Relationships will happen*

*No need searching for your future husband or wife*

*People will want to build you up*

*People will want to tear you down*

*It's easy to feel lost*

*But now I can say that I am found.*

**Harsh Thakur**

**2<sup>nd</sup> Year**

### **Science Corner**

#### **Artificial Intelligence Algorithm Can Learn The Laws Of Quantum Mechanics And Speed Up Drug Delivery**

Artificial Intelligence can be used to predict molecular wave functions and the electronic properties of molecules. This innovative AI method developed by a team of researchers at the University of Warwick, the Technical University of Berlin and the University of Luxembourg, could be used to speed-up the design of drug molecules or new materials.

Artificial Intelligence and machine learning algorithms are routinely used to predict our purchasing behaviour and to recognise our faces or handwriting. In scientific research, Artificial Intelligence is establishing itself as a crucial tool for scientific discovery.

In Chemistry AI has become instrumental in predicting the outcomes of experiments or simulations of quantum systems. To achieve this, AI needs to be able to systematically incorporate the fundamental laws of physics.

Solving these equations in the conventional way requires massive high-performance computing resources (months of computing time) which is typically the bottleneck to the computational design of new purpose-built molecules for medical and industrial applications. The newly developed AI algorithm can supply accurate predictions within seconds on a laptop or mobile phone.

**Tanvigoel**

**3<sup>rd</sup> year**

#### **Food or drug? Government to take a call soon**

Is a multivitamin preparation a drug or just plain old food? And what about pick-me-ups like Revital or supplements like Ferradol? Given the confusing proliferation of products, the government is looking to arrive at an answer by changing the regulatory framework.

It appears the solution will be broadly along these lines: If the ingredients of a particular product are below that determined as the daily dosage, or 1RDA (Recommended Dietary Allowance), then it will be deemed 'food' and regulated by the Food Safety and Standards Act (FSSA),

according to people with knowledge of the matter and documents that ET has seen. Anything above that will be a 'drug' and regulated under the Drugs and Cosmetics (D&C) Act. 1RDA is defined as the level of nutrients to be consumed daily to meet all the requirements of a healthy individual.

At a recent meeting between the Drug Controller General of India (DCGI) and the FSSAI, which administers the FSSAI it was decided that multivitamin preparations containing vitamins in a strength lower than 1RDA would be excluded from the D&C Act. The Act will be amended so that vitamins and minerals below 1RDA for prophylactic purpose are deleted from Schedule V.

**Pop This!**

**THE AMBIGUITY**  
 It stems from multivitamin preparations being covered by both D&C Act and by FSSA

**THE LIKELY SOLUTION**

<p>If ingredients of a particular product are below that determined as daily dosage, or 1RDA*, it will be deemed 'food'</p> <hr/> <p>It will be regulated under FSSA</p>	<p>Anything above that <u>will be a 'drug'</u></p> <p>It will be regulated under Drugs and Cosmetics (D&amp;C) Act</p>
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\* Recommended Dietary Allowance

**ShilpiSaxena**

**3<sup>rd</sup> year**