

One of the most significant contributions of green chemistry can be seen in the pharmaceutical industry. Traditional drug synthesis often involves multiple steps and produces considerable waste. By applying green chemistry principles, scientists can develop more efficient synthetic routes, reducing both environmental impact and production costs. In agriculture, green chemistry supports the development of safer pesticides and fertilizers that are less harmful to ecosystems and human health.

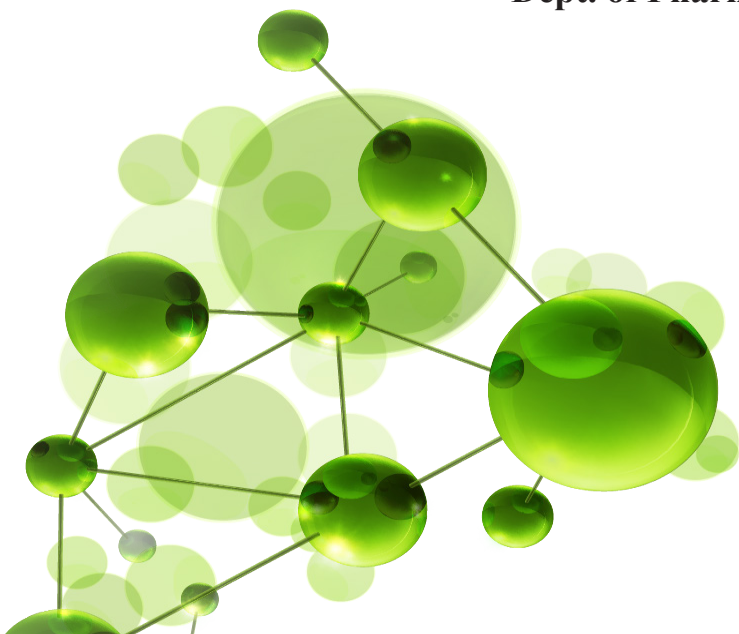
Green chemistry also plays a vital role in everyday life. The development of biodegradable plastics, eco-friendly cleaning agents, and sustainable packaging materials are all outcomes of this approach. These innovations help reduce the accumulation of non-degradable waste and promote a circular economy where materials are reused and recycled.

Education and awareness are crucial in advancing green chemistry. Students, researchers, and professionals must be encouraged to adopt sustainable practices in laboratories and industries. Simple actions, such as minimizing the use of hazardous chemicals, reducing waste, and choosing safer alternatives, can collectively make a significant impact.

Green chemistry represents a paradigm shift in how we approach scientific development. It challenges us to balance technological progress with environmental responsibility. As we move toward a future that demands sustainability, green chemistry will play a central role in ensuring that scientific innovation continues to benefit humanity without compromising the health of our planet.



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## Introduction

Whether you're fighting off a cold or the coronavirus, it's always good to strengthen your immune system. A strong immune system lowers your risk of sickness and can protect you from all kinds of bacteria, viruses, and fungi. As a result, we must all adhere to simple immunity-boosting advice. The fact that there are over 5000 different types of viruses that can cause severe health problems will surprise you. All forms of life can be infected by viruses, which are tiny infectious agents that multiply inside living cells. Therefore, it's crucial to include some antiviral items in your diet to reduce the chance of infection. Antiviral foods will help you recuperate from COVID-19 more quickly and strengthen your immune system.

### Basil

Tulsi, or basil, is typically present in every Indian household. It's astonishing to learn that every variety of basil found across the nation has antiviral, anti-inflammatory, and antibacterial qualities. Consuming tulsi leaves on a daily basis can help your body develop a robust defense against a variety of infections. According to a modest test-tube investigation, the chemicals found in the basil extracts, such as ursolic acid and apigenin, are effective against enterovirus, hepatitis B, and herpes viruses.

### Fennel seeds

Trans-anethole, a substance found in fennel seeds, has been shown to be highly efficient against herpes viruses. This plant, which tastes like licorice, can boost your immune, lessen body edema, and fend off viral infections. Additionally, fennel seeds are a great source of beta carotene, vitamin C, and vitamin A. These elements have been found to have immunity-boosting qualities. Your respiratory system and sinuses can be cleared by eating fennel seeds.

### Garlic

Garlic has been used for ages to treat a wide range of illnesses. Garlic may help fight HIV, HSV-1, viral pneumonia, rhinovirus, and influenza A and B, according to several studies. Allicin, a substance that gives garlic its distinct flavor and aroma, is one of the many health benefits of garlic. Organosulfur substances like quercetin and allicin, which have antiviral qualities and lower the risk of infection, are abundant and organic in garlic.

### Ginger

Ginger is a nutritious superfood that treats a number of illnesses. Ginger's potent antiviral, antimicrobial, and anti-inflammatory qualities can help combat feline calicivirus (FCV), RSV, and avian influenza. Furthermore, ginger contains substances like zingerone and gingerols that slow the virus's spread throughout the body. In addition to relieving headaches and tension, ginger tea and ginger shots can be a wonderful way to calm your throat.

## Turmeric

The yellow spice turmeric, which is typically used in Indian curry, has a number of chemicals having therapeutic qualities, the most prominent of which is curcumin. Antiviral, anti-inflammatory, and antioxidant qualities are present in turmeric. This yellow spice can lessen the risk of infection and aid in the destruction of some viruses. To add more of this nutrient-rich yellow spice to your well-balanced diet, consider turmeric powder or its root.

## Cinnamomum cassia (cinnamon)

The Lauraceae family includes the fragrant tree species *Cinnamomum cassia*. Traditional Chinese, Indian, Persian, and Unani medicine have traditionally made extensive use of cinnamon. For thousands of years, cinnamon has been a favorite spice in many nations. The bark of its young branches is used to make cinnamon, a common daily condiment used all across the world. It has a great economic value and can also be utilized as a material for medicinal items. Flatulence, amenorrhea, diarrhea, toothache, fever, leukorrhea, common cold, and headache are just a few of the ailments for which it is utilized. Additionally, consistent usage of cinnamon has been shown to prevent throat infections.

## Syzygium aromaticum (clove)

Clove (*Syzygium aromaticum*), a member of the Myrtaceae has antibacterial properties against oral germs, it is utilized in medicine all over the world as an antiseptic against infectious disorders. Because of its antibacterial properties, cloves are frequently utilized in the food business to extend shelf life. Eugenol, oleoresins, clove buds, and clove oil have all been approved by the FDA as safe food supplements.

## Black elderberry

*Sambucus nigra*, also known as black elderberry, has long been used as a medicinal shrub throughout Europe. Black elderberry contains antioxidant qualities and strengthens the immune system; it is occasionally taken as a supplement. Black elderberry has shown promise in the lab in reducing the spread of bacterial lung infections and influenza A and B.

## Reishi mushroom

For almost 2,000 years, the fungus *Ganoderma lucidum*, commonly referred to as the reishi mushroom, has been utilized as medicine. Due to its antibiotic qualities, this mushroom really works better than some drugs against *S. aureus* and *E. coli*. Furthermore, when exposed to vesicular stomatitis virus (VSV) and herpes simplex virus types 1 and 2, reishi mushroom extract showed antiviral properties.

## Oregano

Oregano is a common herb that belongs to the mint family. It has therapeutic qualities and is frequently used as a spice. Oregano oil, for instance,

can be used to heal wounds. Additionally, a study on the primary active ingredient in oregano oil revealed that it had antiviral qualities that would enable it to cure murine norovirus (MNV).

## Sage

Sage, a fragrant herb that belongs to the mint family, has long been used in traditional medicine to treat viral infections. The chemicals safficinolide and sage one, which are present in the plant's leaves and stem, are primarily responsible for the antiviral qualities of sage.

## Lemongrass

The lemony shrub known as lemongrass is frequently used as a flavoring and in beverages. It is also praised for its therapeutic properties. Strong essential oils and plant chemicals with antiviral properties can be found in concentrated form in lemongrass extract. It has antiviral properties



avian influenza (bird flu).

### Peppermint

Peppermint is frequently used to teas, extracts, and tinctures intended to naturally cure viral infections because of its potent antiviral properties. Menthol and rosmarinic acid, two active ingredients found in its leaves and essential oils, have antiviral and anti-inflammatory properties that may lessen the symptoms brought on by respiratory viruses like the flu and RSV.

### Rosemary

In addition to its many culinary uses, rosemary's many plant constituents, such as oleanolic acid, have therapeutic uses. Numerous investigations have shown that oleanolic acid has antiviral effect against hepatitis, HIV, influenza, and herpes viruses.

### Echinacea

Because of its remarkable health-promoting qualities, echinacea is one of the most widely utilized components in herbal medicine. The plant's roots, leaves, and flowers are among the many parts that are employed in natural medicine. Certain types of echinacea, such as *E. pallida*, *E. angustifolia*, and *E. purpurea*, may be especially useful against viral diseases like influenza and herpes, according to several studies. *E. purpurea* is very helpful in treating viral infections because it is believed to have immune-boosting properties as well.

### Licorice

For generations, licorice has been utilized in various natural remedies and traditional Chinese medicine. Among the active ingredients in licorice with antiviral qualities include glabridin, liquiritigenin, and glycyrrhizin. It might lessen the symptoms of a dangerous kind of pneumonia brought on by the severe acute respiratory syndrome-related coronavirus (SARS-CoV).

### Astragalus

The flowering herb astragalus is widely used in traditional Chinese medicine. It contains Astragalus polysaccharide (APS), which has strong antiviral and immune-boosting properties. According to research, astragalus may aid

in the fight against avian influenza H9, hepatitis C, and herpes viruses.

### Ginseng

Ginseng is the root of plants in the *Panax* family and is available in Korean and American variants. It has been demonstrated to be especially effective at combating viruses and has been used for a long time in traditional Chinese medicine. Hepatitis B, herpes viruses, and RSV have all been significantly reduced by Korean ginseng extract.

### Dandelion

Although they are commonly considered weeds, dandelion has been researched for a number of therapeutic uses, including possible antiviral effects. The herb may boost immunity and provide protection from illness. Dandelion may aid in suppressing DND, which causes hepatitis B and C, according to the review authors.

### Star anise

Across the southern Asian continent, star anise (*Illicium verum*) is a common medicinal herb. The flower-shaped spice contains shikimic acid, a base ingredient used to make the antiviral medication Tamiflu. As an antiviral medication, boiled star anise can be added to beverages like black tea or green tea. Among the main health-promoting ingredients found in star anise are limonene, anethole, quercetin, gallic acid, shikimic acid, and linalool.

### Black cumin

Since ancient times, black cumin (*Nigella sativa*), a nutrient-dense herbaceous plant, has been used to treat influenza, diabetes, hypertension, inflammation, and respiratory conditions. Black cumin has been shown to have significant quantities of Thymoquinone (TQ), which can stimulate the humoral immune system and cause cytokine production, leading to early virus clearance. Comparable research has also demonstrated notable antiviral effectiveness against the hepatitis C virus, murine cytomegalovirus, and avian influenza virus. According to recent reports, TQ analogs (chloroquine and hydroxychloroquine) are effective treatment drugs for treating SARS-Cov-2.

## Black pepper

Numerous bioactive compounds found in black pepper (*Piper nigrum* L.) have been shown to have positive impacts on human health, including immunological, antiviral, anti-inflammatory, and antipyretic properties. Alkaloids, terpenes, flavonoids, steroids, and other compounds are the main phytochemicals present in peppers. An alkaloid called piperine aids black pepper's possible antiviral activity against the human parainfluenza virus, an enteric virus that causes respiratory infections, the vesicular stomatitis Indiana virus, and the coxsackie virus type B3 (CVB3).

## Drumstick tree

There are several uses for the therapeutic and nourishing drumstick tree (*Moringa oleifera* L.). The leaves are the most nutritious part of the tree, although all of its parts—bark, root, leaf, seeds, pod, gum, fruit, and flowers—are high in vitamins, antioxidants, minerals, proteins, nitrile glycosides, and phenolics. It possesses a special blend of bioactive substances, including caffeoylquinic acid, kaempferol, quercetin, beta-sitosterol, and zeatin. Several parts of this plant have been shown to have antiviral, antibacterial, anti-diabetic, antipyretic, anti-inflammatory, antihypertensive, antioxidant, and antifungal properties. According to published research, the drumstick tree's fruit extract and seed had strong anti-hepatitis B virus (HBV) action. It was also highly effective against the Newcastle Disease Virus (NDV) and the Infectious Bursal Disease (IBD) virus.

## HONEY

Honey, a natural immune booster, strengthens the body's defenses. Honey contains the amino acid proline, which has a number of health benefits, in addition to organic acids such as gluconic acid. One effective treatment for the zoster rash caused by the varicella-zoster virus is honey. Honey contains methyl glyoxal, which has antiviral properties that work well against respiratory syncytial and influenza viruses. Honey contains minerals like magnesium, potassium, sodium, calcium, phosphorus, zinc, iron, cobalt, and copper. However, several studies have

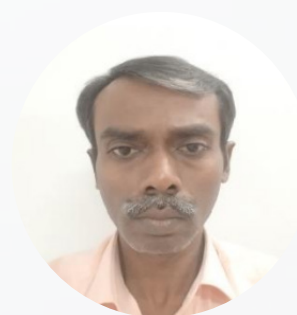
discovered that the most common mineral in various kinds of honey is potassium. Potassium ion supplementation in honey showed a better chance of recovery for SARS-CoV-2-infected individuals.

## Cardamon

Researchers at Shinshu University in Japan have found that cardamom seed extract can activate the body's cellular antiviral defenses. According to their research, cardamom seed extract and its primary bioactive component, 1,8-cineole, stimulate the synthesis of type I interferons, which are antiviral chemicals that aid cells in fending off viral infections, through nucleic acid "sensors" within cells.

## Conclusion:

A large number of people are impacted by viral infections, which are a global public health concern. The number of cases of viral infections affecting individuals of all ages has significantly increased during the past ten years. Plants have been used to cure viral infections for a long time. Although plants have therapeutic benefits for viral infections, it would be inappropriate to claim that all of these plants should be prescribed to affected individuals without question. All evaluation criteria, including intercompound interactions and potential hazards, must be defined and confirmed after plant-based antiviral medicines have been pharmacologically approved for human consumption. Another area of interest is how antiviral foods and medications work together to strengthen the immune system. Eating foods high in antioxidants and antiviral agents in addition to traditional medications might be more effective because viral infections significantly impair human defensive mechanisms.



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# The Journey of a Drug from Discovery to Healing

Every tablet swallowed, every injection administered, and every syrup prescribed carries a remarkable story behind it a story of science, patience, innovation and hope. The phrase “From Molecule to Medicine” represents the incredible journey of how a tiny chemical compound transforms into a life-saving treatment that improves millions of lives around the world.

Behind every medicine available in pharmacies today lies years of research, countless experiments, and the dedicated efforts of scientists, pharmacists, researchers, clinicians and healthcare professionals. Understanding this journey not only highlights the importance of pharmaceutical sciences but also inspires future pharmacists to appreciate their vital role in healthcare.

## The Birth of an Idea

Every medicine begins with a problem that needs a solution. It may be a deadly disease, a resistant infection, chronic pain or a global health emergency. Scientists first study the disease carefully to understand how it affects the body and identify specific biological targets such as proteins, enzymes or receptors that can be influenced by drugs.

Once a target is identified, researchers begin searching for molecules capable of producing the desired therapeutic effect. Thousands of natural and synthetic compounds are screened in laboratories. Surprisingly, many medicines originate from nature itself. Penicillin was discovered from mold, aspirin from willow bark and several anticancer drugs from plants and marine organisms.

However, only a few molecules show real promise.

## Drug Discovery and Development

A promising molecule is only the beginning. Researchers must determine whether it is effective, stable, safe and suitable for human use. This phase involves extensive laboratory testing known as preclinical studies.

Scientists examine:

- How the molecule behaves in the body
- Its effectiveness against disease
- Possible toxic effects

- Appropriate dosage ranges
- Drug interactions and stability
- At this stage, pharmacists and pharmaceutical scientists play a major role in formulation development. A medicine must not only work but also it must reach the right part of the body at the right time in the right concentration.

### **For example:**

Tablets need proper disintegration and dissolution

Capsules require accurate drug release

Injections must remain sterile

Sustained-release formulations need controlled delivery systems

This is where chemistry meets patient care.

Clinical Trials: Testing in Humans

Before a medicine reaches the market, it undergoes rigorous clinical trials conducted in multiple phases.

### **Phase I**

The drug is tested on a small group of healthy volunteers to evaluate safety and dosage.

### **Phase II**

The medicine is given to patients suffering from the disease to assess effectiveness and side effects.

### **Phase III**

Large-scale studies involving thousands of patients are conducted to confirm safety, efficacy and overall benefit.

Only after successfully passing these stages can regulatory authorities approve the medicine for public use. Even after approval, monitoring continues through pharmacovigilance programs to detect rare adverse effects.

This long process often takes more than 10 years and costs billions of dollars, demonstrating the complexity of transforming a molecule into medicine.

The Role of Pharmacists

Pharmacists are much more than dispensers of medicines. They are an essential bridge between scientific discovery and patient care.

### **Modern pharmacists contribute in:**

- Drug research and development
- Clinical trials
- Quality assurance
- Regulatory affairs
- Hospital and community healthcare
- Patient counseling
- Pharmacovigilance

Their knowledge ensures medicines are used safely, effectively and responsibly.

In an era of personalized medicine, pharmacists are increasingly involved in tailoring treatments according to a patient's genetics, lifestyle and medical history. The future of pharmacy is moving toward precision healthcare where therapies are designed specifically for individuals.

## Technology Transforming Medicine

Today, advanced technologies are accelerating drug discovery faster than ever before. Artificial intelligence, biotechnology, nanotechnology and computational modeling are revolutionizing pharmaceutical research.

Scientists can now:

- Predict drug behavior using computer simulations
- Develop targeted therapies for cancer
- Create vaccines rapidly using genetic technology
- Improve drug delivery through nanoparticles

The rapid development of vaccines during global pandemics demonstrated the extraordinary power of modern pharmaceutical sciences and international collaboration.

Challenges Along the Journey

### Despite scientific progress, many challenges remain:

- Drug resistance
- High research costs
- Limited accessibility to medicines
- Counterfeit drugs
- Ethical concerns in research
- Adverse drug reactions

Pharmacy professionals continue working toward safer, affordable and more accessible healthcare solutions for society.

Conclusion

The journey from molecule to medicine is one of humanity's greatest scientific achievements. It is a path filled with curiosity, dedication, failures, discoveries and ultimately hope. Every medicine on a pharmacy shelf represents years of hard work aimed at improving and saving lives.

For pharmacy students, understanding this journey is more than academic knowledge — it is a reminder of the responsibility and privilege of being part of the healthcare system. As future pharmacists, researchers and healthcare innovators, today's students may one day contribute to discovering the next life-saving medicine.

A small molecule in a laboratory today could become tomorrow's miracle cure.

“Medicines do not simply heal diseases; they carry the dreams, efforts and discoveries of countless minds dedicated to hu



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# Dedication Leads You to Success

Success is not achieved overnight. Behind every successful person lies a story of hard work, patience, determination, and above all, dedication. Dedication is the driving force that helps individuals stay focused on their goals and continues moving forward despite difficulties and failures. It is one of the most valuable qualities that can transform dreams into reality.

In today's fast-moving world, many people search for shortcuts to success. However, true and lasting success comes only through sincere effort and commitment. A dedicated student spends time learning and improving knowledge every day. A dedicated doctor or pharmacist serves patients with care and responsibility. Athletes, scientists, teachers, and entrepreneurs all achieve greatness because they remain committed to their work and never stop trying.

Dedication builds discipline and confidence. When a person is dedicated, they learn to manage time effectively and remain motivated even during challenging situations. Obstacles and failures are common in life, but dedicated individuals do not lose hope. Instead, they treat failures as learning experiences and continue working harder toward their goals. This positive attitude helps them grow stronger and wiser.

In healthcare professions, dedication plays a very important role. Pharmacists and healthcare workers who are dedicated to patient care help improve the quality of life of many people. Their commitment ensures safe use of medicines, proper guidance, and better healthcare services. Dedication in professional life also creates trust, respect, and responsibility.

History has shown that successful people are not always the most talented, but often the most dedicated. Great leaders, inventors, and innovators reached success through continuous effort and determination. Their journeys inspire others to remain committed to their ambitions and responsibilities.

Dedication is not only about working hard; it is also about having passion and consistency. Even small efforts made regularly can lead to great achievements over time. A person who stays dedicated to learning, improving, and helping others can achieve both personal and professional success.

Therefore, dedication is the key that opens the door to achievement and happiness. It gives purpose to life and motivates individuals to become better every day. Truly, dedication leads you to success and helps create a bright and meaningful future.

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# The Meaning of

“Love”

Most people might define love as a deep connection or feeling you have with another person, where it's romantic or platonic. In the harsh reality it's far more than fleeting emotion; love is showing up, honest, and fighting for the connection. True love requires effort because every soul is flawed, no matter how much we like to deny it. Expecting loves to be easy is like expecting a new born to know fluent english the moment it's born. growth take time, patience, and mistakes. People are constantly evolving and being imperfect is a big part of life. Nobody is perfect



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## ~Hope is optimistic



**Nishana Najeeb**  
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Hope is host to dreams. Hope was there and brought us here And pushed us in between. But they don't want us dreaming For fear we will not wake. Regret will leave us screaming For those dreams weren't theirs to take. So hold onto your hopefulness. Don't let the dream slayers win As once they stop you dreaming That's when the nightmare begins.

# My Suicide Note

Hi humans,

*"This is my suicide note. I am writing this note with a heart full of sorrow and eyes filled with tears."*

*Being a tree, I was born and brought up in the forest where I spent my time enjoying the beauty of the nature and the essence of the soil. I enjoyed the warm sunlight and the cool natural breeze every day.*

*As I grew up gradually, many living creatures such as small birds and insects started taking shelter in my shade. I am glad I could offer shelter to many such creatures. They used to play on me, love me and our relationship was more beautiful than best relation in the world.*

*My life was so beautiful and joyful but like other stories, mine also came to a tragic end. A few days ago, a group of real estate developers entered the forest and began to uproot my friends one after the other.*

*As I live in the middle of the forest my turn is yet to come. The sight of the birds and creatures running away to save their lives stole the forest of its glory. It was heart breaking to see the once lush forest left barren.*

*Finally, it's my chance to be uprooted tomorrow. But, before that I want to make an appeal to all the humans, which is the main intention of this note.*

*please help us, save us we demand you nothing but a little bit of security. We are the reason you have rainfall, we are responsible for the rich resources, we are here to serve you.*

*What would happen if all of us were uprooted? no rains, no water, no shelter for animals, no cool breeze, no pristine surroundings, only a land full of pollution, and ecological imbalances.*

*If not for yourself, at least think of your future generation what would they have? "can you provide them a pollution free atmosphere?" can they lead their lives happily?"*

*I am writing this suicide note not for sympathy, but to create an awareness among people. Before my turn comes tomorrow I myself committing suicide."*

*Wishing you all a happy and good life  
Wishing you all a happy and good life*

*Yours Undemandable Tree*

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# The Adventures of a Funny, Kitten

There's something magical about kittens—the way they wobble when they walk, their oversized paws, and their endless curiosity about everything. But among all kittens, there's always that one little troublemaker who turns ordinary moments into hilarious memories. This is the story of such a kitten. Meet Mochi, a tiny ball of fluff with bright, curious eyes and a tail that seemed to have a mind of its own. Mochi wasn't just cute—she was comically cute. Every step she took looked like she was learning how gravity works for the first time. One morning, Mochi discovered her reflection in a mirror. At first, she froze. Her ears perked up, her eyes widened, and she slowly reached out a paw to touch the “other kitten.” The moment her paw hit the glass, she jumped back like she had just seen a ghost. Then came the classic kitten move—sideways hopping with puffed-up fur, trying to look fierce but ending up looking ridiculously adorable. Her curiosity didn't stop there. A simple ball of yarn became her greatest enemy and best friend. She would pounce, miss, roll over, and somehow get tangled in it—all within seconds. Watching her try to “defeat” the yarn was like watching a tiny comedian performing a perfectly timed routine. Food time was another adventure. Mochi loved milk, but drinking it neatly? Absolutely not. She would dip her nose too deep, sneeze mid-sip, and end up with a milk mustache that made her look like a very serious little gentleman. Then she'd lick her paws and attempt to clean herself, only to get distracted halfway and chase her own tail instead. But perhaps the funniest thing about Mochi was her fascination with boxes. No matter the size—big, small, or barely big enough—she believed she could fit into all of them. Watching her squeeze into a box half her size, only to sit there proudly as if she had accomplished something great, was enough to make anyone laugh. Despite all her silly antics, Mochi had a gentle side

too. After a long day of mischief, she would curl up into a tiny fluffy ball and fall asleep, twitching slightly as if dreaming of her next grand adventure. In those quiet moments, she wasn't just funny—she was pure comfort. Mochi reminded everyone around her that happiness doesn't have to be complicated. Sometimes, it's as simple as a kitten chasing a shadow, tumbling over nothing, or proudly sitting in a box she clearly doesn't fit in. And that's the charm of a funny, cute kitten—they don't just make you smile, they make your world a little lighter, one tiny, clumsy step at a time.



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# COLLEGE Chronicles:

## **The Student Survival Saga**

College life is a perfect mix of chaos, fun, and unforgettable memories. It's the only phase where stress and happiness go hand in hand and somehow, we survive it all with a smile.

## **The “5 Minutes More” Morning Routine**

Every student has mastered the art of waking up to an alarm, turning it off and saying, “just 5 minutes more.” Those five minutes somehow turn into thirty and suddenly we are rushing to class with half-combed hair and a unfinished breakfast.

## **Last Minute Assignment Miracles / Deadlines and Daydreams**

No matter how many days we are given to complete an assignment, we always end up doing it the night before the deadline. Surprisingly, some of our best work is created during these late-night study sessions.

The group work sounds easy until we realize that only two people are actually working, one is giving “moral support,” and the other doesn't even know the topic. Yet somehow, everyone's name appears on the final submission. This silent agreement is one of the unspoken truths of college life.

## **The Joy of a Cancelled Class - “Instant Serotonin”**

Nothing matches the happiness of reaching college and finding out that a lecture has been cancelled. That moment feels like winning a small lottery. Whether it means extra sleep, time with friends, or just a break from the routine, cancelled classes are a special blessing for all.

## **Canteen Conversations are the Real Therapy**

College canteens are not just places to eat—they are places where friendships grow. Some of the most meaningful conversations happen over a plate of snacks.

## **The final battle Exams: The Ultimate Reality Check**

Throughout the semester, we often feel relaxed and confident thinking we have plenty of time to study. But as exams approach, reality hits hard. Notes are borrowed, group studies are planned, and suddenly everyone becomes serious about academics. The night before the exam is like a thriller movie: 10% study, 90% overthinking. The exam strategy: PRAY-WRITE-HOPE.

## **“No Wifi Needed, Still Connected” FRIENDS: “THE FAMILY WE ACCIDENTALLY CHOOSE”**

Beyond classes and exams, what truly makes college special are the friendships we build. They turn boring lectures into fun memories and stressful days into something we can laugh about later.

“College is not just about classes and exams—it's about the little moments that make us laugh, energetic, and grow. Years later, we won't remember every lecture, but we'll definitely remember the fun, the chaos, and the people who made it special.”



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# പുതുമാഴികൾ തേടി .....

മഞ്ഞുപുതച്ചൊരാ പ്രഭാതം ശ്വാസമടക്കി നിർപ്പു  
തിരുളിൻ വീടവാനെലിൻ നിശബ്ദം തീരം പോൽ.  
വീഴാത്ത കാല്പാടുകൾ തൻ അടയാളമില്ലാപ്പുല്ലുകൾ,  
മാറാത്ത നിഴലുകൾ ഞാക്കിടാത്ത നിമിഷങ്ങൾ.  
മഷി പാത്രത്തിൽ മഷിയുറങ്ങിപ്പോകു കുറുത്ത നിശബ്ദമൊപ്പം,  
മനസ്സിൻ കനലൊന്ന് തൊടുവാൻ കാത്തിരിപ്പു.  
ചന്ദ്രൻ തിരികൊൻ, തൂലികയെ ഉണർത്താൻ,  
ശബ്ദമെഴുതി നിറുത്തൊരുമൊക്കെ പണിതീർക്കാൻ.  
വലിയൊരു മാതൃകയൊന്നും അതൊരിക്കലും ഒട്ടൊന്നി  
വരികളില്ലൊരു തികവുറ്റ ശൈലികൾ ഭവനമൊന്നുമില്ല.  
തൂങ്ങുവാൻ മാത്രമാണെന്നുമേ ആവശ്യപ്പെടുന്നത്,  
തൂങ്ങുവാനു കഥകൾക്കൊക്കെയൊരു വാതിൽ തുറന്നിടാൻ.



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## മൗനത്തിന്റെ ശബ്ദം

മിണ്ടാതിരിപ്പിലും ചില കഥകൾ ഉണ്ടാകും ,  
കണ്ണുനീരിലും ചില സ്വപ്നങ്ങൾ മറഞ്ഞിരിക്കും .  
ജന്മപ്പെട്ട വഴികളിൽ നമ്മൾ നമ്മളെ കണ്ടുപിടിക്കും ,  
തിരക്കിന്റെ സുവിൽ മനസ്സ് ശാന്തി തേടും .  
പോയകാലം പരിചിച്ച് പാഠങ്ങൾ നമ്മെ വളർത്തും ,  
വിഴിപ്പത്ത് നിന്നുയരാൻ ധൈര്യം നമ്മെനയിക്കും .  
മൗനത്തിന്റെ ശബ്ദം കേൾക്കാൻ പഠിച്ചാൽ,  
ജീവിതം തന്നെ നമുക്ക് മറുപടി നൽകും .



**Assin Hussain**  
7th Sem B.Pharm

# നിഴലുകൾക്കും സ്വപ്നങ്ങൾ ഉണ്ടോ ?

കോളേജ് കാമ്പസിന്റെ ഒരു കോണിൽ,  
ഒരു പഴയ വൃക്ഷം നിന്നിരുന്നു  
കാലത്തിന്റെ കഥകൾ പറഞ്ഞുകൊണ്ട്,  
നിശ്ശബ്ദതയിൽ ജീവിച്ചുകൊണ്ടു.  
ആ വൃക്ഷത്തിന്റെ നിഴലിൽ  
പ്രതിദിനം ഇരിക്കാറുണ്ടായിരുന്നു അനയ.  
കൈയിൽ പുസ്തകം ,  
ഹൃദയത്തിൽ ചോദ്യം  
ഞാൻ ആരാവാൻ പോകുന്നു?  
ചുറ്റും ആളുകൾ ഓടി കൊണ്ടിരുന്നു  
മാർക്കുകൾക്കായി ,  
ജോലിക്കായി ,  
ഒരാളിനെ മറ്റൊരാൾ മറികടക്കാൻ.  
പക്ഷേ അനയ  
അവൾക്ക് വേണ്ടിയിരുന്നത്  
സ്വയം കണ്ടെത്താനുള്ള ഒരു വഴിയായിരുന്നു.  
ഒരു ദിവസം ,  
കാറ്റ് അല്പം ശക്തമായിവിശി .  
ഇലകൾ പതഞ്ഞു,  
നിഴൽ വിറച്ചു.  
അവൾ ചിരിച്ച് ചോദി ചൂ:  
നിഴലേ നിനക്കുമുണ്ടോ സ്വപ്നങ്ങൾ?  
നിഴൽ മിണ്ടിയില്ല.  
പക്ഷേ വൃക്ഷം മൃദുവായി ചലിച്ചു  
പറയുന്നതുപോലെ :  
എനിക്ക് സൂര്യനെ തൊടാനാവില്ല,  
പക്ഷേ അവന്റെ പ്രകാശം  
എന്നെ വഴികാണിക്കുന്നു.  
നീ മറ്റൊരാളാകാൻ ശ്രമിക്ക  
നീ തന്നെയായാൽ മതി .  
അന്നേ ദിവസം ,  
അനയ ആദ്യമായി മനസ്സിലാക്കി  
ജീവിതം മത്സരമല്ല,  
അത് ഒരു യാത്രയാണ്.  
നിഴലുകൾക്ക് സ്വപ്നങ്ങളില്ലായിരിക്കാം ,  
പക്ഷേ അവ  
നമ്മുടെ സ്വപ്നങ്ങൾക്ക് തണലാകുന്നു.



Amoliga V.S  
7th Sem B.Pharm

# ഇനിയില്ല ഒരിക്കലും

സൂര്യപൂർവ്വകാലത്തോടൊപ്പം ഞാനും ചലിക്കുന്നു,  
ഒരുനാൾ ഈ ജീവിതവിപണികളുടെ താളവും  
നിലയ്ക്കും,  
അന്ന് ആരോരും അറിയാതെ ആരുടേയും  
ശ്വാസതാളമാവാതെ,  
ഒരു ചെറു ജലകണം ഭൂമിമാതാവിന്റെ  
നെറുകയിൽ ചാർത്തുന്നതുപോലെ,  
കാലമാകുന്ന പക്ഷിയുടെ ഒരു തൂവൽ താൻ  
പോലും അറിയാതെ അടർന്നുകയറുന്നതുപോലെ,  
ഞാനും പ്രകൃതിയുടെ മടിത്തട്ടിലേക്ക്  
യാത്രയാകും  
തിരികെ ഭൂമി സന്ദർശിക്കണമെന്ന്  
ആഗ്രഹമുണ്ടെങ്കിലും നടക്കാനാവാത്ത ഒരു  
യാത്ര.  
അവസാനം ജീവനായു തന്റെ മാനിലേക്ക് തന്നെ  
ഉയറ്റിയെടുത്ത ആ അജ്ഞാത ശക്തി തന്നെ  
എന്നെ മറക്കും...  
ഈ ഞാൻ പോലും.....



**San Josiya Shaji**  
2nd Sem B Pharm

# ഹിമസ്‌പർശം

വഴിയോരങ്ങളിലായിട്ട് നിന്നപ്പോൾ  
കൈപിടിച്ചു നയിച്ചൊരു  
കരമുണ്ടായിരുന്നുണ്ടോ  
ഇല്ലായ്മയീപ്പോയ ഇടങ്ങളിലെങ്ങും  
കൂടെ നടത്തിയ കരങ്ങൾ  
തീർന്നെന്ന് തോന്നിയടഞ്ഞല്ലോ  
ചേർത്തുപിടിച്ച കരങ്ങൾ  
ഓരോ ചേർത്തു പിടിക്കലിലും  
കനൽച്ചുടിന്റെ വാത്സല്യത്താൽ  
വരികളെഴുതിയ കരങ്ങൾ  
കുഞ്ഞുവിരലുകൾക്കെന്നും  
ചുടുകിയിരുന്ന  
കുഞ്ഞുമനസ്സിലുദിച്ച  
വലു സ്വപ്നങ്ങൾക്ക്  
വിത്തുവിതച്ച് പുതുജീവൻ  
പാകിയൊരാ കരങ്ങൾ  
പക്ഷേ, ഒരിക്കൽ...  
ഞാനെന്ന് തൊട്ടപ്പോൾ  
ഹിമകണങ്ങൾ കണക്കെടുത്ത  
അവരണ്ടുമൊരുമയായി  
എന്നോട് പിണക്കം നടിച്ചു ?  
മരവിച്ചുനിൽ മൗനത്തിലാ  
പിണക്കം മാറ്റാൻ  
ചേർത്തു പിടിക്കുത്താനുണ്ടെത്ത  
ആ തണുപ്പത്രമേലെൻ  
ആത്മാവിലേക്കാഴ്ന്നിറങ്ങി..!



**Chinchumol Sibi**  
2nd Year D.Pharm

# ഇന്നും കൂടെയുണ്ട്

സ്നേഹകണമെന്നോ മുദ്രവാക്കാരു കാറ്റ്,  
തൊട്ടുപോകും മനസ്സിന്റെ വഴിയിലൂടെ...  
പറയാതെ നിൽക്കുന്ന വാക്കുകൾ പോലും  
അറിയാമെന്നൊരു തോന്നലോടെ...  
ചിരിയിലൊളിഞ്ഞൊരു ചെറു സന്തോഷം  
മിണ്ടാതിരിപ്പിൽ ഒരു വേദനയും...  
ഇരുവർകിടയിൽ പറഞ്ഞില്ലെങ്കിലും  
ബന്ധമാകുന്നൊരു അനുഭവവും,  
അകന്നുനിൽക്കുന്ന ദൂരങ്ങൾക്കപ്പുറം,  
നമ്മളെ നിറയ്ക്കുന്നൊരു സ്നേഹം  
സ്വന്തം സ്വപ്നങ്ങൾ മറന്നുപോയാലും  
നമ്മളെ മാത്രം സ്വപ്നം കാണുന്ന മനസ്സ്,  
അവസാനം പറയാനുള്ളത് ഒന്ന് മാത്രം  
എന്റെ ഹൃദയം ഇന്നും വിളിക്കുന്നു...  
എനിക്ക് നീ വേണം അമ്മേ...



**Mebina James**  
7th Sem B.Pharm

## DARE TO DREAMS



**Kripa Maria Sabu**  
4th Sem B.Pharm

*Close your eyes and let your imagination fly away.  
See a picture of where you wish to be one day.  
Let the colors of your heart take command to paint  
the picture of your dream and place it in  
your hand.  
Hold on tightly and nurture it, but allow it room  
to grow.  
When you reach your dream, open your hand and let  
it go.  
Close your eyes and search for another, caring for it  
as before.  
Never stop searching, achieving and letting go, for  
that's what dreams are for.*

# The Beauty and Importance of Nature

Nature is the most precious gift to humanity. It is the foundation of life on earth, providing everything we need to survive and thrive. From the air we breathe to the food we eat and the water we drink, every essential element comes from nature. Since ancient times, humans have lived in close connection with nature, depending on it for shelter, resources, and well-being. Even today, despite technological advancements, we remain deeply dependant on the natural world. Nature is incredibly diverse and beautiful. It includes mountains, rivers, oceans, forests, deserts, and countless forms of plant and animal life. Each part of nature plays a unique role in maintaining balance on earth. Forests act as the lungs of the planet by absorbing carbon dioxide and releasing oxygen. Rivers and oceans regulate climate and provide habitats for millions of species. Wildlife contribute to biodiversity, which is essential for a healthy ecosystem. Apart from its physical benefits, nature also has a powerful impact on human emotions and mental health. Spending time in natural surroundings can reduce stress, improve mood, and increase overall happiness. Nature has a calming effect that modern urban life often lacks. However, despite its importance, nature is facing serious threats due to human activities. Rapid industrialization, urbanization, and population growth have led to the exploitation of natural resources. Forests are being cut down for development, leading to deforestation and loss of wildlife habitats. Pollution from factories, vehicles, and plastic waste is contaminating air, water and soil. These actions are disturbing the delicate balance of ecosystem. One of the most alarming consequences of environmental damage is climate change. Rising temperature, melting glaciers, unpredictable weather patterns, and natural disasters are becoming more common. These changes not only affect wildlife but also threaten human lives and livelihoods. If we continue to harm nature, fu-

ture generations may face severe environmental crises. Protecting nature is not just a responsibility but a necessity. Each individual can contribute to conservation efforts in simple yet effective ways. Planting trees, reduce waste, recycling materials, conserving water, and using eco-friendly products can help to reduce environmental damage. Education and awareness are crucial in preserving nature. People must understand the importance of the environment and the consequences of their actions.

Schools, communities, and media can help spread awareness and encourage people to adapt environmental friendly habits. When individuals come together with a shared goal significant positive changes can be achieved. In addition, sustainable development is essential for balancing human needs with environmental protection. This means using resources in a way that does not harm future generations. Renewable energy sources like solar and wind power can reduce dependance on fossil fuels. Sustainable farming and responsible consumption can also help maintain ecological balance.

In conclusion, nature is the backbone of life on earth. It provides us with everything we need while also offering beauty, inspiration, and peace. However, it is under threat due to human actions. It is our duty to respect, protect, and preserve nature for the benefit of all living beings. By taking small steps and making conscious choices, we can ensure that the natural world remains healthy and vibrant for generations to come.

**Rose Mariya Alex**  
**7th Sem B.Pharm**



# WHERE STRENGTH BEGINS

Even when I lost my way, they never let go  
They spoke to me even in silence  
In my falls they wiped my tears  
In my victories they smiled from behind.  
They understand my heart without a word  
Even far away, they stay close to me  
A shelter for all my fears  
They are my true strength  
Even if the world changes, one truth remains  
In my story, they are the beginning  
Whatever happens in the end  
When they are there, I am never alone.



**Nandhana · S**  
**7th Sem B.Pharm**



**Mariet Anna Philip**  
**7th Sem B.Pharm**

## Threads of Trust

Trust is like a tiny thread,  
Soft and light, but strong when spread.

It grows in words, it grows in care,  
In honest hearts that choose to share.

A broken trust can hurt so deep,  
Like silent tears we cannot keep.

But when it's true and gently kept,  
It builds a bond that won't be swept.

So hold it close, don't let it fall,  
Because trust is the base of it all.

# ചെന്നൈ:

## ഒരു അനുഭവക്കുറിപ്പ്

ചെന്നൈ എന്ന നഗരത്തെ പറ്റി പറയുമ്പോൾ മനക്കണ്ണിൽ ആദ്യം തെളിയുന്നത് അവിടുത്തെ വൈവിധ്യവും, പാരമ്പര്യവും ചേർന്ന മനോഹരമായ ഒരു ചിത്രമാണ്.

തെന്നിന്ത്യയുടെ സാംസ്കാരിക കവാടമായ ഒരു നഗരമാണ് ചെന്നൈ (രവലിമശ). ചെന്നൈയുടെ എന്ന് വിശേഷിപ്പിക്കുന്ന ബീച്ചാണ് മറീന. ലോകത്തിലെ തന്നെ നീളം കൂടിയ എന്ന് ഇതിനെ വിശേഷിപ്പിക്കുന്നു. കടൽ തീരത്തെ സൂര്യോദയവും, വൈകുന്നേരത്തെ തിരക്കും ചെന്നൈയുടെ മാത്രം പ്രത്യേകതയാണ്.

ചുരുക്കത്തിൽ, പാരമ്പര്യവും, ആധുനികതയും ഒരുപോലെ ഇഴചേർന്ന് തിളങ്ങുന്ന, ഏത് നാട്ടുകാരെയും സ്നേഹത്തോടെ സ്വീകരിക്കുന്ന ഒരു വികാരമാണ് ചെന്നൈ. അങ്ങനെയൊരു വികാരത്തിൽ പങ്കുചേരാൻ ഞങ്ങളും എത്തി ചെന്നൈ എന്ന നഗരത്തിലേക്ക്.

യാത്രയുടെ തുടക്കവും ഇൻഡസ്ട്രിയൽ വിസിറ്റും

2025 ഡിസംബർ 19ന് സെന്റ് ജോൺസ് കോളേജിൽ (ട്രേ. ഫീവി' റീഫറലഴല) നിന്ന് പുറപ്പെട്ട് പിറ്റേന്ന് രാവിലെ ഞങ്ങൾ ചെന്നൈയിൽ എത്തി. അവിടെ നിന്ന് ഞങ്ങളെ കൊണ്ടുപോകാൻ ഞങ്ങളുടെ ബന്ധുക്കൾ എത്തുകയും, പോർ എന്ന പ്രദേശത്തിലെ വാനവില്ല (മിമംഗലം) എന്ന ഹോസ്റ്റൽ ഞങ്ങളുടെ വാസസ്ഥലമാകുകയും ചെയ്തു. ഹോസ്റ്റൽ അനുഭവം ഞങ്ങളെ സംബന്ധിച്ച് പുതിയതായിരുന്നു. നല്ല തണുപ്പായിരുന്നു എങ്കിലും ഞങ്ങൾ രണ്ട്, മൂന്ന് ദിവസം കഴിഞ്ഞ് പൊരുത്തപ്പെട്ടു.

അങ്ങനെയിരിക്കെ മൂന്നാം നാൾ ഞങ്ങളുടെ ഇൻഡസ്ട്രി ലൈഫ് (കിറുവേറ്റേ ഹൾ) തുടങ്ങി. ഇന്റേൺഷിപ്പ് (കിലേവെശു) ദിവസം അതൊരു വല്ലാത്തൊരു നെർവസ് എന്നർത്ഥം (ചലച്ചിത്രം ജില്ലയ്യ) ആയിരുന്നു. ഫോർമൽ ഡ്രസ്സും (ഉദ്യമം റൂലൈ) ഐഡി കാർഡും (കളരമുറ) കഴുത്തിൽ തൂക്കി കമ്പനിയിലേക്ക് നടന്നു കയറിയപ്പോൾ വല്ലാത്തൊരു ഫീൽ (ഉലലഹ) ആയിരുന്നു. അതുവരെ കോളേജിലെ പുസ്തകത്താളുകളിൽ മാത്രം കണ്ടിട്ടുള്ള മെഷീനുകളും (മരവശിലൈ), മിസ്സും സാറും പറഞ്ഞു തരുന്ന അറിവുകളും മാത്രം അറിഞ്ഞിരുന്ന ഞങ്ങൾക്ക് ഇതൊക്കെ നേരിട്ട് കണ്ടപ്പോൾ ആകാംക്ഷ വേറെ തന്നെയായിരുന്നു. ഞങ്ങൾ ആഗ്രഹിച്ച പോലെ തന്നെ മനസ്സിൽ തോന്നി.

കോളേജിലെ തിയറിയിൽ (വേലീയ്യ) നിന്നും വ്യത്യസ്തമാണ് ഇൻഡസ്ട്രി (കിറുവേറ്റേ). ഓരോന്നും നേരിട്ട് കാണുന്നത് ഒരു അനുഭവം തന്നെയായിരുന്നു. പ്രൊഡക്ഷൻ (ജൂററശേരീ) സെക്ഷനിലെ എല്ലാവർക്കും ഞങ്ങൾ കണ്ടു പഠിച്ചിരുന്നു.

ഞങ്ങളുടെ തെറ്റുകൾ മനസ്സിലാക്കി തരുകയും, സീനിയർ സ്റ്റാഫ് (ട്രീശീയ്യ ട്രേജ്) കാണിക്കുന്ന ആ ഒരു ക്ഷമയും ഞങ്ങൾ നാലുപേർക്കും വലിയൊരു കോൺഫിഡൻസ് (രീളശരലിലൈ) നൽകി. ഏതൊരു സെക്ഷനിൽ (ട്രേശേരീ) പോകുമ്പോഴും അവിടെ ജോലി ചെയ്യുന്നവർ ഞങ്ങളോട് മിണ്ടാൻ ശ്രമിക്കുകയും, തിരിച്ചും അവരോട് മിണ്ടുകയും അവരുമായി കൂടുതൽ കൂട്ടാവുകയും ചെയ്തു. അവരുടെ അരികെ പോയിരുന്ന് തൊഴിലിൽ ഏർപ്പെടുകയും, അവരെ സഹായിക്കുകയും ചെയ്തു. ടാബ്ലറ്റ് വെയിറ്റ് (മേയഹലൈലശവലൈ), ക്യാപ്സ്യൂൾ വെയിറ്റ് (രമുഔഹലൈലശവലൈ), ഫില്ലിങ് (ഉശഹഹശിശൈ), എംപ്റ്റി ക്യാപ്സ്യൂൾ വെയിറ്റ് (ലാലേ രമുഔഹലൈലശവലൈ) അങ്ങനെ ഒട്ടനവധി കാര്യങ്ങൾ ഞങ്ങൾ ചെയ്യാൻ തുടങ്ങി. അവർ തരുന്ന ഓരോ കാര്യങ്ങളും അതിലേറെ സന്തോഷത്തോടെ ചെയ്തു. ഡിസൈല്യൂഷൻ (ഉശഹൈഹശേരീ), ഡിസിന്റഗ്രേഷൻ അപ്പാരറ്റസ് (ഉശശൈലേഴുമശേരീ മൂമൂമശേരൈ) എന്നിവയെ കുറിച്ചും പഠിക്കുകയും സാറുമാർ പറഞ്ഞു തന്ന കാര്യങ്ങൾ ഓർമ്മകളിൽ നിറയുകയും ചെയ്തു.

അവിടെ വെച്ച് തന്നെ തൃശ്ശൂരിൽ നിന്നുള്ള ആറ് മലയാളി കുട്ടികാരെ ഞങ്ങൾക്ക് ലഭിക്കുകയും അവരുമായി കൂടുതൽ അടുക്കുകയും ചെയ്തു. അവരുടെ കൂടെയിരുന്ന് ഓരോ ആക്ടിവിറ്റികളും (മരശേശശേലൈ) ഒഴിവു സമയങ്ങളും ഞങ്ങൾ ചെലവഴിച്ചു. ഇതൊക്കെ കൂടുതൽ മനസ്സിലേറ്റുകയും ഞങ്ങളെ കൂടുതൽ മുന്നിലേക്ക് നയിക്കുകയും ചെയ്തു.

ക്രിസ്തുമസ് ആഘോഷങ്ങൾ ക്രിസ്തുമസ് നാളിലെ തുടക്കമാണ് ഞങ്ങളുടെ ആദ്യത്തെ യാത്രകളുടെ ആരംഭം. ഹോസ്റ്റലിന്റെ ബഹളങ്ങളിൽ നിന്ന് മാറി അവിടെയുള്ള വേളാകണ്ണി

