



BHARATI VIDYAPEETH (Deemed to be University)

## POONA COLLEGE OF PHARMACY

Erandwane, Pune - 411038

Accredited by NBA (6 yrs.), NACC (A+ GRADE),

ISO Certified, NIRF (29 rank 2023)

# CAPSULE 2023-24

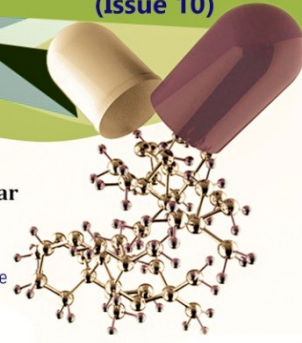
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### Paintings



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**Ketki Umale**



**Rutuja Gir**



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**Tanishka Deshmukh**

एक झाड लांब लांब फांद्या असणारं दुःखही जवळ घेऊन येणारं,  
एक झाड माळरानात एकटच चिडीचीप उभं असणारं  
मायेचं प्रेम कुणा ना कुणासाठी जपणारं.

एक झाड कधीही न बोलणारं रोज नव्या उमेदीच  
बीज पेरणारं एक झाड वादळ वाऱ्याशी  
तग धरून धीट राहणारं वाटसरूला शांत स्वप्नात पाहणारं.

एक झाड दुसऱ्यासाठी झिजण्याचा ध्यास देणारं सृष्टीला नवा श्वास देणारं.  
एक झाड अथांग समुद्र तिराशी उभं असणारं लाटांशी खळखळून हसणारं.

एक झाड बागेत रोपटं म्हणून असणारं चिमुकल्यांसोबत लपंडाव खेळणारं.  
एक झाड बांदववरून शेताच राखण करणारं बाळाला शांत झोळीत निजवणारं.

एक झाड प्रत्येकाला हवं हवं असणारं  
माणसांशी माणुसकी जपणारं. **Sairaj Vede (Pharm. D)**

छिपी हुई प्रतिभा हूँ मैं  
बोरे से ढँक कर रख दो मुझे  
भूसे से भरी हुई मिट्टी की कोठरी में  
चिनवा दो मुझे कुएं की दीवारों में जिन्द  
फिर भी मैं उग आउंगी बन कर हरे शैवाल  
उठ आउंगी मैं गहरे दलदलों से भी  
सड़े गले पत्तों की पीठ पर  
उग आउंगी मैं बन कर नीले फूलों वाली लता

दबी हुई आवाज हूँ मैं टोक दो मुझे बना कर कील  
खलिहानों में बहुत गहरे चिमटों से उखाड़ लो मेरे दांत  
काट दो मेरी जवान  
भोक दो गर्म सलाखें आँखों में मेरी  
डाल दो पिघला हुआ शीशा मेरे कानों में  
खौलते तेल के कटाहे में भून दो मुझे  
जिन्द दफ़न कर दो मुझे  
खोद कर मेरी कन्न फिर उग आउंगी मैं  
बन कर मजार की हरी दुब संगेमरमर को फोड़ कर  
उग आएगा भिंची मुट्टियों वाला मेरा हाथ  
उठाने को वह डूबती हुई मशाल

### Poetry

**Dileep Kumar**

### Ginkgo Biloba in Dementia



Ginkgo biloba is a famous herbal medicine that has been used in China since ancient times. During 70s, a standardized ginkgo biloba leaf extract (GBE), containing multiple pharmacologically active substances, was developed. The extract contained 22.0–27.0% ginkgo flavonoids, including quercetin, kaempferol, and isorhamnetin, 5.0–7.0% terpene lactones, consisting of 2.8–3.4% ginkgolides A, B, and C and 2.6–3.2% bilobalide, and ginkgolic acids at levels less than 5 PPM. Ginkgo biloba extract (GBE) has been widely used to treat cognitive decline worldwide as an alternative medicine, and used in some small-scale clinical trials. According to many studies, high dosages of GBE (240 mg/day) taken for at least 5 or 6 months may have beneficial effects on dementia sufferers compared to those taking 200 mg/day or less. Compared to placebo controls, those taking 240 mg/day of GBE had a slightly better recovery in terms of activities of daily living and overall cognitive performance. In conclusion, GBE may potentially have moderately beneficial effects in preventing or slowing down cognitive decline in Alzheimer's disease or dementia.

**Bharat Satpute (M. Pharm)**

### Scientific articles

#### Importance of SPORTS in Student's life

##### 1. Physical Benefits

- Participating in sports can help students stay physically active, which is crucial for them to stay healthy.
- As sports help students stay fit, it can reduce the risk of obesity and other chronic health conditions.

##### 2. Mental Benefits

- In addition to the physical benefits, sports can help students develop critical mental skills.
- Team sports teach students how to work together as a unit to achieve a common goal, leading to greater teamwork, collaboration, and leadership skills.

##### 3. Health Benefits

- Regular physical activity and playing sports release endorphins, reducing stress and anxiety.
- It also strengthens the immune system as sports improve heart and circulatory system fitness.

**Adil Sayyad (M. Pharm)**