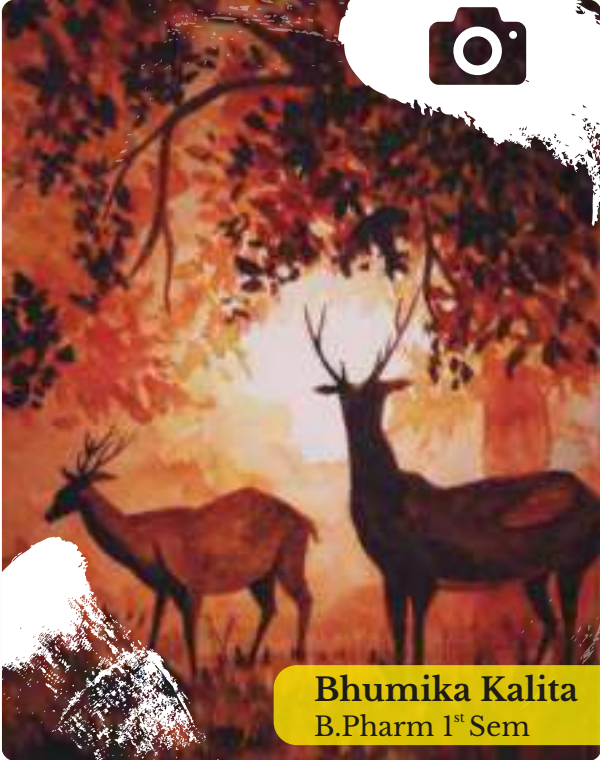
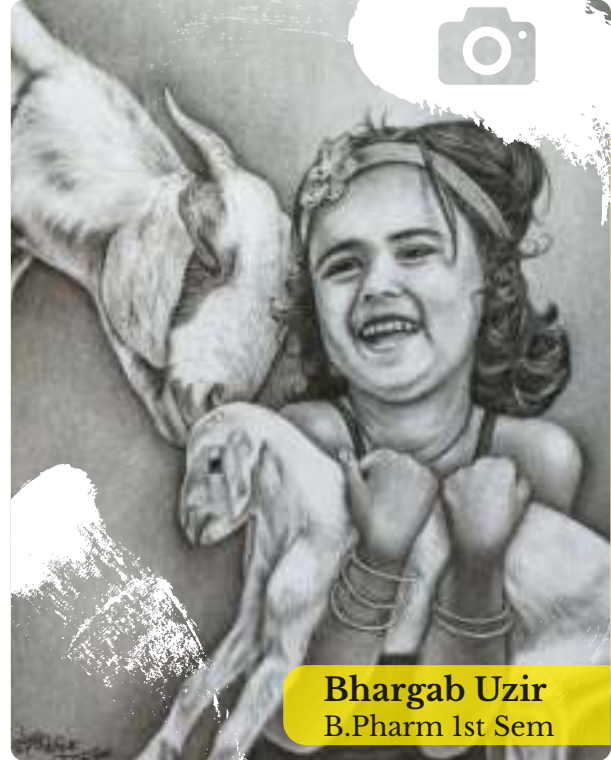




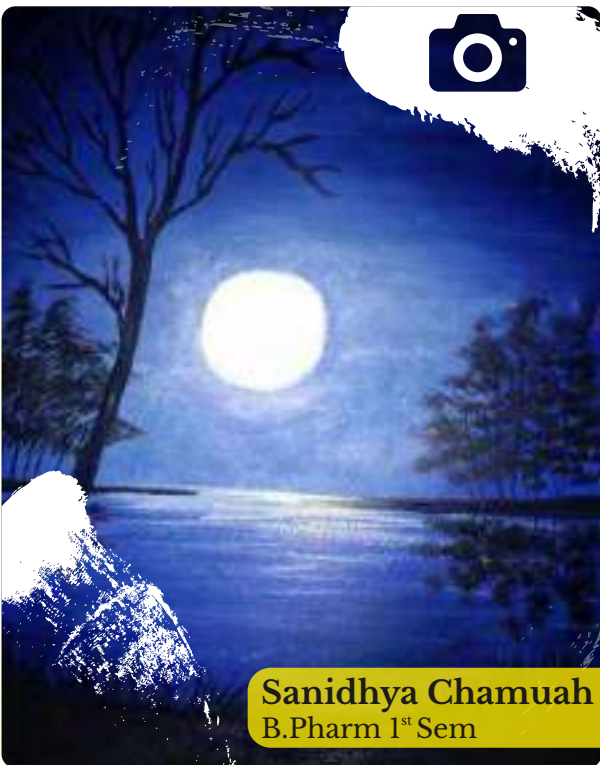
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Bhumika Kalita
B.Pharm 1st Sem



Bhargab Uzir
B.Pharm 1st Sem



Sanidhya Chamuah
B.Pharm 1st Sem



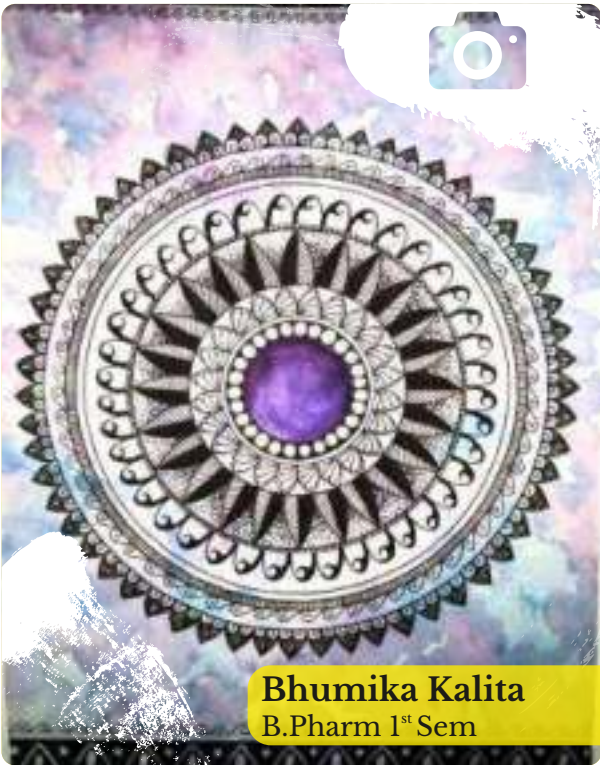
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M.Pharm 1st Sem



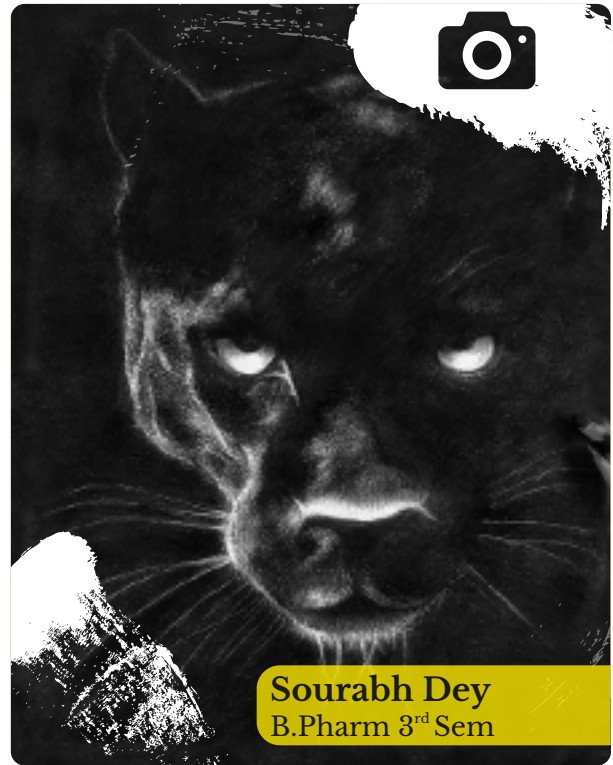
Samiron Das
B.Pharm 3rd Sem.



Bhargab Uzir
B.Pharm 1st Sem



Bhumika Kalita
B.Pharm 1st Sem

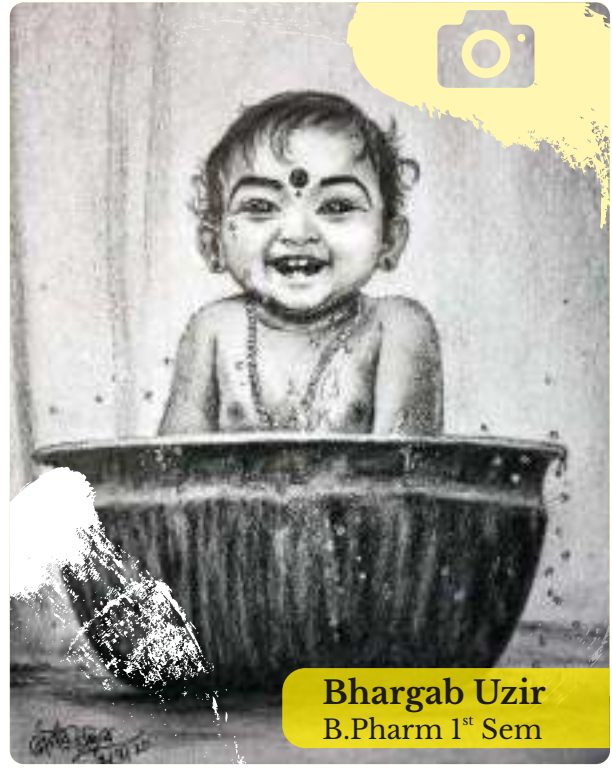


Sourabh Dey
B.Pharm 3rd Sem





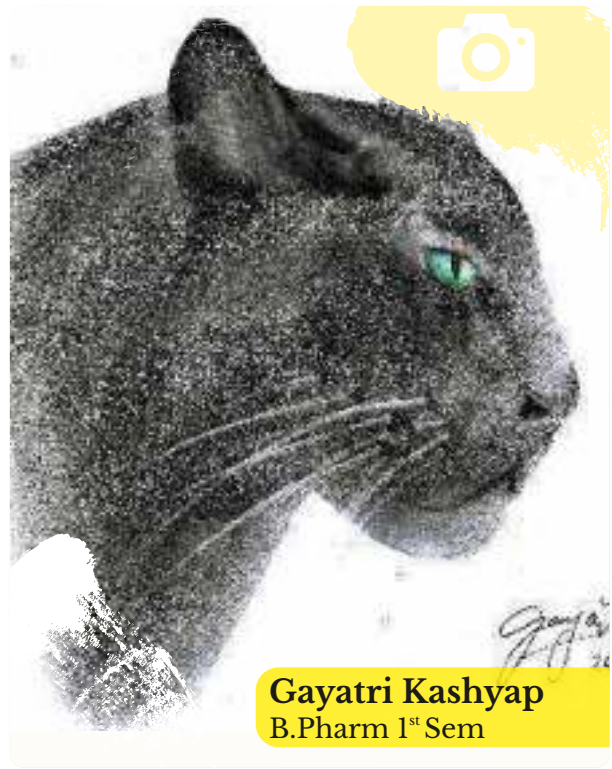
Samiron Das
B.Pharm 3rd Sem.



Bhargab Uzir
B.Pharm 1st Sem



Samiron Das
B.Pharm 3rd Sem.



Gayatri Kashyap
B.Pharm 1st Sem





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Mr. Bhrigu Kumar Das
Dept. of Pharmacology
Assistant Professor



Mr. Bhrigu Kumar Das
Dept. of Pharmacology
Assistant Professor





PHARAMAZONE

2020-2021

Annual Magazine

Volume 11



**GIRIJANANDA CHOWDHURY INSTITUTE OF
PHARMACEUTICAL SCIENCE**

With best compliments from :

To, _____



**Prof. (Dr.) Gouranga Das
(PATRON)**

**Mr. Susankar Kushari
(EDITOR)**



Editorial Team Member



Prof. (Dr.) Gouranga Das
CHIEF PATRON



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Faculty Member



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Suman Kumar



Mrinmoy Deka

Student Member



Manabendra Barman



Bibungchar Mashahary



Rashmita Dutta



Pranjal Das



Pharmacist's Oath

- ⊙ I swear by the code of Ethics of Pharmacy Council of India in relation to the community and shall act as an integral part of health care team.
- ⊙ I shall uphold the laws and standards governing my profession.
- ⊙ I shall strive to perfect and enlarge my knowledge to contribute to the advancement of pharmacy and public health.
- ⊙ I shall follow the system, which I consider best for pharmaceutical care and counselling of patients.
- ⊙ I shall endeavour to discover and manufacture drugs of quality to alleviate sufferings of humanity.
- ⊙ I shall hold in confidence the knowledge gained about the patients in connection with my professional practice and never divulge unless compelled to do so by the law
- ⊙ I shall associate with organizations having their objectives for betterment of the profession of Pharmacy and make contribution to carry out the work of those organizations.
- ⊙ While I continue to keep this Oath unviolated, may it be granted to me enjoy life and the practice of pharmacy respected by all, at all times!
- ⊙ Should I trespass and violate this oath, may the reverse be my lot!

TRIBUTE



Tribute to honorary

Late Cirijananda Choudhury

A figure of wisdom and exemplary personality whose skilful vision and dynamic leadership has resurgent the pillars of GIPS today

IN MEMORIAM



We shall forever remember you

“A limb has fallen from the family tree. I keep hearing a voice
that says” grieve not for me”

Remember the best times, the laughter,
the song, The good life I lived while I was strong.”

Late Bina Chowdhury

Founder

Shrimanta Shankar Academy Society

11th July, 1930 - 21st May, 2017

OBITUARY



GIPS
will always remember you

Arunav Kalita
20th May, 2001 - 23rd December, 2019

Sarbanda Sonowal



Chief Minister, Assam
Guwahati



Date : 27-01-2021

MESSAGE

I am happy to know that Girijananda Chowdhury Institute of Pharmaceutical Science (GIPS) is going to publish the 11th volume of its annual magazine 'PHARMAZONE' on the occasion of National Science Day.

The annual magazine of GIPS provides a platform to the students, alumni, teaching and non-teaching staff of the institute to discuss and deliberate on various aspects of pharmaceutical sector in the region and voice their opinions on different matters. It is also imperative for all stakeholders to inspire the next generation of pharmaceutical scientists to through this magazine to explore newer horizons and come up with ways to tackle modern day health challenges.

I wish Girijananda Chowdhury Institute of Pharmaceutical Science all the very best on this occasion and hope the annual magazine that would help cherish the joyous moments and preserve the success stories created by the institute.

(SARBANDA SONOWAL)



MESSAGE

I am glad to learn that Girijananda Chowdhury Institute of Pharmaceutical Science, Azara is going to publish the 11th volume of its annual magazine namely 'Pharmazone'.

For an education institution, its annual magazine is an integral part of its ensemble, as it reflects its scholastic as well as non-scholastic achievements in a vivid way. Besides it also helps to act as a whetstone to hone the literary skills of many budding talents in topics covering all walks of life.

I would like to convey my heartiest best wishes for the august publication and hope that the Girijananda Chowdhury Institute of Pharmaceutical Science will continue its noble mission for enriching the academic environment of the state in the days to come.


(HIMANTA BISWA SARMA)

From the Desk of Vice Chancellor



MESSAGE

Girijananda Chowdhury Institute of Pharmaceutical Science (GIPS), Guwahati is publishing the 11th edition of their Annual Magazine 'PHARMAZONE' this year on the occasion of "National Science Day". It is important to publish the magazine yearly, as it narrates the achievements and activities held during the year. PHARMAZONE also provides a platform to the students and the faculties along with others to express their views and opinions on various relevant topics. It spreads information Prof. (Dr.) Dhiraj Bora in the community on various global developments of interest.

GIPS is rapidly progressing and has started contributing in nation building by imparting quality education to its students. I congratulate them on successful completion of another year and wish the best for the year to come.

A handwritten signature in black ink, appearing to read "Dhiraj Bora".

Vice Chancellor

Assam Science and Technology University

From the Desk of President



MESSAGE

It gives me utmost pleasure to know that the Girijananda Chowdhury Institute of Pharmaceutical Science is bringing out its 11th volume of the institute magazine 'Pharmazone' very soon. An annual magazine of an institution reflects its achievements during the year. Besides the academic curriculum, GIPS has been involved in various extracurricular and social activities like blood donation camp, health camp etc in the nearby villages. "National Science Day" is a regular feature in their activity calendar where participants from outside also take part. I like to congratulate Principal and dedicated teachers of GIPS for rendering great services in the field of professional education for making the institute a leading one in the North-Eastern region of India.

Lastly I take the opportunity of conveying my best wishes to the Editor and other members of the editorial board for a grand success in their mission and hope that the magazine will reflect the hidden talents and creative potential of the students.

(MR. RATUL DAS)

President

Shrimanta Shankar Academy Society

From the Desk of Secretary



MESSAGE

We at GIPS wish to be the medium for change by imparting its most important component i.e; " Knowledge". GIPS has always stood for quality education and has excelled in providing all that's needed to mould the young mind to succeed. With excellent infrastructural facilities and a team of dedicated and experienced faculty, GIPS provides every bit of opportunity for students to excel in their quest for knowledge. We welcome all the aspirants to be a part of this esteemed institute and hope that you will be able to get an opportunity to imbibe the ethos that GIPS stands for.

A handwritten signature in blue ink, appearing to read 'Bijoyananda Choudhury'.

(MR. BIJOYANANDA CHOUDHURY)
Secretary
Shrimanta Shankar Academy Society

From the Desk of Principal



MESSAGE

I am feeling immense pleasure that we are going to publish the 11th volume of the institutional magazine, Pharmazone, 2021. The creative eye of Girijananda Chowdhury Institute of Pharmaceutical Science (GIPS) is always looking for quality education. Pharmazone is the mirror of this prestigious institute reflects the images of its features of standard education system, research facilities and industrial infrastructure for solid dosages forms.

Apart from these, Pharmazone acts as a medium for expressing students and faculty activity in the field of artistic culture, inter college cricket tournament, outdoor and indoor sports, Assam state level Unnat Bharat Abhiyan, Seminar, symposium, training, growth and development of GIPS.

I am confident that our institutional endeavour along with the full support of our society will make it success.



(PROF. (DR.) GOURANGA DAS)
President, GIPS

From the Desk of Editor



MESSAGE

I am happy to learn that Girijananda Chowdhury Institute of Pharmaceutical Science, Azara, Guwahati is publishing its 11th Volume of their college magazine titled “Pharmazone” on “National Science Day” which falls on 28th February, 2021.

College magazine serves as a platform for the students, alumni, teaching and non-teaching staff to share their different views on scientific, cultural, literary and artistic ideas.

I would like to place on record my gratitude and heartfelt thanks to the President, Shrimanta Sankar Academy (SSA), Secretary SSA, Principal (GIPS), and all members of the GIPS for their wholehearted support and guidance. I express my sincere thanks to all the members of editorial board for their unrelenting efforts in compiling this magazine. Last but not the least, I am thankful to all the authors who have sent their articles.

Readers feedback is very important to us, which will help us to improve the quality of this magazine. Feedback can be sent to gipspharmazone2021@gmail.com

I wish the success of the Annual Magazine and convey my best wishes to the Institute.

A handwritten signature in blue ink, appearing to read 'Susankar Kuchari', written in a cursive style.

(MR. SUSANKAR KUCHARI)



Rang Ghar, Sivasagar, Assam

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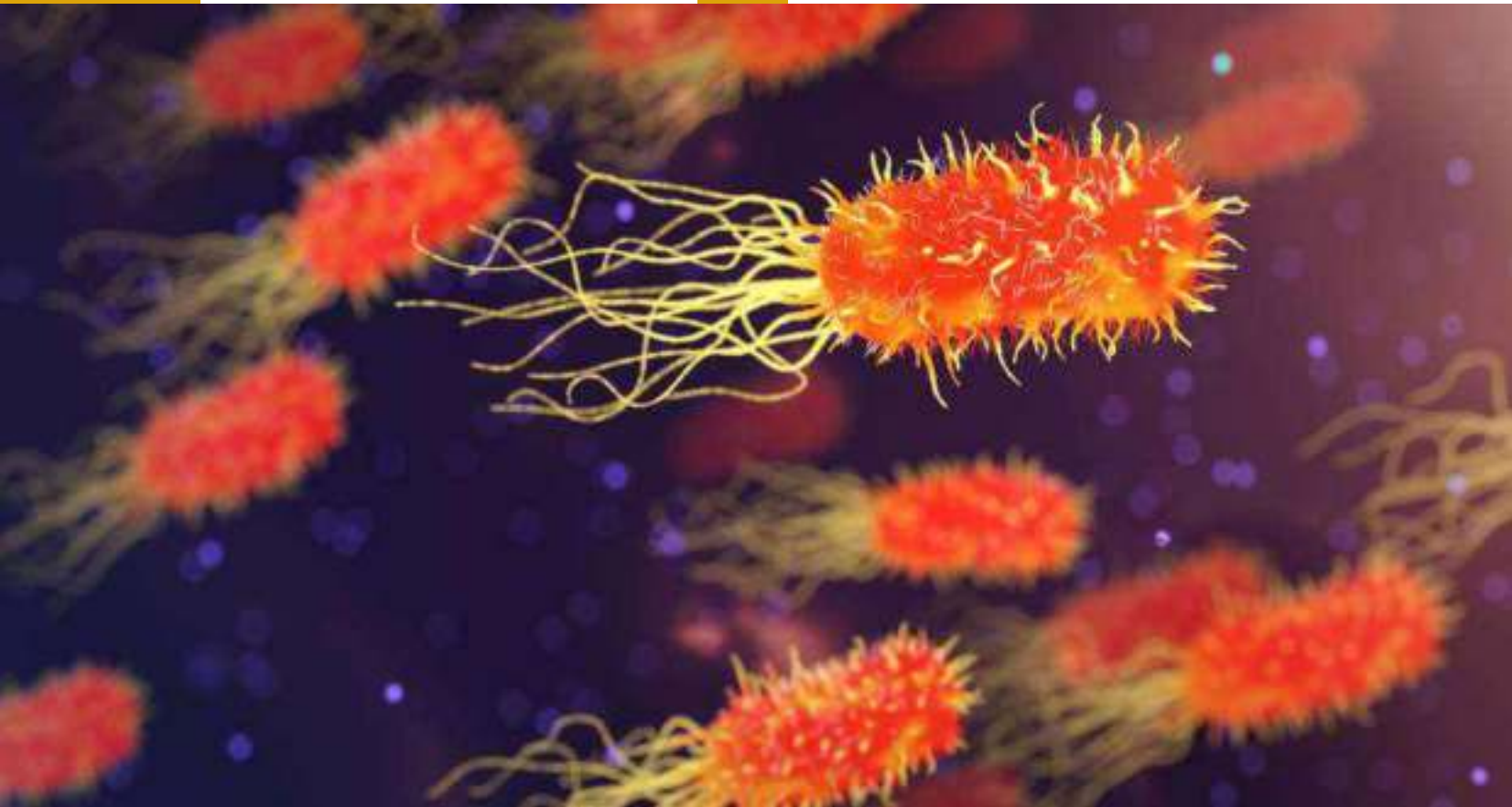
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ENGLISH SECTION

Annual Magazine
Volume 11



Kareng Ghar, Sivasagar, Assam

Be the change you wish
to see in the world.



Mahatma Gandhi

Be The Change

Damanbhalang Rynjah
M.Pharm 4th sem

Cleanliness is the state of being clean and the quality of being fervently clean and hygienic. One cannot practice cleanliness until and unless he/she is fully committed to it. As the saying goes, “Cleanliness and order are not matters of instinct, they are matters of education and like most great things you must cultivate a taste for them”. Godliness is the quality of being devoutly religious to or deeply committed to God. The reason that we say “Cleanliness is next to Godliness” is because they both share similar traits such as self-control and taking positive action and being clean is a sign of spiritual pureness or goodness. The relevance of cleanliness in our daily life is very evident mostly in one's well-being. We must keep in mind that our obligation to cleanliness must be unchanged as our commitment to religious beliefs and philosophy.

“Cleanliness may be defined to be the emblem of purity of mind”- Joseph Addison

Cleanliness signifies many things in life like physical cleanliness, exercises, meditation, and personal hygiene. These things will keep our body and mind happy and healthy. Though keeping one's body and mind clean is important, but we must not forget to keep our external surroundings clean. In the present scenario, the whole world is facing pollution and its effects on the environment and humans. We need to understand the importance of cleanliness and to teach others the same, as nothing is too late for you to start to make a difference and the world a better place and we must stand up and fight against the menace of pollution by starting with a small step and that is from your home; as the proverb says “Charity begins from home”. The world needs a hero and an ambassador for cleanliness and it can be you! .

“Be the change you want to see in the world.”- Mahatma Gandhi ◻



Angela Goswami
B.Pharm, 3rd Sem

WHY EATING FOOD WITH BARE HANDS IS BENEFICIAL FOR YOU?

In this generation, it is not easy to replace silver forks and knives with our bare hands. Whenever we visit to any fancy restaurants or cafes we are expected to follow a proper western dining etiquette. There is no harm to follow western traditions and rules but at the same time we also shouldn't forget our roots, traditions and cultures. We shouldn't be ashamed of our ancestors using their hands to eat and not using any cutlery because they were very correct.

There are a lot of benefits of eating food with hands and it is actually a very healthy habit. According to me, the first advantage should be that we don't need to invest on any cutlery and that is quite economical. Apart from that, there are other benefits as well. According to the Vedas, hands are the most precious organs of action. Scriptures reveal that every finger is an extension of five elements. Through the thumb comes space, with the forefinger comes air, the middle finger is fire, ring finger is water and little finger represents earth. Therefore, eating with one's fingers stimulates these five elements and helps in bringing forth digestive juices in the stomach.

Our body is believed to have bacteria or flora, which can reside in mouth, throat, intestine and gut that protects us from harmful bacteria growing in the environment. When we eat with our hands, the friendly flora protects our digestive system from getting exposed to harmful bacteria, further stimulating the digestive system. The nerve endings on our fingertips are also known to stimulate digestion. Eating food with hands helps to manage our food portions. It makes us eat slower and hence digest better because we become more aware of the process of eating as we experience it with all our senses. Hence, it is helpful for weight control too.

Another advantage is when we touch our food, we actually know the temperature of the food, but when we eat with a spoon, we have all chances to burn our mucosal lining of the oral cavity because we are unaware of the food temperature.

A new study published in the journal 'Clinical Nutrition' found that people with type 2 diabetes were more likely to be fast eaters who used cutlery to eat, as compared to people without the condition. Eating with forks and spoons correlates with faster eating, which has been linked to blood sugar imbalances in the body, contributing to the development of type 2 diabetes. Eating with hands itself is an excellent muscle exercise, which in turn increases blood circulation. The excessive movement of the hands may help the blood flow become smoother.

Contrary to the popular belief, eating with bare hands is way more hygienic than with cutlery because of some simple reasons like we wash our hands multiple times a day while we wash the utensils once a day. We are conscious of the cleanliness of our hands and therefore whatever happens our hands will be cleaner at the end of the day. So be happy eating with your hands. □

Career after B.Pharm

A Short Guide



Mr. Mrinmoy Deka
Assistant Professor
Department of Pharmaceutics

B.Pharm is an excellent bachelor's degree course and the most popular programs among students of the science stream after the higher secondary examination. Pharmacy education covers every aspect of drug development and its transformation into suitable dosage forms like tablets, capsules, injectables, creams, ointments, etc. We all know that Pharmaceuticals is one of the most important industries in the world. One of the best examples of this is that even during the strict COVID-19 Pandemic lockdown when almost every business and shop were shut down, the pharmacy businesses, pharma industries and shops were allowed to operate because they are a necessity. The pharma industry is considered to be recession-proof and will also be the savior of humanity in case of another pandemic. Students are often concerned about which career path

should they choose after B.Pharm. Being such a diverse field, it offers a myriad of career options to the students. Some of the fields in Pharmacy are quite new and have a lot of scopes. Making the best career choice from all these options can be quite intimidating. So in this review, almost all the important career options have been categorized and discussed in a simple and short approach.

A. HIGHER EDUCATION:

1. M.PHARMACY: As the quest for knowledge always goes on, opting for pursuing a Master in Pharmacy is the best option for those seeking higher education. Especially for pharmacy aspirants who wish to have a career in Research and Development (R&D), pursuing M.Pharmacy will increase their expertise and creditability. M.Pharm can be done in various specializations like pharmaceuticals, pharmaceutical

chemistry, pharmacognosy, pharmacology, pharmacy practice, pharmaceutical biotechnology, pharmaceutical analysis, quality assurance, etc. Some colleges accept scores of various entrance tests like GPAT, KLEU AIET, NIPER JEE, etc. The M.Pharmacy eligibility in most institutes also requires a minimum average of 50% in the B.Pharmacy final year.

2. PHARM.D: A professional doctorate course in pharmacy (Pharm.D) consists of 5 years of academic society and 1 year of internship. The course trains students in pharmacy practice, clinical pharmacy and pharmaceutical care. Candidates who complete Pharm.D program can get recruited at health centers, medical dispensing stores, drug control administrations, research, etc.

3. PGDM IN PHARMACY: This is an excellent course to do after B.Pharm. A post-graduate degree in pharmaceutical management is a 2 years course that's more industry-oriented and imparts practical knowledge. This course is designed to make students industry-ready the moment they finish the work. This degree will get you a management job in the pharma industry.

4. MBA IN PHARMACEUTICAL MANAGEMENT: The MBA in pharmaceutical management is a course about the science and technological aspect of pharmacy and business and marketing. It is a 2-year course that will land you a job in managerial roles with good pay and benefits.

B. JOBS AFTER B.PHARMACY

1. COMMUNITY PHARMACIST: The community pharmacist is your local pharmacist who provides medicines to the general public. You have to be careful of the government's strict rules and regulations while carefully checking prescriptions and dispensing medicines. Many B.Pharm students opt for this as this



is a people-oriented profession and pays well. You can have your drugstore as well.

2. HOSPITAL PHARMACIST: The hospital pharmacist, just like the community pharmacist also dispenses medicines, but they are responsible for dispensing medicines in a hospital. They have to manage inventory, keep a track of the drugs, keep a record of the prescriptions, restock, and drugs, manage other employees in the drugstore, and make reports for the hospital management.

3. DRUG INSPECTOR: Once a drug gets approval for sale to the general public, the drug inspector's job starts. They have to ensure that drugs are manufactured properly and are packaged safely. They are responsible for the quality of the product and packaging. They also have to do regular checks for the quality of the drug and efficiency in the manufacturing process.

4. PRODUCTION AND MANUFACTURING: The production and

manufacturing sector in the pharma industry includes the production of drugs and their forms like tablets, capsules, injectables, creams, lotion, ointments, etc. in different dosages. There's a constantly growing demand for pharmacy graduates in production and manufacturing owing to the rising demand for vaccines and medical treatments.

5. QUALITY CONTROL & QUALITY ASSURANCE: B.Pharm graduates can work in Quality Control and get various government jobs like Research Laboratories, Drug testing laboratories, etc. Their job profile includes developing, applying and maintaining quality standards during various processes of production and distribution of drugs. They have to design methods for inspecting and testing the quality of products and document the inspection testing procedures. Many pharmaceutical and medical device production industries hire B.Pharm students for quality inspection in their daily operations.



6. FORMULATION AND PROCESS DEVELOPMENT:

Pharma industry is rapidly progressing with a myriad of drugs being produced and developed each day. With the emergence of new viruses, the requirement to formulate and develop new and more effective drugs arises. B.Pharm graduates can get a job in the formulation and process development. Formulation and process development is as important as discovering new drugs. Hence, it can be a great career option after B.Pharm.

7. RESEARCH ASSOCIATE - HEALTHCARE DOMAIN:

B.Pharm graduates can also enter the domain of R&D along with formulation and process development. The pharmacy sector is built on innovation and research. Pharmacy graduates can work as scientists in this field and have a great career expansion scope due to numerous ongoing researchers taking place in India and abroad.

8. SALES AND MARKETING:

Indian pharmaceutical industry is expanding exponentially in both the domestic and foreign markets. More than 60% of vaccines supplied around the world are manufactured in India. India exports drugs to more than 120 countries. This ever-growing scope of the pharma sector demands sales and marketing professionals who have in-depth pharmacy knowledge. Various pharmaceutical companies hire B.Pharm graduates for marketing and sales as medical representatives, project managers, etc. The job profile includes marketing pharmaceutical products and medical equipment to various national and multinational industries.

9. BIOTECHNOLOGY INDUSTRIES:

Pharmaceutical biotechnology is an emerging field where the principles of biotechnology and pharmacy are combined for developing new drugs. The formation of these drugs requires

professionals who know medicine, drugs, and their effects. Hence, pharmacy graduates have a high demand in this field. Due to this field being comparatively new, it has greater career expansion opportunities.

10. MEDICAL WRITER:

A pharmacy graduate can also land up a job in the writing field. The job profile of a medical writer includes combining scientific knowledge and writing skills to deliver complex medical information in clear and comprehensive language. They can focus on diverse topics like medical studies, drug trials, regulatory documents, marketing copies for new medical products that are released, etc. They are hired by hospitals, academic institutions, national and multinational pharmaceutical companies.

C. OWN BUSINESS OR SELF-EMPLOYMENT:

Among the vast verities of job opportunities, a B.Pharm candidate is eligible to start their pharmacy or medical shop or even be a supplier. With the 21st century largely becoming a technology-driven world, the opportunities for starting a business have grown as well. Inevitably, graduates with sound knowledge of launching and running a business will be capable of making it profitable. Setting up your drug store or medical store or even a company will require a lot of determination, hard work, networking capabilities and an unending desire to achieve more every day.

CONCLUSION:

With so many career paths to choose from, your decision must be wise and well thought out. To begin with, choose the best university for your B.Pharm admission. Many institutions offer an excellent placement drive that ensures all the students have a job in their hands before the completion of the course. So, choose wisely and make that medicine dream happen. □

“

Stress Management for Children



Mr. Bhriku Kumar Das
Assistant Professor
Department of Pharmacology

Hans Selye, a famous stress researcher and endocrinologist, once defined stress as the “response of the body to any demand, whether it is caused by, or results in, pleasant or unpleasant conditions”. Most of us undoubtedly think that childhood is a time when children are relaxed, having no doubts or responsibilities; yet, studies tell us that many children experience extreme stress and have similar symptoms as those of adults. In realism, stress is a normal part of life, even in childhood and children are not strangers to stress. They can experience stress in several ways ranging from ordinary to severe. The experience of ordinary stress are reasonably well-defined coping patterns and occur in most lives of children. Whereas, the experience of severe stress reveals





two major categories of stress in children, normative and non-normative. The normative stress is developmental stressors (something that causes a state of strain or tension) and common in daily life. Examples of such are getting bad grades, being left out of the group, rejection, or parents fighting. On the other hand, non-normative stress arises from traumatic or unusual experiences. Examples of such are child abuse, serious illness of the child or parents, or community disasters.

The list of stressful events without awareness of all extends beyond these and are part of every childhood; some of them are the birth of a sibling, temporary absence of parents, illness, sibling rivalry, divorce or death of parents, poverty, live through homelessness, violent events, life kidnaping and attacks by playground snipers make children realize that their world is not safe. Besides these, the development of environmental influences, gender, age, maturation, or growth that occur with increasing age does change the nature of stressful experiences. Such comprehension affect children in the short and possibly the long run.

Children respond in different ways to stress. Some children become ill. Some may become withdrawn and nervous while others show anger and demand attention. In some instances, development is affected. Some children do not seem bothered by stress. We often call these children resilient. Stress becomes a problem when the ordinary stress of daily life becomes overwhelming. When under stress, there is an increase in heart rate, breathing is faster and muscles tense up. When there are several stressors, the level and duration of the stress are greater. Parents and caregivers need to be aware of what is happening in a child's life that may affect a

child's behavior. A sudden change in a child's behavior may be related to stress. Caregivers can talk with the parents about what is going on in the home.

Signs of stress

The possible signs of stress in young children tabulated (Table 1) may also indicate that the child is experiencing problems other than stress. We can identify stress from other problems that the child may be experiencing. Firstly, parents and other caregivers must observe children's behavior. Children who isolate themselves from other children may be feeling stress. Also, the child who is easily agitated, irritable, lethargic, lazy, or aggressive may suffer from stress. It is also important to watch the child for changes in habits or behavior. For example, a friendly, quiet child who suddenly has been fighting and arguing with his friends may be suffering from stress.

How should we react when a child changes his or her normal behavior? For this acceptance of the child's behavior is important. For example, it is useless to scold a child for thumb sucking. Scolding will not stop the behavior. Also, forcing the child to eat does not result in the child-eating. When we notice unusual behavior, care/comfort for the child is a must and we must remain close to the child for proper supervision.

A first step in decreasing a child's stress is to be well-informed and conscious of the symptoms of stress. These symptoms or warning signs include bed-wetting, upset stomach, irritability, nightmares, lying, withdrawal from activity, change in activity level, poor sleep or eating habits, teeth grinding, or decline in school achievement. Recognizing children's stress symptoms is not easy. It is very important to recognize that it is normal for children to exhibit some of these signs at some time in their lives.



Table 1: Possible signs of stress in young children.

Anxiety	Appetite loss	Anger	Accident proneness
Bed-wetting	Baby talk	Crying spells	Detachment
Excessive aggressiveness	Excessive laziness	Eating or sleeping problems	Fingernail biting
Fear of being alone	Grinding teeth	Hitting	Insomnia
Irritability	Indigestion	Kicking	Nightmares
Pounding heart	Respiratory tract illness	Stammering	Thumb sucking

The age of the child is a factor in recognizing stress. Children often cannot tell us what they feel or they do not have the language to describe the stressful situation. Children react differently to stressful events and situations and also have different coping strategies. Children can cope through tears and crying, through tantrums, or by retreating from unpleasant situations. Children who are around supportive adults and caregivers usually develop a variety of coping strategies and are more likely to become more resilient. Many children, however, do not have a supportive environment and do not learn a set of positive management strategies.

Caring strategies to guide children

One means to assist children is to acknowledge their feelings. Children must understand what they are feeling, that we teach the word “stress” by letting them know that they may feel “butterflies in the stomach,” or that their heart may pound.

Let children know that it is all right to feel angry, alone, scared, or lonely. We must teach the children names or words for their feelings and appropriate ways to express them. There are times when a child just needs a hug for reassurance. In the case of older children, help them learn to problem-solve for themselves and come up with management (coping) strategies. This builds their independence

and mastery of coming up with options, finding solutions, or finding other ways to comfort themselves. Some of the caring strategies to guide children are mentioned below:

1. To promote a positive environment: Help children see and understand the positive things about themselves and that they are worthwhile persons. Listen without judging the child or the situation; that is if the child chooses to tell us about their situation that produced the stress. Help the child feel comfortable in expressing feelings. Assist the child in clarifying his or her feelings. We may need to correct any misconceptions that the children may have about themselves or their feelings.

2. To help children through stories: Sometimes children can't talk to us about the distress they feel. They may not have the words or the concepts to easily express themselves. They may feel shy, embarrassed, guilty, or ashamed. If we try to talk to them using adult logic, most children will “turn off.” How can we then talk to children about their fears and problems? How can we get through to them, let them know that we understand, and offer them ways to manage their fears and find comfort? Stories are a great answer. Children will “turn on” to storytime. Some stories are therapeutic stories that help children feel better and cope better with their fears and problems.

The character in the story can be a little boy or little girl just like them. They are worried about the same things and have the same problems to deal with. In the story, the boy or girl find ways of coping with and resolving troubling issues of concern to the child. As the child listens to the story, he or she can identify with the hero or heroine. There is safety in the story. The child is free to listen and to learn without risking feeling embarrassed or uncomfortable. The aim is to help the child to relax. Some ways are: deep breathing exercises, listening to soothing music, reciting nursery rhymes and fingerplays, listening to the rainfall, drawing or coloring. These “stress breakers” can help the child decrease the level of stress that he or she is feeling. Children can also learn to harness the positive energy of stress and use it to their advantage.

3. To make an effort to cut down on activities when we see signs of stress in children's behavior. Allow children to go at their paces. Structure activities so that children can cooperate, lessening competition among children.

4. To teach children tricks for calming themselves, such as taking deep breaths, thinking of a quiet place, etc.

5. To take care of ourselves! Children often pick up stress from parents and caregivers. To keep calm and control our anger.

6. To be aware of the child's temperament; what seems to be fun for one child may feel overwhelming to another child.

7. To reassure children that what has happened is not their fault. Children often believe that their “bad” behavior caused bad things to happen, such as the breakup of their mother and father. They tend to assume guilt for situations that adults know are entirely beyond the child's control.



8. To give children a lot of cuddles, reassurances, and familiar routines, like bedtime or sleep time story. Giving a child a special toy for comfort is also suggested.

9. To develop thinking skills. To encourage children to think about the consequences of their behavior.

10. To give the child some degree of control (with acceptable limitations).

Helping children to deal positively with stressful and tension causing events prepares them for healthy emotional and social development. This is an important responsibility of parents, teachers, and other caregivers: to effectively guide and help children. As adults, we can make sure we do not add to children's stress by expecting them to act in adult ways. We can praise, be positive, seek positive solutions, help children name their feelings, teach fairness, help children learn to like themselves, be patient, teach honesty, and give lots of love and encouragement, particularly during difficult times. □



Mother

The Sweetest Word



Rinali Choudhury
B. Pharm 1st sem

In this era of computers and electronic gadgets, one does not seem to care much about the bygone tradition and rituals. Everyone is busy in changing, in transition. But the one thing that always remains same is mothers love for their child

Even in this era of working mothers, the love bestowed on a child is the same as that of the age old bygone days. Mother is a term which a child relates to just after its inception. After nine month of intense torture to the mother womb, the child readies itself for facing the world. Still, after birth, the mother continues to love the child just as before. This continues for next eighteen years. Now the child is independent. He/she breaks all his/her previous bonds and goes out into the world. Still for her, He /She is the same old child who implanted on her womb.

Working of another is intense. She fights against the world for her child. No matter rain, no matter cloud, she bears the umbrella till his grove or till her grave. But, today, the real irony creeps after eighteen years of youthful life of a child panes. He/she breaks all his/her bonds and ventures into the world searching for knowledge, enlightenment and what not, he/she forgets about the old lady sitting near the window watching the horizon for



the light of her life. He sends her money mail regularly but no sight of him. The old eye grow weary and one day dim forever just waiting for the light hold her hand to take her for a walk.

Helping mother when she utmost needs you can be the best bliss a man can attain in life. Many learners and geniuses commented on the comparison of god and mother. In real sense there can be no comparison. People says, 'Mother is God's face on Earth' but truly speaking, God is just an imagination but Mother is the reality. Comparison is questionable. God can never take the throne of mother but mother can always be the God for their child.

NORTH-EAST INDIA

THE FUTURE HUB FOR PHARMACEUTICAL SCIENCE



Mr. Ranadeep Borgohain
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Long back during the late 1950's the Indian pharmaceuticals had only 5 percent share in the markets of India whereas the global pharma had 95 percent share but by the end of 2020 the situation became complete reverse where Indian pharmaceuticals is having almost 85 percent share and the global pharma has only 15 percent share. By this data we can come to a conclusion of how the Indian pharmaceuticals is developing fast in the global competition. And when India come into the scenario, north-east India isn't left behind.

North-east India, officially known as north-eastern region (NER) is the eastern most region in India representing both a geographic and political-administrative division of the country. It comprises eight states- Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura.

Presently there are many pharmaceutical companies in north-east India having immense potential both in the health sector and in the economy. Few pharmaceutical companies which are residing in north-east India are:

- Ozone pharmaceuticals limited: The company has 1000 plus operational workforce and has developed brands like DFO, Tranostat, and Dizon.

Location: Amingaon, Guwahati.

· Zuentus healthcare Ltd: The Company range more than 500 crore rupees turnover.

Location: Borgaon, Guwahati.

· Nilamani pharmaceutical works: The Company is ISO 9001:2008 verified.

Location: Imphal, Manipur.

· Chemico Laboratories: This Company is the leading third party manufacturing pharma company in north east India. Location: Shillong, Meghalaya.

· Ambit bio-medix : This company is one of the best PCD pharma company in India. ISO 9001:2008 certified. Location: Ulubari, Guwahati.

· Sun pharmaceuticals: One of the best manufacturing pharma company in north east India. Location: Palashbari, Guwahati.

· Intag remedies: It is the fastest growing pharmaceutical company in north-east India established in the year 2009. Location: Guwahati, Assam.

· Hilton Hyman Healthcare: It is one of the leading pharmaceutical company with over 60 branded product sold worldwide and numerous generic product are also manufactured. Location: Guwahati, Assam.

· Septy Pharmaceuticals Pvt Ltd: It is one of the largest manufacturing facilities of large volume parenteral, small volume injectable and products for irrigation and dialysis solutions for renal therapies in eastern India. Location: ChristanBasti,

Guwahati, Assam.

The Indian pharmaceutical sector has a potential to reach 100 billion USD in the upcoming future and so thus the north-east sector. As because there is a wide source of flora and fauna in this region and also because of it land lying near the Himalayan region makes the pharmaceutical sector more potent in this region for the future endeavour. There are still many locally available herbs which are available and used locally but not been properly identified. There are still lots of research and developments needed in this region to make out the maximum potential of the fertile land. Once the research and development is done satisfactorily then comes the role of entrepreneur. There should be well efficient entrepreneur in this sector both knowledgably and ethically strong to handle the potency out of it. And if the north east people becomes well educate in this sector then we no need to hire manpower from outside.

Therefor the pharmacy profession can be a glory to the aspirant of north eastern students who dream of digging out the pharmaceutical potency out of the region they belong. And thus by going through all the data and the current developments of the pharmaceutical science sector in the north east region we can definitely say that north east India have the potency of becoming a hub for pharmaceutical science in country.

Realising our true potential



Ayushka Moran
D. Pharm, 1st year



We know ourselves more than anyone else. Spending time with ourselves we can discover facts we had been remaining unknown about. Each one of us has potential lying innate inside us. The

brilliant part of us is that each one of us has a potential that is uniquely ours. It is a mad mix of our genetics, our environment, upbringing and talents we were born with. Each one of us has



something different, some gift for ourselves and this world.

All of us, either implicit or explicit want our lives to stand for something — to mean something. We want to be a part of something bigger than ourselves, we want our lives to have a meaning. One way to find meaning in our life is to find out what we really do with it. Finding out what our passion is and finding a way to turn that passion into our work or profession is a big part of our life. Our passion doesn't have to earn us money always, but it should become an integral part of our life.

The popular perception of success is imagined being an event and not a process. People seem to glorify success, wishing to be a millionaire or a hotshot doctor, businessman or banker. But many people miss out the point that people just all of a sudden do not become successful. Success comes from years and years of sacrifice and hard-work. All people see in the glory of success but don't see the hard-work and endless efforts. We should always remember that success is a process and not an event.

In order to become the best version of ourselves, we have to know ourselves very well. We should first know where our weaknesses lie. But more importantly, we should know where our strengths and talents lie. From thereon, we should use our strengths and talents to focus it towards a goal or aim, for there lies our

true potential.

The first step to realise and discover our true potential is to realise that no matter our physical, financial or environmental limitations have effect on us, we have the one very important and powerful asset in our hand, our mind. For some, leading their life passionately is a second nature. They seem to know the direction they should always go. However, for many people, it takes a sharp change, or a long journey of learning to find the same direction. The more we follow the path our passion leads us down, the more we achieve the goals we desire.

So, our motto should be to overcome the inner fear in ourselves and take the first right step and start working positively towards our goal. The outcome is never in our hand, but the input always is. When we are right on our side, all we have to do is to work hard and go where life takes us, accepting the challenges and difficulties that our life throws at us. Winning over a difficulty and then stopping by it simply closes the doors of success. Sometimes we underestimate ourselves. We worry about failure. But all we need to do is to carry on the right path and explore our full potential, both for our own sake as well as for others.

“Arise ! Awake ! And stop not till the goal is reached.”

- Swami Vivekananda □

DON'T GET RAPE



Gayatri Kashyap
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All of us at some point have experienced betrayal or felt extreme anguish when our opinions were neglected or even worse, we were faulted when we were actually innocent and a victim of someone else's wrongdoings. The blaming of rape victims for their dress or for being outside after the sun sets or for not being able to avoid the situation is an amplified case in point. This ignominy is what the victim and their family bears if they aren't provided with justice. Women and men both have encountered sexual abuse in one or more forms. Women have statistically faced and have been facing sexual assaults and harassments such as catcalling, in a higher ratio. Time of the day and age of a victim, absolutely makes no difference and we all know it how even little girls and boys as little as an infant have fallen as a victim to such horrendous crimes, elderly women too. Sexual urge is not the reason behind rape. The reason is hatred for the other gender. The rapist's mind is what needs to be altered. Asking one to not step out of the house late at night will not curb these crimes.

Whether a girl wears a saree or burkha, a dress or jeans has nothing to do with provocation. Asking a woman





to dress 'properly' and putting the blame on her clothes are ways to justify the crime and the criminal mind. Scrolling down the pages of a blog over the internet I once came to know about an exhibition in Brussels(Belgium), it showcased the stories of student rape victims by recreating the outfits they wore during their assault. Hanging around the room were various outfits, including a pair of pajamas, a bathing suit, a child's school uniform and police attire. It's a shame how people blame the victim. A 'dress' can never be a 'yes'.

A lack of 'no' does not mean 'yes'. A person may be pressured into submission. They may not struggle or fight back because of fear of being further harmed, including being murdered, which happens in most cases. In some cases, it may be Tonic Immobility – an involuntary response where one's body freezes in situations provoking extreme fear. If a person gives their consent and then decides to withdraw it, the other party must respect it. If they do not do that, the consequent events will be termed as sexual assault, without a doubt.

Here are some words stated by our politicians that are so absurd, it will either make you laugh or offend you:

“To my understanding, consumption of fast food contributes to

such incidents (rape). Chowmein leads to hormonal imbalance evoking an urge to indulge in such acts.” –Haryana khap panchayat leader Jitender Chhatar: I don't have anything to say.

“Boys and girls love each other, later they have differences, and the girl goes and gives a statement that she has been raped. And then the poor fellows are sentenced to death. Should rape cases lead to hanging? Boys are boys, they make mistakes.” – Mulayam Singh Yadav, Samajwadi Party leader: the difference between a mistake and a crime has been dangerously blurred out.

“Don't give mobile phones to children, especially girls. I say this at all the places where I make my speeches. And if any of these kids have a mobile, take them away. What are they missing anyway? What are the girls missing without mobile?” – Rajya Sabha MP Rajpal Singh Saini : Our education in the year 2020 seems to not comply with the above idea.

Our positive mentality and collective efforts can make a change! Not every voice is heard. Not every story makes a headline. Sound upbringing of the newer generation will be a huge milestone in not only our country's growth but the whole world. □

How to stay safe online? you are being monitored !!



Pranab Sarma
D. Pharm, 2nd year

In this 21st century everything is going online, it may be from paying electricity bill of home to doing sensitive bank transaction online. So it is very necessary to make yourself aware because your data is your privacy.

Now you'll ask me that 'Hey Pranab' everything is fine but-

- ❖ From whom we need to protect our data?
- ❖ What they can do with our data?
- ❖ Why they do this?
- ❖ How can we protect our privacy/ data from them?
- ❖ Well, I know many questions arise in your mind - Let me answer.

They are Hackers. You need to protect your data from the hackers. Please keep in mind that all Hackers are not bad. Hackers are also classified into three types-

1 - White hat

2- Grey hat

3- Black hat

White hat are those who always provide service to the community by helping others to protect their data. They always do work by remaining under the law . So they are also called Ethical Hackers.

Grey hat hackers also do hacking for good reasons but sometime they go beyond the law to complete their work so they are called Grey Hat. It's like they are in middle of black and white.

Black hat are those who perform every hacking by going beyond the law and they are the one from whom we need to protect ourself because they can do anything to enter into your online life. They are also called unethical hacker. And the biggest problem is that you can't identify them . They can be anyone and they are really anonymous.

They are very intelligent and they can take unauthorized access to your system or network. They can get your all personal details, your facebook, instagram ,your bank details and everything you have on your phone or in your system. And after that they can use your data in any way they want ,may be to blackmail you. I know its hard to believe but that's true.

They can do this for money, for fun. Lets not go very deep in how can they do this because its a very vast topic and I don't want to make it very critical. Let us talk about how we can protect ourselves from them.

1. The very first thing you should do that to create a password for your phone if you don't have one. Fingerprint and password

works well but face id is not so secure , better not to active that .It is the very 1st step to protect your privacy .Please don't give your phone to any random person without your surveillance.

2. The second step is to creat a complex password with a mixture of Alphabet ,number, special character for every account you use. Make sure to regularly change your password. You shouldn't use your name in the password and don't save your password in your phone.

3. Always use 2-factor authentication. Now what is that, well this a 2nd layer of security. Going bit complex ,Ok let me give you an example . Lets say someone have your password but you have turned onn your 2-factor authentication then they can't access your account because they'll have to verify by entering the OTP which'll be sent to your phone whenever anyone try to login to your account.

Don't share your OTP with anyone.

4. And that brings me to the fourth point which is protecting the otp. If the hacker has the access of your phone then they can also get the otp so you should try to use the sim allotted for otp in a feature (old generation/ keypad) phone. Because they are unhackable.

5. Never use same password for two different accounts.

6. When shopping online, or visiting websites for online banking or other sensitive transaction make sure you use websites with proper `_https_`. Don't click on any link without `_https_`. Don't enter your passwords in websites without `_https_`. You can verify the websites by the green lock appears in the left of the link.



7. Always use playstore (android) or appstore (i phone) for downloading apps because apps downloaded from open source may contain any kind of "script". Regularly update your apps and your system because each update makes the app and system a bit bug free ,a bit powerful .In most of the cases it is seen that the hacker get the chance to hack because of a older version used by the victim. Remember a single bug is enough for the hacker to enter into your system.

8.If you are using laptop make sure to use a antivirus ,its not a option it is must because the windows firewall is not so secure and make sure to regularly update your antivirus because updating the antivirus makes the antivirus bit more protective and they can detect the newly observed virus .

9.Don't use public wifi for surfing because they are often unsecured.If you are connected to a public network than a third party user using that wifi can take access of your network. Always use password protected routers because they encrypt your data.

10.Make sure you look for the latest scams and a bit about how to stay safe from that scam.

Remember nothing is unhackable because everything is connected .Well, If you have followed this steps than believe me you have taken you online security to 90% which is impressive. □



Dr. Sheikh Sofiur Rahman

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“Management of lifestyle is the key of healthy kidney”

Kidney disease is now one of the fastest growing non-communicable diseases globally. By 2040, If the trend continues then it is expected to be the fifth most common cause of non-communicable disease. Despite this, only people in wealthy countries have universal access to treatment. In poor countries there is no uniform availability of services, meaning, although health facilities may be good in urban areas, it is not so in semi urban or rural areas. In addition, financial issues are a limitation to this. There is no universal health insurance in these resource-limited countries.

In India although some government schemes are coming up, these are yet to be uniformly implemented in various parts of the country. Different states give different amounts of financial coverage. While some give justifiable amounts of finance, others do not do so. There are

many hidden costs, like loss of wage, expenditure on travel and stay during treatment. Therefore, prevention of kidney disease remains the best policy.

In case of children, the causes of kidney disease are quite different from those in adults. Most kidney diseases in children are completely curable and they don't carry any ill effects when they grow into adults. So the final outcome is very rewarding if treatment is prompt and adequate. Here comes the scope of prevention of kidney disease in adults. Paediatricians play an important role in detecting, treating and preventing kidney diseases. So we need to increase more awareness about preventive measures for kidney ailments among general population, health professionals and also policy makers.

For this purpose, World Kidney Day is observed on the second Thursday of the



month of March every year. Various free online campaign materials are available to motivate health professionals and organisations to participate in activities to increase awareness about kidney disease. The prevention of any disease can be performed at three stage. First is primary prevention which is the most important and ideal way of prevention. It is about preventing kidney disease to occur by adopting a healthy lifestyle from early life and avoiding bad things for kidney health. Secondary prevention means early and proper treatment of a person suffering from kidney disease so as to prevent its progression to a severe stage. Tertiary prevention means halting the progression of the disease so that complications out of it can be minimised. But the best option is prevention.

Ten healthy measurements to prevent kidney disease:

a. Avoid over the counter or off label

drugs. All those herbal medicines which are claimed to be without side effects may not be so. Always use drugs as prescribed by the doctor only, because while prescribing a drug many other general conditions need to be measured.

b. Eat healthy and exercise regularly. When we talk about prevention there are certain 'dos' and 'do not's'. We should take a healthy and balanced diet with enough fresh fruits and vegetables. We should also take plenty of water, especially in summer days and when one is having diarrhea, vomiting, etc., and is losing fluids.

c. At least once in a year blood pressure should be checked in any child.

d. Avoiding constipation in a child may be one of the most important ways to prevent recurrent urine infection and hence repeated injury to the kidneys.

e. Kidney anomalies can be detected even before birth, when the baby is in its mother's womb. Scans are done to screen major anomalies of the organs of the

baby. If any anomaly is detected, it can be treated as early as possible after birth and the outcome is expected to be better than late intervention.

f. Most kidney diseases in children are completely curable if they are properly treated – like urine infections, nephrotic syndrome, post-infectious glomerular disease, etc. After proper treatment they don't carry any brunt to adult life.

g. Nowadays with advanced treatment facilities, chances of survival after treatment of critical as well as chronic diseases are high. But they are not without risk of having chronic kidney diseases later, especially if they have kidney failure during these illness episodes.

h. Children who are born prematurely, are underweight at birth, obese, on long-term drugs like pain killers, need regular renal checkup. Equally important is assessment of growth and development.

i. When kidney function in a child is chronically compromised for over a period of three months, the child is said to have chronic kidney disease. There are various measures by which we can halt further progression of the disease to advanced stages. This is secondary prevention of kidney failure.

j. The final stage of kidney failure that is, end stage renal failure, is when they don't have enough kidney function for survival. This is the stage when tertiary prevention comes in to play. These children need kidney transplant as ultimate treatment, dialysis being the bridging gap. However, in resource-constrained countries like ours it is not only cost of treatment but also limited availability of skilled persons to deliver this care that proves to be a big problem. So it's time to make policies to give financial insurance both in private and public sectors. □



We Grew Up

Carefree were the childhood days,
When the only heartbreak was upon
Missing an episode of Tom and Jerry,
And the only dilemma faced was when told
To share our birthday cake's cherry.
When little talks gave us so much to ponder upon
And fairytales provided us with a sense of wonder.
When watching superheroes on television
Made sure we never cowered.
And being chosen as a captain at school
Made us feel a sense of power.
When smartphones did not take up our time,
And how we enjoyed the music of the chime.

Until, one fine day,
Childhood waved a goodbye and
Left us with broken hearts.
Ever since then
Our souls are stressed,
Our minds are in chaos
And our thoughts are caught up in a mess.
We continually face situations
That questions our existence.
With the sparkle in our eyes long lost,
We struggle to keep pace with the world around.
We fall, we fail.
But the dreams in our hearts so vivid,
We refuse to give up
Even when the situation is so rigid.

Lost in the confusions of life,
Now, it's high time we realise,
Life's a one-time opportunity.
So, before it's too late,
Uncover those goofy grins,
And celebrate the uniqueness within.



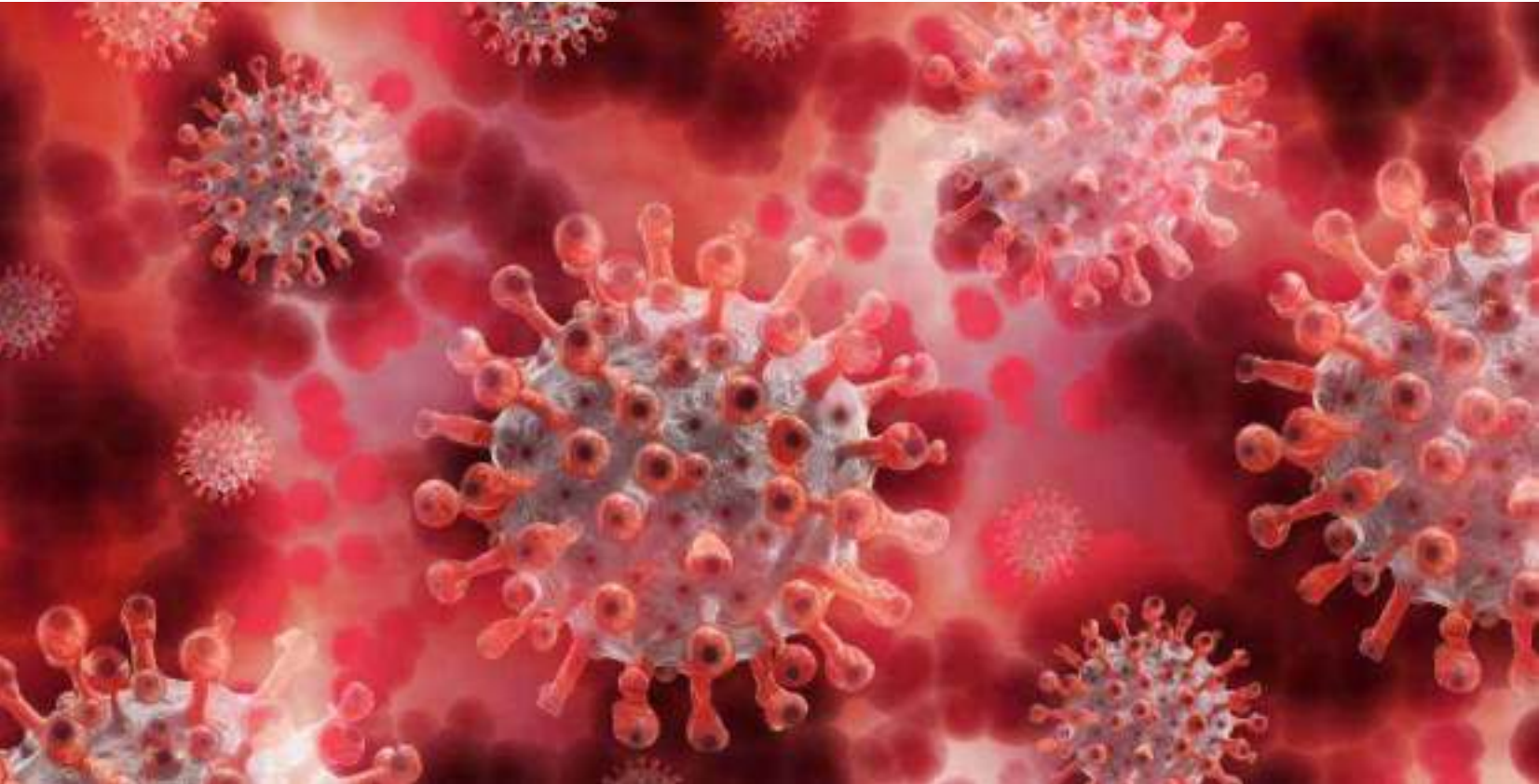
BIDISHA DEKA
B.Pharm, 3rd Sem



Coronavirus



Bibungchar Mashahary
B. Pharm, 7th Sem



In this present scenario of Covid-19 pandemic, let us actually know about what is Corona Virus or from where did it came from. So, first of all the word 'Coronavirus' is not just a single term but also called 'Coronaviruses' which are generally a group of related viruses that cause diseases in mammals and birds.

In humans, these viruses generally cause **Respiratory Tract Infections** that can be mild, such as some cases of the common cold , and others that can be lethal, such as SARS, MERS, and COVID-19. The symptoms however in other species varies for example : In chicken, it

causes **Upper Respiratory Tract Infections**.

The coronaviruses constitutes the subfamily **Othocoronavirinae**, in the family **Coronaviridae**, order **Nidovirales**, and realm **Riboviria**. They are enveloped viruses with a positive- sense single-stranded RNA genome and a nucleocapsid of helical symmetry. The genome size of coronaviruses ranges from the Latin corona, meaning "crown" or "halo", which refer to the characteristics appearance reminiscent of the crown or a solar corona around the virions (virus particles) when viewed under 2D



transmission electron microscopy, due to the surface being covered in club-shaped protein spikes.

Symptoms of someone effected with coronavirus:

Most generally in the initial stage, people when are effected with this virus they don't show any noticeable symptoms but when this virus reaches our respiratory system and starts effecting, it starts to show symptoms, these last minimum for 1-14 days (also called as Incubation Period of the virus) and can be seen in the following:

SYMPTOMS

1. Initially, a person gains temperature (fever) which gradually increases and persists for 1-14 days.
2. Along with dry cough which is also persistent.
3. The person might also experience extreme fatigue (tiredness).
4. These people might have difficulty in breathing (1 out of 6 persons).
5. There are more number of cases in which the patients loose the sense of smell and taste.

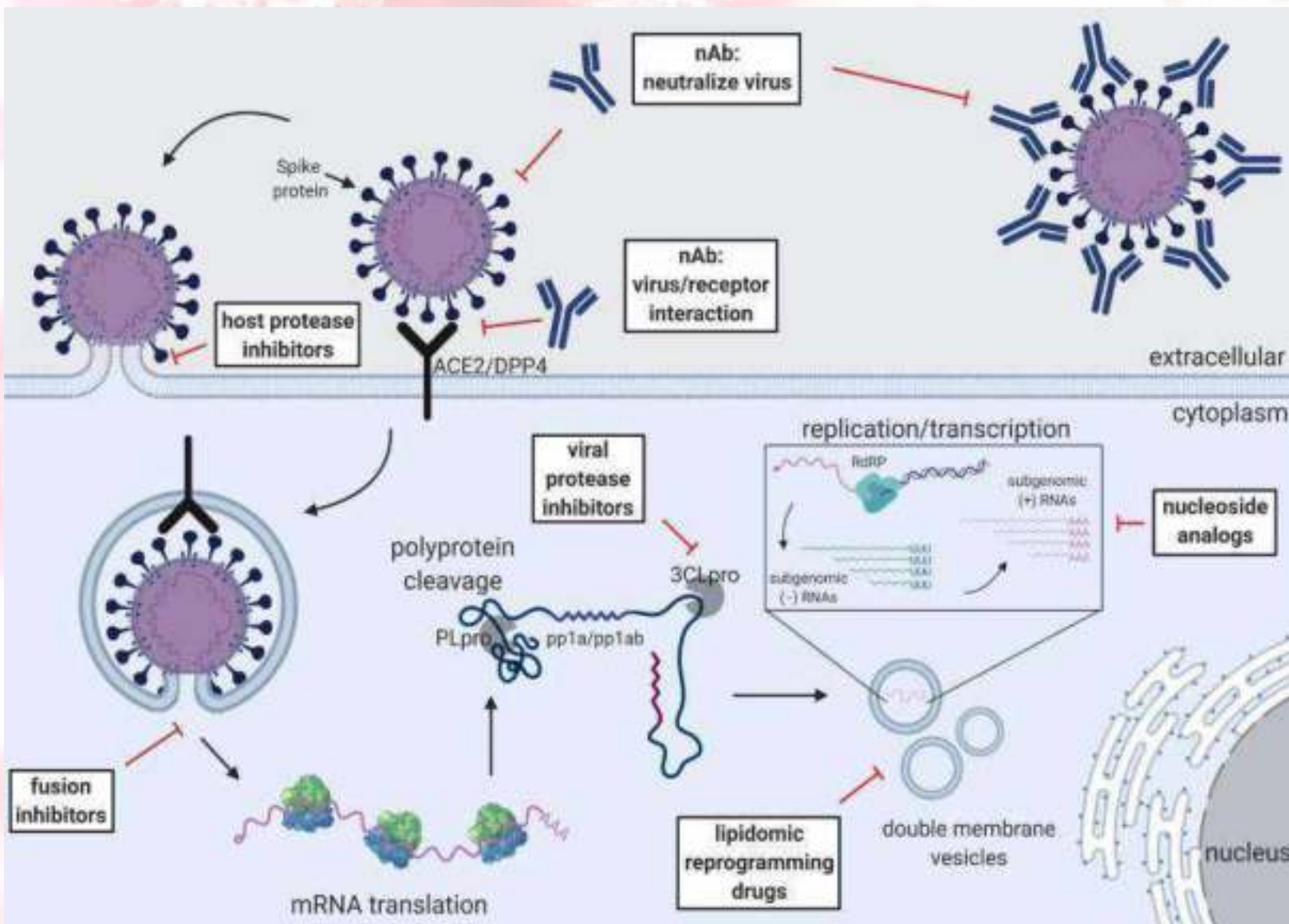
The older people are susceptible to this diseases as they are having much health complications like High BP, Heart

problems or diabetes and more likely to develop serious illness.

Mode of replication of this virus:

A number of the non-structurable proteins coalesce to form a multi-protein **replicase-transcriptase complex (RTC)**. The main replicase-transcriptase protein is the RNA-dependent RNA polymerase (RdRp). It is directly involved in the replication and transcription of RNA from an RNA strand. The other non-structurable proteins in the complex assist in the replication and transcription process. The exoribonuclease non-structural protein, for instance, provides extra fidelity to replication by providing a proofreading function which the RNA-dependent RNA polymerase lacks. One of the main functions of complex is to replicate the viral genome. RdRp directly mediates the synthesis of negative-sense genomic RNA from the negative-sense genomic RNA to the positive-sense genomic RNA. This is followed by the replication of positive-sense genomic RNA from the negative-sense genomic RNA. The other important function of complex is to transcribe the viral genome. RdRp directly mediates the synthesis of negative-sense subgenomic RNA molecules from these negative-sense subgenomic RNA molecule to their

Replication of coronavirus



corresponding positive-sense mRNAs.

Vaccine for novel corona virus:

As of now there are no exact vaccines available/ invented for the approved treatment for novel coronavirus, but they are well aware and are giving tremendous effort on making one which is liable and safe for the treatment of the corona viruses.

Even though, scientist have come upto various new vaccines which are not yet approved completely but has

undergone clinical trial in the western countries by the help of volunteers (age-18-55 yrs) namely ChAdOx1 nCoV-19 vaccine.

UK is among the 1st to develop the vaccines for Covid-19 which was named as **COVISHIELD** (the local name for the Oxford-AstraZeneca vaccine) and are now currently being manufactured in huge quantities in India itself by the Serum Institute of India.

Nowadays, apart from other countries, India is also moving forward in making their own vaccines for covid-19,

which resulted in preparation and invention of **COVAXIN**, India's first Indigenous Covid-19 vaccine which is being invented and manufactured by **Bharat Biotech** in collaboration with **Indian Council of Medical Research (ICMR) - National Institute of Virology (NIV)**

The various vaccines which are authorised and approved to prevent Covid-19 are as follows:

- **Comirnaty** (Multinational), developed by Pfizer, BioNTech, Fosun Pharma.
- **Moderna's Covid-19 vaccine** (US), developed by Moderna, BRADA, NIAID.
- **Covishield** (UK), developed by BARDA,OWS.



- **Sputnik V** (Russia), developed by Gamaleya Research Institute, Acellena Contract Drug Research and Development.
- **CoronaVac** (China), developed by Sinovac.
- **BBIBP-CorV** (China), developed by Beijing Institute of Biological Products: Sinopharm.
- **EpiVacCorona** (Russia), developed by Federal Budgetary Research Institute State research Center of Virology and Biotechnology.
- **Convidicea** (China), developed by CanSino Biologics.

➤ **Covaxin** (India), developed by Bharat Biotech, ICMR.

Treatment for novel corona virus

For instance there are no possible treatment for this virus but, according to WHO there are certain guidelines which must be followed for prevention of this virus such as :

1. Isolate ourselves from everyone for at least 14 days of time.
2. We must wash our hands for an interval of time to kill the virus underlying on our hands.
3. Stay at least (1-2)m distance away from anyone and etc.

Even though there has been a temporary treatment for for such virus initiated for preventive purpose and also which improves the Immune system , i.e

1. Hydroxychloroquine
2. Interferone $\alpha 2B$
3. Flavilavir
4. Few compounds with certain combinations

#Note : These drugs are being used for preventive treatment and are not clinically approved for the cure of coronavirus.

Correlation of COVID 19 with SARS COV-2 and MERS COV.

1. The COVID 19 corelation with SARS COV-2:

- According to WHO the COVID 19 is the disease and the Virus causing this disease is SARS COV-2 (Severe Acute Respiratory Syndrome Coronavirus 2)

Family : **Coronaviridae**
 Subfamily : **Othocoronavirinae**
 Genus : **Betacoronavirus**

It is a positive-sense single-stranded RNA virus. Each SARS COV-2 viron is appx 50-200 nanometers in diameter and has 4 structural proteins known as S (spike), E (envelop), M (membrane), and N (nucleocapsid) protein where N holds the

RNA genome, and the S, E and M together creates the viral envelop.

These are being found to have high affinity to human ACE2.

MOA

Here generally the initial spike protein priming by transmembrane protease, serine 2 (TMPRSS2) is essential for entry of SARS COV-2. After a SARS COV-2 viron attaches to a target cell, the cell's protease TMPRSS2 cuts open the spike protein of the virus, exposing a fusion peptide. The viron then releases RNA into the cell, forcing the cell to produce copies of the virus that are disseminates to infect more cells. SARS COV-2 produces at least three virulence factors that promote shedding of new virions from host cells and inhibit immune response.

2. The COVID 19 corelation with MERS Cov

-According to the sources (WHO, WIKIPEDIA), MERS CoV (Middle East Respiratory Syndrome-related Coronavirus) is almost identical to COVID 19 as it belongs to the species of coronavirus and has almost the same symptoms but differs in the SUBFAMILY of the virus. These infects the humans, bats, and mostly camels (main host). They enters the host cell by binding to DPP4 receptor.

MOA

After MERS-CoV entry into the host's cells, the positive RNA genome is translated in the cytoplasm. The genome can be translated into two polyproteins: pplA pplB, which are cleaved into 16 nonstructural proteins by Plpro (papain-like protease) and 3CLpro (3-chymotrypsin-like protease). Hence, the protease that are imp. for this virus for replication inhibition can be the target for its inhibition. However replication of genome is very limited. Then, the RNA

genome and structural proteins are packaged into viral particles of host cell, and the progeny virus particles are finally released from host cells.

Correlation of drug therapy for the above three diseases.

Here, **Hydroxychloroquine** is being mainly used for the temporary treatment for COVID-19/ SARS COV2 and is being found very effective for this disease it generally acts by the following:

- **Hydroxychloroquine** which is already a weak base and when given, it radically increases the pH inside the indolysosom where the ssRNA of the coronavirus persists and then blocks the activity of the lysosomal protease (which helps ssRNA break free) and thereby restricts and prevents the release of the spiral r-RNA into the cell and thus the virus cannot show it's effect and also cannot replicate.

Also other drugs like **Lopinavir** and **Ritonavir** is used.

* As MERS-CoV is almost the same it also has some drugs which were used during there outbreaks and found effective which were, **Chloroquine** and **Chlorpromazine** but were useful only in early cases.

But, **Disulfiram** is being approved by U.S FDA which is an allosteric inhibitor of MERS-CoV papain like protease. Multiple inhibition assays also support a kinetic mechanism by which disulfiram together with 6TG (6-thioguanine) and/or MPA (mycophenolic acid), can synergistically inhibit MERS-CoV papain-like protease. Hence, the recombination of three clinically available drugs could feasibly be used to treat MERS-CoV infection.

NOTE : Even though these drugs are being used for the treatment of these diseases , there ae no clinically approved drugs / vaccines available till now for the cure or permanent treatment of coronaviruses.

New observation in terms of COVID-19-

The Coronavirus COVID 19 is one and the old species of virus but is a new strain and is causing one of the most horrifying situations right now in all over the world and has lead to huge loss of economy as well as lives . Here few of the important observations can be listed below:

1. This is not an air borne disease, but recently, WHO has accepted that this strain of virus of COVID 19 is upto a certain extend air borne.

2. The vaccine for these disease have undergone the clinical trial and hoping for a successful result in future and even peoples have got positive results.

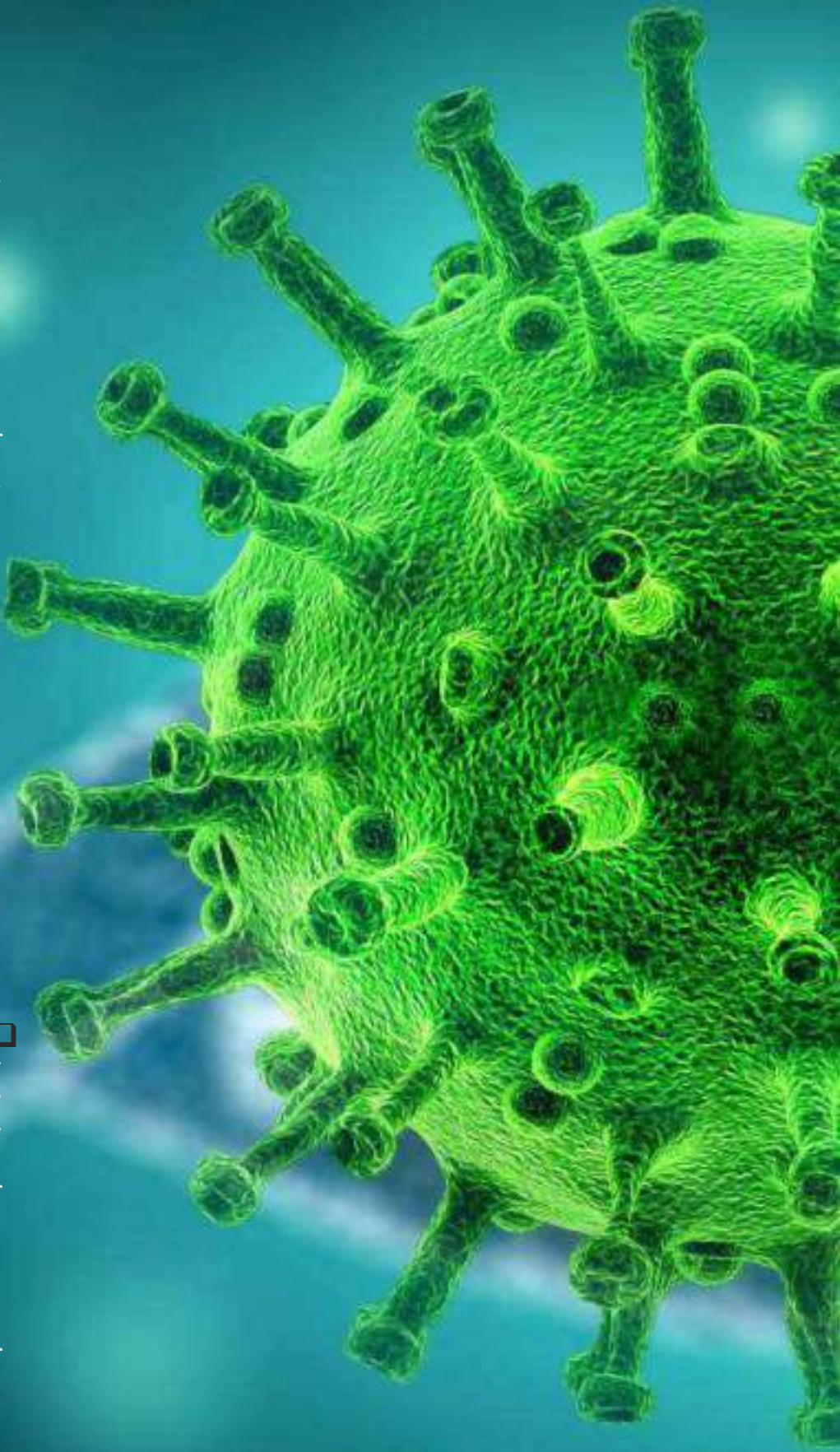
3. Most of the drus used for the treatment of coronaviruses are the ANTIVIRAL Drugs, whether it be Hydroxychloroquine or Flavilavir etc.

4. Social distancing is must and atleast 1-2m distance is necessary for the preventive measures. □

5. We must regularly wash our hands with soap/liq. Soap for minimum of 20 secs for killing of the virus.

6. We must drink plenty of warm water and gurgle to prevent the entry of virus to our respiratory system.

7. Most effectine and best medicine for this disease as of now is STAY AT HOME (QUARENTINED) and be safe. □





Dr. Bhanu Pratap Sahu

Department of Pharmaceutics
Associate Professor, GIPS

My Postdoctoral Days

I was anticipating a certain mail and was nervous thinking about it in midst of our staff meeting in GIPS Conference room. Next few minutes on receiving the mail my mind was in oblivion completely aloof from the agenda of discussion. I had been Shortlisted by renowned Nanomedicine Scientist Prof. Simon Benita for a postdoc position in his Lab and was asked to be ready for a Skype interview next. It was a dream coming true for me as I was persistently trying for it since last 4 years. Eventually I received my Invitation letter from Institute of Drug Research, School of Pharmacy in the Faculty of Medicine in The Hebrew University of Jerusalem in Israel. Ms Judy Dotan, PS of Prof Benita arranged for everything for me alongwith Visa and accommodation in the Mount Scopus Campus of HUJI.

On 11th October 2018, I landed finally in Jerusalem alongwith my family after completing a pleasant journey in Aeroflot flight via Moscow. Though it was my first International flight experience and memorable one however the terrible part was staying for 16 long hours at Chilling Moscow Airport.

After settling in my allotted apartment in the Student Village Bronfman Dorms at Mount Scopus campus, I joined Professor Benita Lab at HUJI and was assigned my place in the Lab. It was a compact lab with all glasswares and apparatus I can think of with four HPLCs and one LC-MS. I was told that there were two more similar labs and a cell line lab under Simon. Professors or anybody in Israel and most parts of western world prefer being summoned by their first name and there is no 'Sir' and 'Maa'm'. It took me sometime to be accustomed with this culture. Each Professor at HUJI has such 1-3 individual labs depending on their years of working and scholars are known by the labs they belong. I was finally a part of a lab which I had always dreamt of. I was introduced to the team by Professor Benita who is originally French and I could immediately realize the cosmopolitan composition of my lab, we had Leslie, Liat, Marina, Taher, Yoram, Judy belonging to different parts of Europe and Israel and Nikhil from India, in various positions as Doctoral, postdoctoral fellows, Scientists in charge of lab, cell line

lab. Simon being a Professor Emeritus, our lab was comparatively smaller to other labs as he had stopped taking Masters and PhDs. Other labs were filled with 12-15 scholars working passionately. Following next two years with whom I developed relations to cherish for life. This is the major difference of working in an internationally ranked University. HUJI presently is ranked in top 100 Universities in the world and have Five Noble laureates from the University. Sir Albert Einstein was one of its proud founders and his statues could be found everywhere. These ambiances of working with masters, PhDs, Postdocs, Scientists from different parts of the world, from different institutions gives you an opportunity to be more familiar with the recent developments in science, different work ethics and social and cultural exchange. The fact that impressed me

Moreover they work in close collaborations with Industries and so far the Faculty of Medicine has contributed 38 medicinal products in the market, the most prominent of them being Doxil the first approved nanomedicine for cancer in the world.

Working in the lab on different forms of Nanoformulation I realized all works could be done faster, efficiently and reproducibly. The facilities and arrangements are such that I could realize we were able to complete a years' work in couple of months and with much conviction. I feel very fortunate to work with Prof Simon Benita and learnt a lot from him besides the works in the labs. Since I started to work in Nanomedicine I have been following the works of him and the likes of Mullers and Torchillins most of whom I discovered were his good friends.



My Lab at HUJI

most besides the facilities, work culture and research ambience is the ethics of the scientists. Researcher work with the perception that whatever research they are involved is directly linked to the society and that they are contributing to advance science. I have seen groups deciding not to communicate their hard work of years if they feel it is not going to work. Publication is important but they don't want to publish anything which they feel isn't going to work commercially or contributing to fellow researchers and the society. And most importantly they are in research because they love Science.

Coming to Israel, it is a small Country but one of the strongest and influential country in the world due to its advanced technologies and research. It is a country of Jewish people as majority (85%) with around 10-12% of Muslim Arabs. Majority of these people have migrated from European countries like Germany, France, Hungary, Sweden, Croatia etc and from Russia, USA and some African Countries, after the formation of Israel. They also have some Indian migrated Jews from Kerala and Mumbai. It is a country facing regular disturbances in its borders with its surrounding countries

hence they have developed a very strong security and intelligence. However within its boundaries it is one of the most secured nations for its citizens and you hardly hear about crime in the cities. There are no incidences of crime against woman, pick pocketing, theft, frauds robbery etc. The only such incident which I heard throughout my stay was a case of stabbing in Jerusalem. Being in a desert land it is hot in most parts with Mediterranean Sea stretching on one side of the country however Jerusalem is very green and hilly, full of Olives and extremely chilly throughout the year. Summer is only for 1 and half months, though we never had to use fans in our dorms during summers. Sea beach are an integral part of Israel life with people flocking the beaches regularly in cities like Tel Aviv, Haifa, Eilat. Dead Sea is a beautiful tourist destination and is 430.5 metres below sea level and Earth's lowest elevation on land. As per as food habits is concerned people mostly eat bakeries and lots of salads, tuna and meat and their lifestyle is mostly western. Though you can find places where you can get our Asian foods. People are very much concerned of their health and every individual is having some sort of exercise regimen and the average life span shall be 75-85years. Another important character to all Israelis which I believe is their secret of development is their love and pride for their country. You can sense the feeling amongst all of them that whatever they are doing is going to impact their country and everyone wants to contribute in its growth in some way.

Jerusalem is the most crowded and full of tourists from all over the world being the holy site for Christians, Muslims and Jews. We were very fortunate to visit the Church of Holy Scpulchre in Jerusalem (Death Place of Christ) which lies adjacent to the Temple Mount (Haram esh-Sharif) and the Holy Western Wall of Jews. The



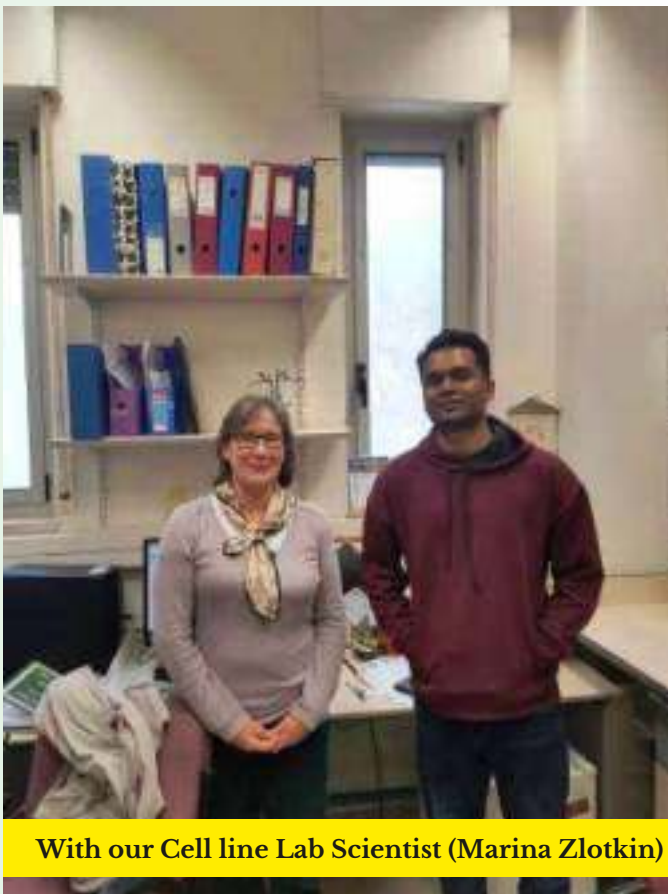
With Prof Simon Benita

church of Nativity (Birth place of Jesus) is situated in Bethlehem in Palestine. It takes around one and half hour to reach Bethlehem which is in Palestine and besides Church of Nativity the major places to visit there is Milk Groto and Shepherds fields. The most fascinating thing about Jerusalem is that a major part of Bible with reference to King David is based on this region and you can visit the Old City of King David.

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With our Cell line Lab Scientist (Marina Zlotkin)



Mediterranean Sea at Tel Aviv Beach

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Birth Place of Jesus (Bethlehem)



At Oia in Santorini



At Acropolis (Athens)

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Another memorable part of my Postdoctoral days is my week spent in Greece. Staying in Israel I had the advantage of visiting Europe as it is just on the other side of Meditarrean Sea and most places are within 1-3 hours reach.

Israelis mostly visit some or other part of Europe in most holidays. However due to my lab commitments it was difficult for me to plan a trip as during vacations everyone flies there and travelling becomes very costly. Somehow I managed to plan a trip to Greece with my family. To visit Europe we need to get a Schengen visa as most of the countries of Europe falls within Schengen area. Staying in Jerusalem arranging the travel was bit easier. It took us an hour to land in Athens from Ben Gurion airport in Tel Aviv. Athens named after the Greek goddess Athena is very historical and is the origin of western civilization. The visit to the Great and historical Acropolis will be rooted in our memory forever. Other important places in Athens are the National Archaeology Museum, Plaka, Syntagama Square, Panathenaic Stadium (the first modern Olympic Stadium), Greek Parliament, Monastiraki Flea market etc. Greece is a beautiful country full of islands like Santorini, Crete, Mykonos etc and historical places like Delphi, Moetera etc. After spending two days in Athens we went to the world most sought holiday destination; 'Santorini'. Santorini is an island, picturesque and beautiful beyond imagination in Greece. Oia and Fira being its two important

Trip with our Professors



towns and surrounded by altogether 11 beaches each unique in some aspects like Perrisa, Red, Perivolos, Kamari, White beach etc. The sunset at Oia can't be expressed in words. Another memorable part of this trip is the 8 hours Cruise trip between Santorini and Athens through the Aegean Sea which will be indebted in my memories forever. Staying in Israel we were much familiar with the way of life in Greece which is same in most European countries. Moreover the way of life in Greece seemed more relax and jolly and the Greek Coffee and Greek foods are just

awesome. We had a memorable and relaxed week at Greece which will be memorable part of my postdoctoral tenure.

Coming back to Israel we felt more at home. Though we had plans for visiting Austria in March but due to the Covid Pandemic we cut short our stay in Israel and postponed this plan. Hope I shall relish that in coming future.

Our return journey from Israel was of mixed feelings. There was that joy of returning to your motherland with that enthusiasm to percolate the experiences and leanings at HUJI to my fellow people and help them in their research and that sense to contribute in research of my own country, at the same time I knew I shall miss my days in HUJI, my lab, labmates, Campus life, the University trips arranged by Gal and Limor and friends at my dorms with that feel we may not get to see them ever.

With all these mixed feelings we took off from Ben Gurion airport on 12th March 2020 on Air India flight and after seven hours landed in IGI airport New Delhi at the dawn of 13th March. □



A University trip with other Postdocs

Screw Happiness

Generally, in life, we just want to be happy. For it, we must follow some basic rules. Behind most of our actions, choices and relationships, the demand is happiness.

So, what makes you happy...?

The general answer to what makes you happy would be making my parents happy, being nice to people, partying, spending time with good people, shopping working out, and most importantly doing well in life.

Now, ask yourself, does any of these provides you mental satisfaction? Thinking about this might be hard and challenging for you, because you never really thought about self-satisfaction.

What is self-satisfaction?

Self-satisfaction doesn't mean you won't be happy, nor does it mean that you will be happy all the time. You would don't realise is you be something you're not realise is you can't be something you're not. The more you know yourself, the



Musaddikur Rahman

B. Pharm, 7th Sem



stronger your belief in 'self' becomes. A lot of times in life, you have no idea if you really want to do something, but you may do it out of pressure from people around you.

Why do we chase after Happiness?

The honest answer is because it feels good. Feelings are just unreliable. Back then, your wants weren't guided by keeping the self in mind. Well, life was simple back then, it was amazing. Not, you have responsibilities. If growing up was the problem, you are suggesting a life without responsibilities and duties.

How Happiness Screws you over and over!

Why I'm not happy even though I have a great life? It's because of the 'list', what makes you happy was divided back then when you were clueless. Therefore, the result now is you know how to be happy in the moment, but you aren't satisfied because you have a distant relationship with your 'self'. I know it'll hurt me, I shouldn't be with them, I can't move on from that person!

You feel that way because the happiness that you once felt with them, according to you are the best feeling ever. If you miss them, it's because they made you happy once, you miss that particular happiness. You should respect your mental peace, your mental health first. You value the thoughts more than your health and happiness. So, just leave it and keep going after that hit.

These problems revolve around the following things –

- Making yourself happy.
- Making others happy to make yourself happy.
- Making yourself sad because others are presumably happy.
- Making yourself sad because you used to be happy.

□





Kamakhya Temple, Nilachal Hill, Guwahati, Assam



অসমীয়া বিভাগ
Annual Magazine
Volume 11



Brahmaputra River

তুমি উদাশ, তুমি উৰুঙা



ধীমান কলিতা
বি.ফাৰ্ম পঞ্চম শাণ্মাসিক

সপোন,
তুমি সাঁচায়ে উদাশ-উৰুঙা
ঠিক মৰমবোৰৰ দৰেই
গ্ৰীষ্মৰ মৃদু বতাহৰ দৰে অহা
আৰু বৈদ্যুতিক বেগেৰে আঁতৰি যোৱা
যেন জিৰাবলৈ সময়ে নোপোৱা।
তোমাৰ ব্যস্ত চহৰৰ আজিও
নিয়মীয়া দৰ্শক মই
হেজাৰ ব্যস্ততাৰ মাজতো তুমি অহাৰ উমান লওঁ
লগতে অনুভৱৰ সৈতে সুৰ মিলাই
জংকি বাৰ গীত আওৰাও
“তুমি আহিবা যিদিনা ৰং দিব দুচকুত
মৰমেৰে বুকু উপচাই”।

চেহ,
কিবা নিলাভ প্ৰেমীক মই
সেওতাত সেন্দূৰ থকাৰ পিছতো
সৰলতাৰ সজল চাৰনিত
আৱদ্ধ কৰিব বিচাৰো তোমাক
বিফল মই ...
তুমি বিনেই থমকি ৰ'ল সপোনবোৰ
সেমেকি ৰ'ল মোৰ দলিচাত সৰা সোণাৰুবোৰ
নসৰা হ'ল ডাৱৰ
স্থিৰ হৈয়ে ৰ'ল তৰা বোৰ
জীৱনে তোমালৈ বাট চায়ে ৰ'ব ...
নোপোৱাৰ অভিযোগবটো প্ৰশ্নই নাহে।
মৰমবোৰ গুঁঠত নহ'লেও কবিতাৰ সাঁচত
চিৰদিন থমকি ৰ'ব ...

তেওঁ আহিবনে ?



আফ্ৰিনা ইয়াচমিন
বি.ফাৰ্ম প্ৰথম শাণ্মাসিক

যান্ত্ৰিকতাৰ মায়াৰূপী
ব্যক্তিবাদী তেওঁ
সমাজ সলাব... ?
পলস হেৰুৱা ভূমিত,
ৰচিব শংকৰ-আজানৰ ইতিহাস... ?
শূণ্য আকাশৰ নীলবোৰক দিব
শেষ মানৱৰ ওম্ কাৰ... ?
সূৰ্য উঠা দেশত পুনৰাই বাজি উঠিবনে... ?
'মানুহে মানুহৰ বাবে...'
শীৰ্ণ আস্থা, আকাঙ্ক্ষাৰ দুমাজত
পুনৰাই জী উঠিবনে এমুঠি হেঁপাহৰ পানচৈ... ?
গাতৰ প্ৰাচীৰ ভাঙি,
অৰ্থহীন ব্যক্ততাক নেওঁচি তেওঁ আহিবনে ?
সোঁৱৰণীৰ দুহাত আঙুৰাই
আঁউসীত জোনাক বুটলিবলৈ
নিষ্পাপ প্ৰেমৰ অকনমান সেউজীয়া সিঁচিবলৈ;
শূণ্য অনুভৱত লীন হোৱা মানৱক জগাবলৈ
তেওঁ নাহিবনে... ?

পূৰ্ণিমা

পূৰ্ণিমাৰ বোকোচাত উঠি অহা
জোনাকৰ ছাঁত বহি
এখানিমান সময়
তোমাৰ বাবে বৰ ভাল লাগিছিল ...

লিখিম বুলি ভাবিলে
শব্দবোৰে হেঁচা মাৰি ধৰিছিল
হয়তো ভাষাই নাছিল
তোমাক কবিতাবে বুজাবলৈ
পূৰ্ণিমাৰ অন্তত বৰ দুখ লাগিছিল
চেঁচা বতাহ জাকতকৈ ও
শক্তিশালী আছিল দুখবোৰ
বাৰে বাৰে কোবাই থৈ যোৱা বতাহজাকে
অৱশেষত থমকিছিল,
দুখবোৰ আতৰাব নোৱাৰিলি।

এটা সময়ত হয়তো নিজেই
কাঁচিয়লি জোনাকী পোহৰতো
দুখবোৰক বিদায়ৰ
ইংগিত দি উভতিছিলোঁ
ঘোৰ আউসীতো
পূৰ্ণিমাৰ জোন জ্বলাবলৈ...

নদী

সুদূৰ দিগন্তৰ কোন তুমি,
এৰা... সোতশ্ৰেণী
তুমিয়েতো প্রকৃত সাক্ষী
ইতিহাসৰ সীমাৰেখাই ঢুকি নোপোৱা জগতৰ

তুমি যদি সেয়াই হোৱা,
ক'ত অৰ্থযুক্ত জীৱনৰ।
অভিজ্ঞতা বহন কৰা তুমি,
কাতৰ বুকুৰ বেদনা কঢ়িয়াব খোজা ...

সকলোৱে জানো
ভটিওৱা তোমাৰ অভ্যাস নহয়
সদায় বহিমান তুমি
তুমিয়ে উটুৱাই নিয়া
কোনোবা ডেকাৰ
অতীতৰ জীৰ্ণ ভেঁটি।



কমলোচন বৰ্মন
এম.ফাৰ্ম, চতুৰ্থ ষাণ্মাসিক

ৰক্ত

মনত পৰেণে মা' তোৰ!
সেইদিনা যে প্ৰয়োজন আছিল
তোৰ দেহটোক প্ৰাণ দিয়াবৰ বাবে
কেইটোপাল মান ৰক্তৰ ...

চতুৰ্থতাই উঠিছিলোঁ সেইদিনা
লৰি যে গৈছিলো তোৰ কাষৰলৈ
কেনেকুৱা যে লাগিছিল
তোৰ বাবে থকা
মোৰ সাঁচতীয়া মৰমে
কিট-পতংগৰ দৰে
খুলি খুলি খাইছিল জাননে মোক!

কিন্তু মা'
মোৰ বুকু ভৰ্তি বিষাদবোৰ
কোনেও জুমি নাচালে
উচুপনিবোৰ বিলীন হৈ গ'ল মৰিশালিত

কিন্তু এটা কথা জাননে মা'
জীৱনৰ প্ৰতিটো কেঁকুৰীতে শিকিছো
দূৰত থাকিলেও তোৰ সাহসে
সেইখিনি নিশ্চয়কৈ কুলাইছে
এইটো আগতেই কৈছিলি
এতিয়া উপলব্ধি কৰিছোঁ
মানুহবোৰ সুখত হে ...

মানৱীয়তাৰ অভাৱ



জুলিন আখতাৰ
বি.ফাৰ্ম, তৃতীয় শাস্তাসিক

মানুহে মানুহক মাৰিছে
মানুহে মানুহৰ তেজ খাইছে।

বিজ্ঞানৰ অপূৰ্ব সৃষ্টিয়ে
পৃথিৱীখনক বহু আগুৱাই নিয়াৰ পৰিৱৰ্তে,
বিকৃতি ঘটাইছে মানুহৰ চিন্তা ধাৰাৰ।

বিবেকহীন এনে চিন্তাধাৰাৰ মাজত
সুধাকণ্ঠৰ গীতো যেন হেৰাই গ'ল।
নাভাবিলে কোনেও এবাৰো
“মানুহে মানুহৰ বাবে”।।

বিবেকহীন চিন্তা ধাৰাই
সলনি কৰিলে যেনিবা গোটেই জগত,
সত্য অসত্যৰ পথ
বিচাৰ কৰিব পৰা সামৰ্থও
যেন হেৰুৱাই পেলালে
মানৱ জাতিয়ে।

প্ৰকৃতিৰ ওপৰত অত্যাচাৰ
জীৱ-জন্তুৰ প্ৰতি অদয়ালু ভাৱ,
আৰু কিমাননো তললৈ নামিব
মানৱ জাতি ?
ক'ত হেৰাই গ'ল মানৱীয়তা ?
আনৰ জীৱন নিমিষতে যেন
শেষ কৰি দিছে
কেৱল মাথো নিজৰ স্বার্থৰ খাতিৰত,
নিজৰ বাহিৰে যেন
আন একোয়ে নেদেখা হৈছে
বিবেকহীন এই মানৱ জাতিয়ে।

নিষ্ঠুৰতা, বিবেকহীনতা,
বিকৃতি ঘটাই নিৰ্ভঙ্ক চিন্তাধাৰাই
যেন সম্পূৰ্ণৰূপে
হেৰুৱাই পেলালে মানৱীয়তা।।

বিবেক, আবেগ হেৰুৱাই পেলালে
মানৱ জাতিয়ে।
যাৰ ফলস্বৰূপে হেৰালে
নিজৰ প্ৰধান কৰ্তব্য - ‘মানৱীয়তা’।।

“মাতাল প্ৰেমিক”



গৌৰৱ জ্যোতি কলিতা
বি.ফাৰ্ম, সপ্তম শাণ্মাসিক

মিছ... নিশিতা....

যেতিয়াই আপোনাৰ চকুলৈ চাওঁ
তীক্ষ্ণ কাঢ়ে বিস্মে প্ৰেম অথবা বিবাদৰ।
বুকুত ফুলি উঠে আহাৰ মহীয়া এজাৰ।
ৰেচমী যেন চুলি উৰুৱাই যেতিয়া ডেকাচাঙ পাৰ হয়,
বুকুৰ পদুমটি ঠিক তেতিয়াই ফুলি উঠে
যেতিয়াই ধনশিৰিত পাটনয়ে জংকিক বিচাৰি বাউলী হয়।

সুৰাৰ বাগিত মাতাল বুলি তেতিয়াই চিনাকি দিওঁ,
যেতিয়াই এবুকু কেঁচা মৰমে আপোনাক বিচাৰে...।
এদিন আপোনাৰ চকুজুৰি দিব নেকি??
এসাগৰ ভালপোৱাত ডুবি মৰিম!
কেকটাছ ফুলা শুকান গুঁঠত, এবাৰ আপোনাৰ বঙা গুঁঠটি জুবুৰিয়াই চাব?
এসাগৰ কামনাত জীয়াই জীয়াই মৰিম।
চিগাৰেটৰ ধোৱাই চাই কৰা বুকুত জানো এবাৰ মূৰ থৈ শুৱা??
হোটেলৰ গোপন কোঠাৰ নম্বৰ লোৱা স্বভাৱেই সলনি কৰি দিম।
মা'-কচম,,, প্ৰতিনিশা ডিস্কো বাৰত মদৰ গিলাছ
লোৱা নিচাই সলনি কৰি দিম
এবাৰ এই বেইমানি হিয়াৰ গৰাকী হৈ চাব?
কওক মিছ নিশিতা ...
এবাৰ এই বেইমানি হিয়াৰ গৰাকী হৈ চাব?
আপোনাৰ প্ৰেমত পাগল হোৱা এইজন
“মাতাল প্ৰেমিক” মই ...।

তোমাৰ আৰু মোৰ এক অন্তহীন যাত্ৰা



খ্যাতিৰূপা শৰ্মা
এম.ফাৰ্ম, প্ৰথম শাণ্মাসিক

তোমাৰ আৰু মোৰ এক অন্তহীন যাত্ৰা ...
আকাশৰ নীলাবোৰ ক'লা মেঘে আৱৰি ধৰিলেও যেন সকলো একেই থাকে।।
মৌনতা এ বাকু স্পৰ্শ কৰিব পাৰিবনে
ডায়েৰীৰ উকা পৃষ্ঠাত জিলিকি থকা ভালপোৱাৰ শব্দবোৰ?
পৰিচয় নিবিচাৰো এক সহযাত্ৰী হৈ ৰৈ যোৱা
তোমাৰ আৰু মোৰ এই অন্তহীন যাত্ৰাটিত।।
যান্ত্ৰিক জীৱনৰ ব্যস্ততাৰ মাজতো
তোমাক লগ পোৱা কিঞ্চিত সময়খিনিৰ মূল্য মোক নুসুধিবা।।
উত্তৰবিহীন প্ৰশ্নবোৰৰ পৰা ভাঙি যাব,
কিন্তু ৰব মাথোঁ প্ৰতিশ্ৰুতিৰ আকাৰ
কিয়নো এইয়া এক অন্তহীন যাত্ৰা
ঠিকনা নিবিচাৰিবা ...
সুন্দৰ হৈ ৰ'ব সকলো।।

পটভূমি



মানবেন্দ্ৰ বৰ্মন

বি.ফাৰ্ম, সপ্তম শাণ্মাসিক

তুমি বহুদিনৰ পৰা কৈ আছা
এটা কবিতা লিখা, এটা কবিতা লিখা।
কিন্তু কোৱা নীলাঞ্জনা
কিহক লৈ লিখো কবিতা
আজিকালি কলমেৰে নোলায়
প্ৰেমৰ কবিতা,
বন্দুক বাৰুদৰ ধোৱাৰ মাজত
নুফুলে গোলাপ।
কবিতাৰ চাৰিবেৰৰ মাজত
কি সামৰিম কোৱা,
কোনখন বাগানত কিমান মজদুৰে
ভোকত আত্মহত্যা কৰিলে
এইবাৰ নিৰ্বাচনত জিকিবৰ বাবে
কোনো মন্ত্ৰীয়ে কাৰ বিৰেকক কিমানত কিনিলে
নামনি অসমৰ গোস্টী সংঘৰ্ষত
কোন কেনেকৈ লাভৱান হ'ল!
মোৰ আয়ে নিশা উজাগৰে
কিয় উচুপি ৰয়!
কি লিখিম কোৱা!
কিবা লিখিবলৈ গ'লেই
মাজনিশা মোৰ দুৰাৰত কোনোবাই টুকুৰিয়াব,
পিছদিনা বাতৰি কাকতত এটি সৰুকৈ প্ৰকাশ হ'ব -
“হত্যা”
দুদিনমান হৈ চৈ,
তাৰ পিছত সকলো ঠাণ্ডা।
কি লিখিম কোৱা নীলাঞ্জনা!
হাত-ভৰি সকলোবোৰ থাকিও
মই যেন আজি পঙ্গু।
অঙ্গ থাকিও নথকা
কিবা এটা কৰিব পাৰিও নকৰা
পঙ্গু ...।

তোমাৰ স্মৃতিত



অবিনেশ পাটোৱাৰী

বি.ফাৰ্ম, সপ্তম শাণ্মাসিক

বিষাদবোৰ শব্দ হৈ নিগৰিছে
প্ৰতিটো মুহূৰ্ত নিশৰ
প্ৰতিটো দিন যাযাৰৰী
পুৱাৰ চঁচা বতাহজাকৰ পৰশে কঁপাই নোচোলেচোন মোক
শব্দবোৰ লিখি মনটো কৰবালৈ উৰি যায়
কিয় বুকুখন বিষাই বাৰু
ফাগুণৰ বতাহজাকে যেতিয়া ধূলি উৰুৱাই
ধূলিৰ মাজেৰে আগুৱাই তোমাক দেখা পাওঁ
তুমি কেনে আছা
দুগালত দুটোপাল চকুলো জিলিকি নুঠেনে তোমাৰ
মোৰ জীৱনৰ জোনক লাহে লাহে বিলীন হৈ অন্ধকাৰত ...

তাই



হিৰকজ্যোতি পাটগিৰী

বি.ফাৰ্ম, সপ্তম শাণ্মাসিক

তাইৰ হেঁপাহৰ নীলা ডেউকা দুখনেৰে
আৱৰি ৰাখে মোৰ আকাশ,
জুইৰ ফিৰিঙতিৰে জ্বলাই ৰাখে মোৰ অষ্টাচলৰ বেলি,
দুটোপা চকুপানীৰে প্ৰাহিত কৰি ৰাখে মোৰ কলম,
তাইৰ পৰা মোলৈ অহা বাটেৰেই চলে মোৰ নিয়ম মাফিক
দৈনন্দিন কুচ-কাৰাজ।
অথচ বিদায়ৰ বেলিকা মোৰ শব্দৰ জোলোঙাত মাত্ৰ দুমুঠি শব্দ
কলিজাত এসাগৰ আৰেগ আৰু পীড়িত এটি ছুটি কবিতা।
বাৰিষাৰে সিন্ধু প্ৰতিটো ৰাতিপুৱাৰ সজীৱতাও হেৰাই যায়
তাইৰ উন্মত্ত হাঁহিৰ আঁৰত

ক'ৰনা



তাছলিমা ইয়াছমিন
বি.ফাৰ্ম, তৃতীয় শাণ্মাসিক

হে! প্ৰলয়ংকাৰী মহামাৰী
আমাৰ বাবে তই বিনাশকাৰী
বিশ্বখনক কৰিলি তই সংক্ৰমিত
যাৰ ফলত জনজীৱন আজি আতংকিত আৰু আতৰ্নাদিত।

ধৰা খাইছে ৰজা, প্ৰজা, মহাৰথী ...
আৰু সকলো জনগোষ্ঠী,
যাৰ ফলত ধৰ্ম, ৰাজনীতি পৰিহাৰ কৰি
একাকাৰ আমি মানৱজাতি।

চৌদিশে বাজিছে মৃত্যুৰ কিৰিলি...
গতিশীল সমাজ আজি স্তব্ধৰ বলী
গৃহবন্দী জনতাক আৰু কিমাননো কষ্ট দিবি?
ভয়াৰ্ত আমি মানৱৰূপী।

নিমাত নহ'বা জনগণ
আমাৰ লগত আছে...
ডাক্তৰ, ফাৰ্মাচিষ্ট আদিৰ লগতে পুলিচ-প্ৰশাসন।
সহস্ৰ প্ৰণাম আমাৰ স্বাস্থ্যকৰ্মীসকলক
তুমিও উজলি উঠা হে জনগণ।

জয় হ'ব জনতাৰ, জয় হ'ব বিজ্ঞানৰ...
মাথো ৰুদ্ধ হ'ব ক'ৰনা তোৰ ক্ষমতা।
সজাগ হোৱা জনতা, ভয়াৰ্ত নহ'বা
নকৰিবা ধেমালি, মাথো স্পৰ্শ পৰিহাৰ কৰা।
ঘনে ঘনে হাত ভৰি ধুই নিজৰ লগতে আনকো ৰক্ষা কৰা।
সজাগ হোৱা জনতা।।

হেঁপাহৰ সেউজীয়া



সাৰঙ্গ শেখৰ বৰদলৈ
এম.ফাৰ্ম, তৃতীয় শাণ্মাসিক

দুখবোৰ উটুৱাই দিলো
নীলনদীৰ সোঁতত।
হাঁহিবোৰ পিঙ্কাই দিলোঁ
পলাশ, শিমলুৰ ওঁঠত।
এতিয়াতো দেনা-পাওঁনাৰ
কথা নাই,
তথাপিও অবুজন মনক
বুজাব নোৱাৰো।
হিয়া জুৰ পৰে প্ৰিয়তমা,
তোমাৰ এষাৰি মিঠা মাতত।
মনে সানিব বিচাৰে,
হেঁপাহৰ সেউজীয়া,
তোমাৰ বুকুৱেদি বগাই যোৱা
পান-লতাৰ পাতত।



পূৰালী গোস্বামী
বি.ফাৰ্ম পঞ্চম বান্ধাসিক

জীৱনৰ সংঘাত

জীৱন-পোৱা-নোপোৱা, ভবা-নভৱাৰ ঘটনাৰে মিশ্ৰিত এক পথ। এই পথৰ কোনটো কেঁকুৰিত কি বৈ আছে কি বৈ আছে কোনেও নাজানে। অঞ্জলিৰ জীৱনটোও ইয়াৰে ব্যতিক্ৰম নহয়। মাক-দেউতাকৰ আলাসৰ লাৰু অঞ্জলি। পোন্ধৰ বছৰীয়া অঞ্জলিয়ে দিবাস্বপ্ন দেখাৰ সময়ত বুকুত কঢ়িয়াই লৈ ফুৰিছিল একুৰা জুই। মাক-দেউতাক আৰু অঞ্জলি এটি সুখী পৰিয়াল। সিহঁতৰ লগত একেলগে আছিলে দেউতাকৰ সহায়ক অৰুণ। স্বভাৱত নম্ৰ আৰু অঞ্জলিৰ ওপৰত বেয়া দৃষ্টিৰে চাব হয়তো কোনেও ভবা নাছিল। এদিন মাক-দেউতাকৰ অনুপস্থিতিত অৰুণে আহি অঞ্জলিৰ কান্ধত হাতখন ৰাখিলে। প্ৰথমতে তাই ধৰিব পৰা নাছিলে কি হৈ আছে তাইৰ লগত। তাইৰ ফুলকুমলীয়া দেহাৰ লগত সি নিজৰ হাবিয়াস পূৰণ কৰিলে। তাই অবাগ হৈ ৰ'ল। যাক ইমানদিনে নিজৰ দাদা বুলি ভাবি আছিলে সি দেখোন নৰপিশাচ ওলালে। তাই বুজি নাপালে তাই মাকক কি বুলি ক'ব।

মাকহঁত উভতি আহি দেখিলে তাই অন্ধকাৰ কোঠাটোত উচুপি আছে। মাকে সুধিলে, “কি হ'ল অ' অঞ্জলি কিয় কান্দিছ তই?”

– “মা' তোমালোকে মোক অকলে এৰি থৈ কিয় গৈছিলো, মোৰ ভয় লাগিছিলে বহুত।”

অঞ্জলিৰ কথাত মাকে ক'লে, “ক'নো অকলে এৰি থৈ গৈছো অৰুণ আছিলে নহয় তোৰ চোৱা-চিতা কৰিবলৈ, আহ নাকান্দিবি, ভাত খাই ল'হি।”

কিন্তু অঞ্জলিয়ে সেইদিনাখন সকলো কথা মাকক নোকোৱাৰ বাবে অৰুণে আকৌ চল পালে আৰু যেতিয়াই মাক-দেউতাকে তাইক তাৰ লগত বিশ্বাসেৰে থৈ যায় সি তাৰ হাবিয়াস পূৰণ কৰা হ'ল।

এনেকৈয়ে মনত বোজা লৈ অঞ্জলি ডাঙৰ হ'ল। আজি পঁচিশ বছৰীয়া অঞ্জলিয়ে উপলব্ধি কৰিব পৰিছে যে সময়ত তাৰ মুখা নোখোলাৰ বাবে আজিও তাইৰ মনত সেই ঘটনাটোৱে চাপ পেলাই থৈছে। আজিও দোষী মুক্ত আকাশৰ তলত বিচৰণ কৰি আছে এখন ভদ্ৰতাৰ মুখা পিন্ধি।

এইবোৰ ভাবি থাকোতে তাইৰ ফোনটো কেইবাৰ ৰিং হ'ল তাই গমকে নাপালে। তাই দেখিলে মুনয়ৰ পাঁচটা মিছড্‌ক'ল। তাই তাক ফোন লগালে।

– “কি হৈছে অঞ্জলি ইমানকে ফোন কৰি আছোঁ কিয় ৰিছিভ কৰা নাই তুমি।”

– “মই অলপ ব্যস্ত আছিলোঁ গম নাপালোঁ ফোন অহা তোমাৰ বেয়া নাপাবা।”

ফোনটো ৰাখি তাই ভাবিলে আজি যিয়েই নহওঁক তাই তাইৰ জীৱনৰ সেই ক'লা অধ্যায়টোৰ কথা মুনয়ক ক'বই লাগিব।

তাই আকৌ তাৰ ফোন লগাই ল'ৰালাৰিকৈ তাক সিহঁতৰ প্ৰিয় ঠাই-টুকুৰালৈ মাতিলে।

– “ইমান দৌৰাদৌৰিকৈ কি কথা ক'বলৈ মাতিছা অঞ্জলি তুমি মোক।”

অঞ্জলিয়ে মৃন্ময়ৰ উত্তৰত ক'লে, “আজি তোমাক মই যি কথা ক'ম তাৰ পিছত তোমাৰ মৌলৈ কি ভাব আহিব মই নাজানো কিন্তু মই কথাটো তোমাৰ পৰা লুকালে মোৰ মনত ইয়াৰ বোজা আৰু বাঢ়িব।

তাৰ পিছত অঞ্জলিয়ে তাইৰ জীৱনৰ সেই ক'লা অধ্যায়ৰ কথা তাক ক'লে যিটো কথা তাই তাইৰ মাক-দেউতাকক ইমান বছৰে ক'ব নোৱাৰিলে তাই কৈ উচুপি উঠিলে।

তাইৰ চকুলো মচি মৃন্ময়ে তাইক ক'লে, “ইয়াত ভুল তোমাৰ নাই”। কিন্তু কথাটো লুকুৱাই ৰাখি দোষীক শাস্তি নিদিয়াৰ বাবে তুমি দোষী। আজিও দোষী নিচিন্তমনে আছে। কিন্তু প্ৰতিটো পলে পলে তুমি তোমাৰ মনত ইয়াৰ বোজা লৈ ফুৰিছা। তোমাৰ দৰে নিষ্পাপ ছোৱালীবোৰে সমাজৰ ভয়, লাজ এইবোৰ কথা ভাবি মনে মনে থাকে। কিন্তু তুমি আজিৰ পৰা নিজকে এইটো বোজাৰ পৰা মুক্ত কৰা অঞ্জলি। কেতিয়াও নাভাবিবা মই আঁতৰি যাম তোমাৰ পৰা। তোমাৰ বাবে মোৰ প্ৰেম কেতিয়াও সলনি নহয়।”

অঞ্জলিয়ে শাস্তি উশাহ ল'লে। ইমান বছৰে কঢ়িয়াই ফুৰা জুইকুৰা আজি স্নান পৰিলে। তাই পন ল'লে সজাগতা সংস্থাৰ জৰিয়তে গাঁৱে-ভূঞে মানুহক জাগত কৰি তুলিব। তাইৰ দৰে যাতে আৰু কোনো ছোৱালীয়ে কষ্ট নাপায়, তাৰ বাবে তাই আপ্ৰাণ চেষ্টা চলাব।

অঞ্জলি এতিয়া ব্যস্ত আছে এখন ভাল পৃথিৱী গঢ়ি তোলাত।

“অঞ্জলিৰ দৰে বহুতো ছোৱালীয়ে এনেকুৱা পৰিস্থিতিৰ সন্মুখীন হ'বলগীয়া হয়। সিহঁতে ভয়তে লাজতে মনে মনে থাকি যায়। বহুত ক্ষেত্ৰত দেখা যায় কোনোবা আত্মীয়, কোনোবা চিনাকী মানুহেই তেওঁলোকৰ জী বা ভণ্ডিতুল্য ছোৱালীক বেয়া দৃষ্টিৰে চায়। এই ক্ষেত্ৰত অভিভাৱকসকল কিছু সজাগ হোৱাতো দৰকাৰ। কেতিয়াও নিজৰ সন্তানক অকলশৰীয়াকৈ বা আন কাৰোবাৰ হাতত দায়িত্ব দি যোৱাটো কিছু ক্ষেত্ৰত অনুচিত। লগতে অভিভাৱকসকলে নিজৰ সন্তানৰ লগত সদায় এটা বন্ধুত্বপূৰ্ণ সম্পৰ্ক গঢ় দিব লাগে যাতে তেওঁলোকে নিজৰ মনৰ কথা মা-দেউতাৰ লগত নিসংকোচ ভাৱে পাতিব পাৰে।” □





চিন্ময় ভূঞা
সহকাৰী অধ্যাপক


বিশ্বসন্ত্রাসৰ নতুন বাহক মহামাৰী ক'ৰনা

ক'ৰনা' এটা লেটিন শব্দ যাৰ অৰ্থ হ'ল 'ক্লাউন' বা 'মুকুট' প্ৰায় গোলাকৃতিৰ আৰু কেতিয়াবা দীঘলীয়া আকাৰ ধাৰণ কৰা এইবিধ ভাইৰাছৰ আৱৰণত গদা আকৃতিৰ (Club Shaped) কিছুমান সৰু সৰু মঞ্জুৰী (Spikes) থাকে, যাৰ ফলত এই ভাইৰাছটোক ইলেকট্ৰন অনুবীক্ষণ যন্ত্ৰৰ দ্বাৰা মুকুটৰ নিচিনা দেখা যায়। সম্প্ৰতি এই ধুনীয়া ভাইৰাছবিধে মানুহৰ মাজত বিয়পি পৰি ছাৰ্ছ (SARS) অৰ্থাৎ ছিভিয়াৰ একিউট ৰেছপিৰেট'ৰি ছিনদ্ৰ'ম' (Severe Acute Respiratory Syndrome) নামৰ এটা নতুন ৰোগৰ সৃষ্টি কৰি বিশ্বৰ আটাইবোৰ দেশত এক আতংকৰ সৃষ্টি কৰিছে। যোৱা ২০১৯ বৰ্ষৰ নৱেম্বৰ মাহত চীন দেশত পোন প্ৰথমে ছাৰ্ছ আৰম্ভ হয়। ইয়াৰ পিছত বনজুইৰ দৰে এই ৰোগ বিয়পি পৰে। ইউৰোপ মহাদেশৰ বিভিন্ন দেশ যেনে ইটালী, স্পেইন, ফ্ৰান্স, জাৰ্মানীৰ উপৰিও আমেৰিকা যুক্তৰাষ্ট্ৰ আৰু এচিয়া মহাদেশৰ বিভিন্ন দেশলৈ সংক্ৰমণ হয়। বিশ্ব স্বাস্থ্য সংস্থাৰ এক সমীক্ষাৰ পৰা পোৱা তথ্য অনুসৰি বিশ্বৰ প্ৰায় দুশৰো অধিক দেশত এই ৰোগ ধৰা পৰিছে। আৰু বৰ্তমানলৈ কেইবা লাখাধিক লোকৰ মৃত্যু হৈছে। আমাৰ ৰাজ্য অসমত ২,১৬,২১১ জন লোক আক্ৰান্ত হোৱাৰ বিপৰীতে প্ৰায় ২০৫০ জন লোকৰ মৃত্যু হৈছে। চীন দেশত আগতেই ফ্লুৰ নিচিনা এবিধ ৰোগ পোনপ্ৰথমে ১৯৫৭-৫৮ ধৰা পৰিছিল। এই ফ্লুবিধ এচিয়া ইনফ্লুয়েনজা (Asian influenza) বুলি জনাজাত। ক'ভিডে সৃষ্টি কৰা ভাইৰাছ মানুহৰ দেহত প্ৰৱেশ কৰাৰ ২ ৰ পৰা ১৪ দিনৰ পাছত লক্ষণ সমূহ আৰম্ভ হয়। লক্ষণবোৰ প্ৰায় নিউম'নিয়া ৰোগৰ নিচিনা,

আৰম্ভণিতে জ্বৰ উঠে, মূৰ বিষায়, কাঁহ হয়, হাত-ভৰি অৱশতা আৰু পেশীৰ জৰ্ঠৰতাই দেখা দিয়ে। লাহে লাহে উশাহ-নিশাহত কষ্ট হয়, আৰু সময়মতে উপযুক্ত প্ৰাথমিক চিকিৎসা নল'লে ৰোগীৰ মৃত্যু হয়। ক'ৰনা অতিপাত সোঁচৰা ৰোগ। এই ৰোগ সৃষ্টি কৰা ভাইৰাছ প্ৰধানকৈ আক্ৰান্ত ব্যক্তিৰ নাকৰ পানীৰে, লেলায়ুটিৰে বিয়পি পৰে। আক্ৰান্ত ব্যক্তিৰ থু, তেজ, পেচাব আদিৰ উপৰিও কাপোৰ, খোৱা বাচন-বৰ্তন আদিতো এই ভাইৰাছ থাকিব পাৰে। আক্ৰান্ত ব্যক্তিৰ লগত অথবা একে কোঠাত শোৱা এনে ব্যক্তিৰ কাপোৰ-কানি ভালকৈ পৰিশোধন নকৰাকৈ ব্যৱহাৰ কৰা আৰু এনে ব্যক্তিৰ লগত ওচৰৰ পৰা কথা পতা ইত্যাদিৰ ফলতো ভাইৰাছবিধ অন্য সুস্থ ব্যক্তিৰ দেহত প্ৰৱেশ কৰিব পাৰে।

ক'ৰনা ভাইৰাছ সাধাৰণতে ৫৬° ছেলছিয়াচ উষ্ণতাত প্ৰায় ৩০ মিনিটৰ ভিতৰত ধ্বংস হয়। কম উষ্ণতাত (০-১০° ছেলছিয়াছ) এই ভাইৰাছ কেইবা ঘণ্টাও জীয়াই থাকিব পাৰে। ফৰমেলিন, ক্ৰিছল আদিৰ উপৰিও ইয়াৰ, ক্ল'ৰ'ফৰ্ম আৰু আন লিপিভ দ্ৰাবকে এই ভাইৰাছ বিধক সহজে নষ্ট কৰিব পাৰে।

ক'ৰনা ভাইৰাছে উন্নত দেশৰ লগতে উন্নয়নশীল দেশলৈ বিয়পি পৰাত চৰকাৰে ইয়াক নিয়ন্ত্ৰণ কৰিবলৈ দেশব্যাপী 'ল'কডাউন'ৰ ব্যৱস্থা কৰিবলগীয়া হৈছে। এনে পৰিস্থিতিত জনসাধাৰণে দিন-ৰাতি ঘৰতে বন্দী হৈ থাকিব লগা হৈছে। ইয়াৰ ফলত সমাজৰ আৰ্থিকভাৱে দুৰ্বল শ্ৰেণীৰ মানুহৰ মাজত খাদ্য সংকটে দেখা দিছে। চৰকাৰে দুৰ্বল শ্ৰেণীক সকাহ দিবলৈ বিভিন্ন



আঁচনি লৈছে যদিও ই সুফল দিব পৰা নাই। উন্নয়নশীল দেশত শতকৰা ৫০ ভাগ মানুহ নিম্ন আৰু নিম্নমধ্যবৃত্ত হোৱাৰ বাবে চৰকাৰে তেওঁলোকক আৰ্থিক আৰু সামাজিক দিশত সহায় কৰিবলগীয়া হোৱাত দেশৰ অৰ্থনীতি স্থবিৰ হৈ পৰিছে।

দেশৰ অৰ্থনীতি মন্দা হোৱাত চৰকাৰী আৰু বেচৰকাৰী খণ্ডত নিয়োজিত কৰ্মচাৰী সকলৰ দৰমহা কৰ্তন কৰা হৈছে। ইয়াৰ ফলত দেশৰ মধ্যবৃত্ত শ্ৰেণীৰ লোকে নানান অসুবিধাৰ সন্মুখীন হৈছে। ল'কডাউনৰ সময়চোৱাত অত্যৱশ্যকীয় সামগ্ৰীৰ মূল্যবৃদ্ধি হোৱাত মানুহৰ মাজত নাজল-নাথল পৰিস্থিতিৰ সৃষ্টি হৈছে।

এই পৰিস্থিতিত সকলো উদ্যোগ বন্ধ হৈ পৰাত কৰ সংগ্ৰহ কৰাত সমস্যাৰ সৃষ্টি হৈছে। ফলস্বৰূপে চৰকাৰ সমূহে জনগণৰ উন্নয়নৰ আঁচনিৰ ধনসমূহ ক'ৰনা মহামাৰী নিৰ্মূলৰ বাবে ব্যয় কৰিবলগীয়া হোৱাত উন্নয়নশীল ৰাষ্ট্ৰবোৰৰ উন্নয়নমূলক কাম কৰাত বাধায়ে দেখা দিছে।

আমাৰ দেশৰ বিভিন্ন গাঁৱলীয়া অঞ্চলত মানুহে স্বাস্থ্যৰ অৱনতি হ'লে বেজ, ওজা আদিৰ ওচৰ চপাৰ এটা প্ৰথা বছৰে বছৰে চলি আছিল। এই সময়চোৱাত এনে অন্ধবিশ্বাসৰ পৰা আঁতৰি আমি চিকিৎসা বিজ্ঞানৰ প্ৰতি গুৰুত্ব প্ৰদান কৰা অতি আৱশ্যক। ক'ভিড-১৯ ৰ কোনো লক্ষণ দেখিলে তৎক্ষণাত চিকিৎসকৰ পৰামৰ্শ ল'ব লাগে।

ক'ৰনা মহামাৰীৰ এই ভয়ংকৰ ৰূপৰ পৰা ৰক্ষা পাবলৈ সকলো মানুহে জাতি, ধৰ্ম, বৰ্ণ, ভাষা নিৰ্বিশেষে সামাজিক দূৰত্ব আৰু চৰকাৰী নিয়ম-নীতি মানি চলিব লাগিব। কিয়নো এই পৰ্যন্ত ক'ৰনা মহামাৰীৰ কোনো ঔষধ বা ভেকচিন ওলোৱা নাই। গতিকে আহক আমি আটায়ে এই সামাজিক দূৰত্ব আৰু সাৱধানতা অৱলম্বন কৰি নিজকে সুৰক্ষিত কৰাৰ উপৰিও আনকো সুৰক্ষিত কৰোঁ। □

কামনাৰ উত্তাপ

“অদৃশ্য হাতখনে আজিও খেদি ফুৰে। এটা দুঃস্বপ্নৰ চৰম পৰ্যায়ত মোক হলে বিহ্বাদি বিহ্বাদি। কামনাৰ উত্তাপত বিশ্বাস ছাঁই হৈ ৰয়।”

ভয়ংকৰ সপোনৰ পাৰাপাৰ ভাঙি যেতিয়া দিঠকত ভৰি দিও... আউললগা অতীতে ভুমুকি মাৰে। মাজনিশা উচপ খাই বহি পৰো ... সংগী হয় মাথো ভয়। ভালপোৱা নামৰ চক্ৰবেহুৰ পৰা মুক্ত যদিও পৰিসীমাৰ ভিতৰতে দক্ষ মই। কিছুমান ধুনীয়া আশাৰ বাস্তৱ যে ইমান নিষ্ঠুৰ হ'ব পাৰে, সেয়া প্ৰতি পলতে শিকাই গ'লা।

জঠৰ হৈ গৈছিল। শৰীৰটো কপিবলৈও যেন ভয় কৰিছিল। এক শীতল বক্ত প্ৰবাহিত হৈ গৈছিল। সেয়াও যেন খুব নিস্তন্ধ, সাৰ সুৰ নোহোৱা। শিল যেন নহ'লেও হাতখন কোনোবা হত্যাকাৰীৰ ডেগাৰৰ আঘাততকৈ কম নাছিল। মুখৰ মাত হেৰাই গৈছিল। প্ৰচণ্ড দুখ এটা আহি ডিঙিত ৰৈ গৈছিল। মই বাৰে বাৰে চিঞৰিছিলোঁ। কিন্তু হয়! ভাগ্যৰ কি বিড়ম্বন! কোনেও শুনা নাছিল। এককলীয়া ভ্ৰমণ সকলো মগ্ন হৈ আছিল। কুৎসিত হাতৰ চেপাত মোৰ উশাহ বন্ধ হোৱাটো আছিল দুজন প্ৰেমিকৰ মাজত হোৱা মৰমৰ এক চিত্ৰ। মনৰ ভিতৰত আউলবোৰ সজাবলৈ নাপাওঁতেই হাতখন আহি মোৰ ডিঙি ... পিঠি ক্ৰমাশঃ আগুৱাই গৈছিল। ভিতৰত জ্বলি উঠা খং ঢাকি ৰাখি মুখত এটা হাঁহি পিন্ধি থাকিব লগা হৈছিল। কাৰণ সকলোৰে বাবে আমি আছিলো প্ৰকৃত প্ৰেমিক।

মোৰ ভালপোৱা কবিতাবোৰ শুনিবলৈ তোমাৰ আহৰি নাছিল। ৰঙীণ আশাবোৰ কোৱা সময়টো তোমাৰ বাবে নিৰৰ্থক আছিল। সেই সময়ত তুমি ব্যস্ত আছিলি ... মোৰ চিগা বুটামটো অথবা ফটা কাপোৰৰ অংশটো নিৰীক্ষণ কৰাত। যি সময়ত তোমাৰ পৰা দুটা মৰমৰ মাত শুনিবলৈ মন কৰোঁ, শুনিবলৈ পাইছিলোঁ

নিয়ন্ত্ৰণহীন কামনাৰ কিছুমান অশীল শব্দ। বীসভ্য দৃষ্টিৰ আচত্ৰা অনুভৱবোৰ ভালপোৱাৰ নামেৰে একাকাৰ কৰাটো তোমাৰ বাবে আছিল এখন ৰঙীন খেল। সেইখিনিকে মৰম বুলি মানি লৈ যেতিয়াই দুআষাৰ পাতিবলৈ আৰম্ভ কৰিছিলোঁ, সন্মুখীন হৈছিলো এনে এক পৰিস্থিতিৰ য'ত নিজস্বতা বুলিবলৈ শূণ্যৰ বাহিৰে একো নাছিল। আশা, অনুভৱ সকলো কামনা নামৰ জুইত ভষ্ম হৈ গৈছিল। এজনী ছোৱালী হিচাপে সৰ্বস্ব ত্যাগ কৰিবলৈ সাজু হৈছিলোঁ। কিন্তু তেতিয়াই যদি প্ৰতিবাদ কৰিবলৈ আৰম্ভ কৰোঁ... ৰক্ষা নাই। পচা মাংসৰ সোৱাদ লোৱা কুকুৰৰ দৰে মোৰ ওপৰত জপিয়াই পৰিছিল। নিজৰ স্বাভিমান ত্যাগ কৰি মোৰ সকলো হেৰুৱাই পেলাবলৈ উদ্যত হওঁ। আৰু তুমি? আনন্দত মতলীয়া হৈ ইয়াৰ পিছৰ পৰ্যায়ৰ কথা কোৱা। মই হয়তো ভুলটো দেখুৱাবলৈও সময় নাপাও, কাৰণ নিজকে সেই সময়ত এটা ভক্ষণকাৰী কুকুৰৰ আগত এৰি দিবলৈ যো-যা চলাও।

ভালপোৱা নামৰ শব্দটোৰ হত্যাকাৰী হৈয়ো নষ্ট চৰিত্ৰৰ আখ্যা মোকেই দিলা। সপোনৰ বৰঘৰ মুহূৰ্ততে থানবান কৰি দপ্পদপাই ওলাই গ'লোঁ। বুজি উঠিলোঁ ... আকণ্ঠাতে ভুলতে লাগি যোৱা তোমাৰ হাতখনৰ বহস্য কি? ‘অৰ্ধনগ্ন ভাস্কৰ্য’ৰ উপহাৰৰ ইংগিত-নৰ্দমাত কিলবিলাই থকা পোকৰ দৰে তোমাৰ মনোবৃত্তিৰ ইংগিত। অভদ্ৰামিৰ শীৰ্ষত থাকি এটা ঘিণলগা চৰিত্ৰৰ অভিনয়ত নিপুণতাৰে প্ৰদৰ্শন কৰি থৈ গ'লা। এতিয়াও ... তোমাৰ হাতখনে খেদি ফুৰে। এটা দুঃস্বপ্নৰ চৰম পৰ্যায়ত মোক হলে বিহ্বাদি বিহ্বাদি। কামনাৰ উত্তাপত বিশ্বাস ছাঁই হৈ ৰয়।



চিমা শইকীয়া
বি.ফাৰ্ম, প্ৰথম ষাণ্মাসিক

এজাক বৰষুণৰ অপেক্ষাত মই, তুমি আৰু



মানবেন্দ্ৰ বৰ্মণ
বি.ফাৰ্ম সপ্তম বান্ধাসিক

এমাহৰ গ্ৰীষ্ম বন্ধৰ অন্তত কলেজত সোমোয়েই পৰিৱেশটো কিবা বেলেগ বেলেগ যেন লাগি গ'ল। এমাহৰ আগৰ সেই নিস্তেজ পৰিৱেশৰ বিপৰীতে কলেজখন আজি যেন চঞ্চল হৈ উঠিছে নৱাগত সকলৰ উপস্থিতিত। অজানিতে ভাল লাগি গ'ল পৰিৱেশটো। মনত পৰিল, ৩ বছৰ আগতে এনেদৰেই আমিওটো ইয়ালৈ আহিছিলোঁ।

শ্ৰেণীকোঠা পালোঁ। কেৱল নিশান্ত আহি পাইছে। প্ৰচণ্ড গৰমত মোৰ দেহা ঘামি গৈছে। কিন্তু কোঠাত সোমোয়েই স্থবিৰ পাংখাখনৰ

ওপৰত চকু পৰাত গৰমটো যেন আৰু বেছিকৈহে উজাই আহিল। ক্ষীণ আশা এটাৰ সৈতে চুইছবোৰ্ডৰ পিনে চালোঁ।

ঃ সেইপিনে চাই লাভ নাই, চুইছ দিয়াই আছে। অসম ৰাজ্যিক বিদ্যুৎ পৰিষদৰ কৃপাত মই অহাৰ আগৰ পৰাই কাৰেন্ট নাই - নিশান্তই মাত লগালে।

ঃ আমাৰ বিদ্যুৎ বিভাগৰ এইটো দিশেই মোৰ ভাল লাগে। হাজাৰ ধৰ্মা প্ৰতিবাদ হৈ থাকিলেওঁ তেওঁলোকে খাতিৰ নকৰে। এদশক পূৰ্বে যিটো হাৰত সেৱা আগবঢ়াই আছিল, এতিয়াও প্ৰায় সেই একেই আছে। এনে উন্নয়নৰ স্থবিৰ বিভাগ কিন্তু পৃথিৱীত বিৰল।

ঃ ঠিকেই কৈছ। কিয় যে ক'তো একো বটা বাহন পোৱা নাই ভাবিলে আচৰিত লাগে। পিছে তুমিচোন ঘামত একেবাৰে বৰষুণত তিতাৰ দৰে তিতিছ। অৱশ্যে আজি গৰমো বহুত বেছি।

ঃ অ-বলা বাহিৰলৈ ওলাই যাও-বেগটো থৈ নিশান্তৰ সৈতে বাহিৰলৈ ওলাই আহিলোঁ।

ঃ আজি পিছে ইমান সোনকালে যে? নিশান্তক সুধিলো?

ঃ ঘৰৰ পৰা ওলাই আহোতে অলপ সোনকালে হ'ল।

ঃ কৰোবাক লগ পাম বুলিয়েই সোনকালে আহিছিল। নিশ্চয়।

ঃ এই ৰাতিপুৱাই যা-তা বলকিবলৈ আৰম্ভ নকৰিব।

নিশান্তৰ সামান্য খং উঠা যেন অনুভৱ হ'ল। এই কাৰণেই নিশান্তক জোকাই ভাল লাগে। আস্থাৰ ভাল পায় সি। পিছে আস্থাৰ



প্ৰতি থকা তাৰ এই অনুৰাগ যে এদিন আস্থাৰ সন্মুখত তাৰ নিজৰ ওঁঠেৰে প্ৰকাশ পাব। সেয়া ভবাটো কিছু টান।

অ'ফ টাইমত মহীকাইৰ দোকানলৈ গৈ চাহ খোৱাটো এবছৰত দৈনিক ৰুটিন যেনেই হৈছে। আজিও তাৰ ব্যতিক্ৰম নহ'ল। দোকানত অইন দিনাতকৈ আজি কিছু ভিৰ পৰিলক্ষিত হ'ল। চাহ দিওঁতেই সহজ সৰল হাঁহিটোৰে সৈতে, “ভালে আছানে” বুলি সোধাৰ বাহিৰে অইন কথা পতিবলৈ মহীকায়ে আজি সুযোগ নাপালে। এনেয়ে সাধাৰণতে আমাৰ আড্ডাৰ সংগী মহীকাই নিজেও হয়।

গ্ৰীষ্ম বন্ধৰ পিছত প্ৰথম দিন বাবে ক্লাছ কিছু সোনকালে শেষ হ'ল। আধা বাটতে মজলীয়া বৰষুণ এজাকে সম্ভাষণ জনালে। পুৱাৰ ফৰকাল বতৰ দেখি ছাতিও নিয়া নাছিলোঁ। পিছে বাৰিষাৰ

বৰষুণৰ আগতীয়া অনুমান সহজ জানোঁ। বৰষুণত তিতাৰো মজ এটা আছে। বেগটো খুলি চালো, বহিকেইটা থিকেই আছে তিতা নাই, গতিকে চিন্তাৰ কোনো কাৰণ নাই।

গা-পা ধুই ভাতকেইটা খাই এঘুমুটি মাৰিলোঁ। সন্ধিয়া হোৱাত মায়ে জগাই দিলে। মুখ হাত ধুই নিজৰ কোঠাত সোমাই মিউজিক প্লেয়াৰটো অন কৰি দিলোঁ। সমগ্ৰ কোঠাটোত এক মায়াসনা উদাসীনতা সিঁচি দি মিউজিক প্লেয়াৰটোত বাজি ৰ'ল —

“হে'ৰ বাহী

তোক বৰ ভাল পাওঁ দেহী”

নদীৰ কোবাল সোঁতৰ দৰেই দিনবোৰ বাগৰি গ'ল। আমাক হতবাক কৰি আস্থাৰ সৈতে নিশান্তৰ সম্পৰ্ক গঢ় লৈ উঠিল। কথাটো নিশান্তই গোপনে ৰাখিছিল যদিও প্ৰৱালে ক'ৰবাৰ পৰা খবৰটো আনি আমাক দিলে। ক্লাচটোৰ গোটেই কেইটা খবৰ হজম কৰোতে বেছ কিছু সময় লাগিল। দুদিনমান যোৱাৰ লগে লগে অৱশ্যে নিশান্তই এই বিষয়টোক লৈ আমাৰ লগত সহজ হৈ পৰিল। আমাৰ মাজতো আস্থাৰ কাষেৰে পাৰ হৈ গ'লে নিশান্তই ডাঙৰকৈ মতাৰ অভ্যাস এটা গঢ় লৈ উঠিল।

দৈনন্দিন একেই ব্যস্ততাৰ মাজেৰে দিনবোৰ পাৰ হৈ গৈ আছে। নকৈ প্ৰেক্টিকেলক সামৰি ব্যস্ততা বাঢ়িলেও মহীকাইৰ দোকানত আড্ডা ঠিকেই দি আছে। মহীকাইৰ কথা ভাবিলে কেতিয়াবা আশ্চৰ্য্য বিভূত হৈ পৰো। জীৱনৰ বিয়লি বেলাতো পুৱাৰ পৰা সন্ধিয়ালৈ অক্লান্তভাৱে পৰিশ্ৰম কৰা মহীকাইক দেখিলে মাজে মাজে যৌৱনৰ প্ৰভাৱী বেলত ভৰি দিয়া নিজৰেই আলসতাৰ ওপৰত ধিক্কাৰ জন্মে। আচলতে মহীকাইৰো এই পৰিশ্ৰমৰ বিকল্প নাই। পিতৃ পুৰুষৰ পৰা বংশসূত্ৰে পোৱা মাটিত খেতি কৰি সাধাৰণভাৱে হ'লেও এক স্বচ্ছল জীৱন কটোৱা মহীকাইৰ জীৱনলৈ অমানিশা নমাইছিল পাগলাদিয়াই। বাৰিষাৰ বানত বালিয়ে পুতি পেলোৱা ভূই মাটিলৈ চাই অসহায়ভাৱে কন্দাৰ বাদে একো কৰিব পৰা নাছিল মহীকায়ে। জীয়াই থকাৰ পথ হিচাপে যৎসামান্য সাঁচতীয়া ধনেৰে আমাৰ কলেজৰ সন্মুখত চাহৰ দোকানখনৰ আৰম্ভণি কৰিছিল। দুচকুত আশা আছিল তেতিয়াও একমাত্ৰ সন্তান বিজিতক লৈ। সপোন আছিল স্নাতক চূড়ান্ত বৰ্ষত অধ্যয়নত পুত্ৰই শিক্ষা শেষ কৰি ক'ৰবাত সংস্থাপিত হ'লেই পৰিয়ালটোৱে আকৌ হাঁহিবলৈ শিকিব। কিন্তু সকলোৰে সপোন জানো দিঠক হয়! কোনো বৈপ্লৱিক মতাদৰ্শত দীক্ষিত হৈ শিক্ষা সাং নকৰাকৈয়ে বিজিত গুচি গ'ল অসমী আইৰ মুক্তি বিচাৰি। অন্তিম আশাৰ চাকিগটিও যেন বিধাতাই নুমুৱাই পেলালে মহীকাইৰ জীৱনৰ পৰা। এটাৰ পিছত এটাকৈ মানসিক আঘাতত বিপৰ্য্যস্ত হৈ জীৱনৰ ৰং হেৰুৱাই পেলালেও মহীকায়ে টুক-টুকাকৈ দোকানখন চলাই থাকিল, কাৰণ পৰিয়াল বুলিবলৈ পৰিবাৰৰ উপস্থিতি তেওঁৰ জীৱনত তেতিয়াও আছিল। আৰু পুত্ৰই এৰি থৈ গ'লেও হৃদয়ৰ কোনাবাতো কোনত ৰৈ যোৱা অপত্য স্নেহৰ ভাগ আমি পাবলৈ সক্ষম হৈছোঁ।

“দুচকু মেলিবৰ পৰা

তুমিয়েই দি আছা ধৰা;

অ' মোৰ প্ৰিয়,

তুমি জানো মোৰ নোহোৱা।”

মৌচম গগৈৰ দৰদী কণ্ঠৰ সৈতে মগ্ন হৈ খিৰিকিমুখত বহি আছোঁ। বাহিৰত কিনিকিনীয়া বৰষুণ। এনেকুৱা পৰিৱেশত মোৰ প্ৰায়ে বাহ্যিক পৰিৱেশৰ সৈতে যোগসূত্ৰ হেৰায়। মনটোৱে বিচৰণ কৰে অন্য এখন পৃথিৱীৰ, সেউজীয়া পৃথিৱীত থ'ত নাথাকে মোৰ আৰু নিঃসূতাৰ বাদে অন্য কোনো তৃতীয় প্ৰাণীৰ অস্তিত্ব। হেঁপাহৰ নৈত যৌৱনৰ নাওঁ মেলি ভটিয়াই গৈ থাকো দুয়ো সপোনৰ বেলি মাৰ নোযাৱালৈকে।

নিঃ সূতা! বাৰে বাৰে উচ্চাৰণ কৰিও হেঁপাহ নপলোৱা এটি নাম। নিঃ সূতা মোৰ ভালপোৱা, কি সেয়া জনা হোৱাৰ আগৰ পৰাই ভাল পাবলৈ লৈছিল। তাইক আৰু নাচাও বুলি মনৰ মাজতেই শতবাৰ প্ৰতিজ্ঞা কৰিও লুকাই চুবকৈ তাইক চাবলৈ এৰা নাছিলোঁ। দিন বাগৰি গৈ থাকিল, আমিও শৈশৱ পাৰ হৈ কৈশোৰত ভৰি থলোঁ। বয়সৰ লগে লগে মোৰ ভালপোৱাও অধিক গঢ় হৈ গৈ থাকিল। তাইক সংগী কৰি লৈয়েই জীৱন গঢ়াৰ সপোন দেখিবলৈ ল'লো, কিন্তু তাইৰ সন্মুখত এই অনুভৱক প্ৰকাশ কৰাৰ সাহস কৰিব নোৱাৰিলোঁ।



হায়াৰ ছেকেণ্ডাৰীৰ পিছত দুয়োৰে শৈক্ষিক পথৰ বিচ্ছিন্নতা ঘটিব। নিজৰ অভিযন্তা হোৱাৰ সপোনক সাকাৰ ৰূপ দিবলৈ নিঃসূতাই চাপলি মেলিলে মহানগৰীলৈ, তাৰ বিপৰীতে মই ৰৈ গ'লোঁ মোৰ আপোন চহৰত গ্ৰেজুৱেশ্বন কৰাৰ মানসিকতাৰে। মানুহে কলে, চকুৰ আতৰ হ'লে মনৰো আঁতৰ হয়। কিন্তু আজি প্ৰায় দুটা বছৰে নিঃসূতাক দেখা নাপালেও তাইক পাহৰিব পৰা নাই, হৃদয়ৰ বেদীত আজিও তাইকেই বহুৱাই ৰাখিছোঁ। নিশান্তই গম নাপায় মোৰ ভালপোৱাৰ কথা। সিহঁতে ভাবে ৰোমান্টিকতাৰ পৰা শতযোজন দূৰৈত অৱস্থান কৰা মই এটা আঁচৰিত ধৰণৰ প্ৰাণী। কিন্তু সিহঁতেতো নাজানে, এতিয়াও মই নিঃসূতাৰ চাৱত দিবাংগত ডুব গৈ থাকো, তাইৰ হাঁহি থকা মুখখনি দুচকুত ভাহি উঠিলে নিজে নজনাকৈ হাঁহি উঠো আৰু তাইক হেৰোৱাৰ ভয়ত নিজেই কান্দি উঠো মই। কোনেওটো নাজানে, ভালপোৱাৰ বিষাক্ত কীটৰ দংশনত

মই কেনেদৰে ছটফটাই থাকো। কোনোওটো নাজানে!

পুহমহীয়া শীতল ৰাতিপুৱা। কুঁৱলীৰ আৱৰণি লাহে লাহে খহিবলৈ ধৰিছে। মেঘৰ আঁৰে আঁৰে বেলিটিয়ে লাজ লাজকৈ ভুমুকি মাৰিছে। আকাশখনলৈ চাই এনেকুৱা লাগিছে যেন হোমৰ গুৰিত বহি থকা কইনাজনীৰ ওৰণীৰ ফাকেৰে মুখনিহে দেখিছোঁ।

নিশান্ত, প্ৰবাল আৰু অন্য দুজনমান বন্ধুৰ সৈতে চাইকেল চলাই কলেজলৈ গৈ আছোঁ। নকৈ বিলিজ দিয়া চিনেমা এখনৰ ওপৰত কথা পাতি পাতি। নিশান্তৰ মাতবোল নাই আজি আস্থাৰ লগত গঢ়ি উঠা তাৰ সম্পৰ্কটোত কেৰোণ লাগিবলৈ ধৰিছে। আস্থাক বহুত ভাল পায় সি। সেয়ে হয়তো বা এই ঘটনাক সহজে মানি ল'ব পৰা নাই। কিন্তু আস্থাৰ ভালপোৱা আছিল প্ৰায়ভাগ ছোৱালিৰ দৰে স্বাৰ্থপৰ। প্ৰথমে নিজৰ প্ৰয়োজনৰ বাবে ভালপোৱাৰ নাটক কৰি সেই ডাৱৰীয়া মেঘ জাকৰ দৰে আঁতৰি যোৱা।

ঃ কালি আমাৰ তাত এনকাউন্টাৰত দুটা মৰিলতো, গম পোৱানে? চিন্ময়ে হঠাত মাত লগালে।

ঃ দুটা মৰিল! প্ৰবালে হতবাক হৈ চিন্ময়ৰ মুখলৈ চাই স্বাগন্তোক্তি কৰিলে।

ঃ অস্পট ডেড।

ঃ কেতিয়া? মই সুধিলোঁ।

ঃ ৰাতি ন-মান বজাত।

ঃ ইস্ তোমালোকৰ তাত সংঘৰ্ষ হ'ব গম নাপাম। আৰু কটা নিউজ চেনেল, নিউজ পেপাৰ ক'তো দিয়া নাই দেখোন প্ৰবালে ক'লে।

ঃ এস্, দুটা মহ মৰোতে ক'ৰ নিউজ চেনেলত দেখুৱাব নো!

প্ৰথমতে গোটেই কেইটাই চিন্ময়ৰ মুখলৈ চালো। তাৰ পিছত একেলগে সশব্দে হাঁহি উঠিলোঁ। প্ৰবালৰ বাম ঢকা এটা চিন্ময়ৰ পিঠিত পৰিল।

ঃ আজি ক্লাছ হ'বনহয় প্ৰবাল! কথাষাৰ সোধোতেই দেখা পালোঁ, বিপৰীত দিশৰ পৰা নিঃসৃত আহি আছে, কাৰোবাৰ সৈতে ফোনত কথা পাতি পাতি। পূৰ্বতেই পাইছিলোঁ তাইৰ হৃদয়ৰ সেউজীয়া দলিচাত কোনোবা সপোন কোৱাৰ উপস্থিতিৰ কথা। তলমূৰকৈ খোজকাঢ়ি ফোনত কথা পাতি যাওঁতে তাইৰ হাঁহিভৰা মুখনি দেখি মোৰ মনলৈ চিধাই তাইৰ সেই অচিন অভ্যাগতৰ কথাই আছিল। বুকুত ধপধপনি কেই মুহূৰ্তমানৰ বাবে বন্ধ হৈ যোৱা যেন লাগিল। এনে লাগিল যেন মোৰ বুকুত কোনোবাই প্ৰকাণ্ড হাতুৰি এটাৰে প্ৰচণ্ড কোব এটা সোধাই গ'ল।

ঃ তুমি কি সুধিছিল মোক? — প্ৰবালে সুধিলে।

ঃ একো নহয় দিয়া - কথা কোৱাৰ শক্তিও যেন মই হেৰুৱাই পেলালোঁ।

কলেজতো লগৰবোৰৰ সৈতে ভালদৰে কথা বতৰা পতিব নোৱৰিলোঁ। ঘৰ আহি পোৱাৰ পিছতো এক অসহ্য যন্ত্ৰনাই বুকুখন পুৰি থকা যেন অনুভৱ হ'ল। নিঃ সৃতাক হেৰুৱাৰ ভয়টোৱে পুনৰ উক দি উঠিল। নিঃসৃতাই কাৰোবাক ভালপোৱা বুলি গম পোৱাৰ

পিছৰ পৰাই ভগৱানৰ ওপৰত তাইক নিজৰ কৰি লোৱাৰ পৰিৱৰ্তে তাইৰ সুখ-কামনা কৰি প্ৰাৰ্থনা কৰিবলৈ লৈছিলোঁ। কিন্তু সকলোবোৰ জানি-বুজিও আজিৰ ঘটনাটোক মই সহজভাৱে ল'ব নোৱৰিলোঁ। এৰো বুলিয়েই এৰি যাব পাৰি জানো আজন্ম হেঁপাহৰ গোলাপ পাহক; ছমহীয়া খৰাঙে কঙাল কৰিব পাৰে জানো বাৰিষাৰ ভৰা লুইতক! সপোনৰ বেলি মাৰ যাওঁ যাওঁকৈয়ো বৈ থাকে সেন্দুৰীয়া হৈ পশ্চিমৰ অস্তাচলত।

ভাৰত-ইংলেণ্ডৰ ক্ৰিকেট শৃংখলাৰ মাজেৰে আৰম্ভ হোৱা আড্ডাৰ বিষয়পৰ্বই গৈ গৈ এইবাৰ সাঙুৰি ল'লৈগৈ আন্না হাজাৰে আৰু বাবা ৰামদেৱৰ দুৰ্নীতি বিৰোধী আন্দোলনৰ লগতে অখিল গগৈৰ বৃহৎ নদীবান্ধ বিৰোধী আন্দোলনকো।

ঃ দেশত এক পৰিৱৰ্তন লগা হৈছে। প্ৰচলিত ব্যৱস্থাৰ পৰা ফালৰি কাটি এক স্বচ্ছ, মসৃন সমাজ তথা নীতি ব্যৱস্থা প্ৰৱৰ্তনৰ সময় আহি পৰিছে। নিশান্তই মাত লগালে।

ঃ কিন্তু পৰিৱৰ্তন, বিশেষকৈ এক নিয়মমাফিক চলি অহা, তাকো সুদীৰ্ঘ সময়জুৰি বৰ্তি থকা এই সমাজ তথা শাসন ব্যৱস্থাৰ এনে এক বৃহৎ পৰিৱৰ্তন ইমান দ্ৰুতগতিৰে কৰাটো উজু কাম নহয় - প্ৰধানে নিজৰ যুক্তি ডাঙি ধৰিলে।

ঃ কিন্তু সমগ্ৰ দেশবাসীৰ ঐকান্তিক প্ৰচেষ্টা নিহিত হ'লে বৰ বিশেষ কঠিন নহ'ব এই কাম।

বিভিন্নজনৰ মাত-বিৰোধৰ মাজেৰে আড্ডা আগবাঢ়ি গৈ থাকিল।

ঃ আজি তুমি একো মাত নামাতা নেকি? মহীকায়ৈ মোৰ সন্মুখত বহি লৈ সুধিলে।

ঃ কিনো কম মহীকাই! মোৰ হিচাপত এজাক বৰষুণৰ প্ৰয়োজন হৈছে। বুজা নুবুজাৰ ভাৱত গোটেইকেইটাই মোৰ মুখলৈ চাই ৰ'ল।

ঃ পৰিৱৰ্তনৰ, সপোনৰ, জীৱনৰ ৰংবোৰৰ ঠিকনা বোকোচাত বান্ধি লৈ অহা বৰষুণ। নিশান্তই আস্থাক ঘূৰাই পোৱাৰ বাবে, বিজিতদা ঘৰলৈ উভতি অহাৰ বাবে এজাক বৰষুণৰ প্ৰয়োজন হোৱা নাই জানো আৰু মোৰ দেশ, বগা চাহাবৰ শোষণৰ পৰা স্বাধীন হোৱাৰ পিছত এইবাৰ ক'লা চাহাবৰ স্বেৰাচৰিতাৰ পৰা মুক্ত হোৱাৰ বাবে, ভোগবাদৰ বৈষম্য আঁতৰাই ক্ষমতা অনাৰ বাবে, নিজৰ সন্তানক ভ্ৰাতৃৰ ক্ষুধাৰ পৰা মুক্ত কৰি একোখন ত্ৰিৰংগাৰ তলত মাৰ বান্ধি থিয় কৰাবলৈ, মোৰ দেশমাতৃক এজাক বৰষুণৰ প্ৰয়োজন নাই জানো! ঋতুৰ ঠিকনা নোহোৱা এই বৰষুণ জানো কেতিয়া আহিব!

উপ সংহাৰ

কামৰ খোজত খোজ মিলাই দিনবোৰ গৈ আছে। সকলোৱে সময়ৰ সোঁতত জীৱনৰ হিচাপ-নিকাছ কৰাত ব্যস্ত। নিশান্ত ৰৈ আছে আস্থাক ঘূৰাই পোৱাৰ আশাত, সকলোৰে অজানিতে ময়ো ৰৈ আছে এতিয়াও নিঃসৃতাক নিজৰ কৰি পোৱাৰ আশাত, মহীকাই ৰৈ আছে তেওঁৰ একমাত্ৰ পুত্ৰ উভতি অহাৰ আশাত আৰু মোৰ আই ৰৈ আছে, এজাক বৰষুণৰ অপেক্ষাত.....।

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ভগৱানে যি কৰে ভালৰ কাৰণেই কৰে

বহুদিন হ'ল কিন্তু এতিয়াও মনত পৰিলে কেনেবা কেনেবা লাগে। দুৰ্ভাগ্যৰ পিছতো কি ভাগ্য।

এক যাদ্ৰীবাহী জাহাজ সাগৰেৰে ভ্ৰমণলৈ উলাইছিল। তাত আছিলে চম্ভিছ বছৰীয়া এজন নাগৰিক আৰু আন আঠজন আছিলে ডেকা বয়সীয়া ভ্ৰমণ কৰোঁতে। সিহঁতৰ জাহাজখনত বান্ধি-খাব পৰা সকলোধৰণৰ ব্যৱস্থা আছিল। সিহঁতৰ জাহাজখন যাত্ৰা কৰিছিল এটা সুন্দৰ দিনত। জাহাজ যাত্ৰাৰ দিনৰ পৰা আৰম্ভ কৰি দুদিনলৈকে দিনবোৰ আমোদ-প্ৰমোদ ভাৱে পাৰ কৰিছিলে। তেতিয়াও সাগৰত আবাহৰা ভালে আছিলে। কিন্তু পিছদিনাৰ পৰাই সাগৰৰ আবাহৰা বেয়া হ'বলৈ ধৰিছিলে। কি প্ৰচণ্ড টো আৰু ধুমুহা! সিহঁতে হতাহত উপনিত হ'ল।

কিন্তু ভাগ্য ভাল। সেই অৱস্থাত উপনিত হোৱা ঠাইৰ ওচৰতেই এটা দ্বীপ দেখা পালে। সিহঁতে স্থিৰ কৰিলে, সেই দ্বীপতেই সেই ৰাতিটো কটাব। এই উদ্দেশ্যে সিহঁতে এই দ্বীপটোৰ ওচৰতেই জাহাজখন ৰখালে। কিন্তু ইফালে সাগৰত হিল্লোল আৰু পানীৰ গতি বাঢ়িয়েই থাকিল। জাহাজখনৰ পৰা বান্ধি খোৱাৰ খাদ্য-বস্তু দ্বীপটোৰ ওপৰলৈ উঠালে আৰু জাহাজখন সিফালে বন্ধা আছিলে এডাল লেটেকা-পেটেকা ৰচীৰে।

কিন্তু কি দুৰ্ভাগ্যবশত ৰচীডাল ছিঙি জাহাজখন গুচি গ'ল। পিছদিনা ৰাতিপুৱা আহি নাৰিকে চালে জাহাজ নাই। তেতিয়া তেখেতৰ তাতেই যেন কামিহাড় চুলা ভাঙি চুৰমাৰ হৈ গ'ল। কি হতাহত পৰিলে! কি কৰিব সিহঁতে একো উপায় নাপালে। এনেকৈ দুদিন কষ্টৰে কটোৱাৰ পিছত সিহঁতে দুৰ্বল হ'বলৈ ধৰিলে। কিন্তু কি আনন্দৰ কথা? হঠাতে দুপৰীয়া সময়ত অৰণ্যত জুই জ্বলি উঠিল। তাৰ পৰা উলাইছিল ধোঁৱা আৰু ধোঁৱা। ফটকে এজন মানুহে ইপাৰৰ পৰা দেখা পালে সেই উলাই থকা ধোঁৱা।

মানুহজনে নিজকে প্ৰশ্ন কৰিলে ইনো কিহৰ ধোঁৱা? ভাবিলে যে মোৰ জাহাজখনলৈ এবাৰ যামেই নেকি? এনেকৈ ভাবোতে ভাবোতে জাহাজখনলৈ আগুৱাই গ'ল। এনেকৈ যাওঁতে যাওঁতে দ্বীপটোৰ ওচৰলৈ গ'ল। শুনা পালে তাত যেন কেইজনমান মানুহে চিঞৰি আছে। যেতিয়া জাহাজখন দেখা পালে তেতিয়া মানুহকেইজনে চিঞৰি চিঞৰি ক'লে বচাওঁক' বচাওঁক! পিছত জাহাজখন দ্বীপৰ ওচৰলৈ লৈ গ'ল আৰু মানুহ কেইজন উঠিলে। মানুহকেইজনে ক'বলৈ ধৰিলে “ভগৱানে যি কৰে ভালৰ কাৰণেই ক'ৰে”।



সুদীপ বৰুৱা
ডি.ফাৰ্ম, দ্বিতীয় শাস্ত্ৰাসিক



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B. Pharm (Practice)



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Students of D. Pharm 1st Year



Students of D. Pharm 2nd Year



Students of B. Pharm 1st Sem



Students of B. Pharm 3rd Sem



Students of B. Pharm 5th Sem



Students of B. Pharm 7th Sem



Students of M. Pharm 1st Sem. (Pharmacology)



Students of M. Pharm 1st Sem. (Pharmaceutics)



Students of M. Pharm 1st Sem.(Pharmaceutical Chemistry)



Students of M. Pharm 3rd Sem



STUDENT PLACEMENT REPORT OF 2019-20

Sl. No	Stream	No Of Students Appeared	No. Of Student Passed
01	B. Pharm	63	41
02	M. Pharm	15	15
03	D. Pharm	53	51

Out of 63 Students of B. Pharm, 15 Students of M. Pharm and 53 students of D. Pharm following have already been selected by different companies for job in various Sectors like Production, QA, QC and Marketing; some others have opted for higher studies and Hospital Training.

S.N.	Name of the Student	Name of the organization	Nature of the Job
01	1. Mr. Mohit Das (M. Pharm) 2. Mr. Dhiman Jyoti Nath (B. Pharm) 3. Mr. Debabrata Nath (B. Pharm) 4. Mr. Sajjit Alom (B. Pharm) 5. Mr. Mustafizur Rahman (B. Pharm) 6. Mr. Hrishikesh Sarma (B. Pharm) 7. Ms. Dolly Barman (B. Pharm) 8. Mr. Mriganka Hatimuria (B. Pharm) 9. Ms. Dhanusmita Lahkar (B. Pharm) 10. Mr. Manash Jyoti Kalita (B. Pharm) 11. Mr. Shamsul Haque (B. Pharm) 12. Mr. Neel Akash Mahanta (B. Pharm) 13. Ms. Dhritirekha Kalita (B. Pharm) 14. Ms. Barnali Barman (B. Pharm) 15. Ms. Rajashree Deka (B. Pharm)	HETERO HEALTH CARE, GUWAHATI (CAMPUS)	Production/QA/QC
	16. Ms. Violina Kalita (M. Pharm) 17. Mr. Sidhartha Jyoti Bora (M. Pharm) 18. Ms. Nomrata Das (M. Pharm) 19. Mr. Fazid Ali (B. Pharm)	AJANTA PHARMACEUTICALS, GUWAHATI (ONLINE CAMPUS)	Production, QC
	20. Ms. Abilekha Baruah (B. Pharm) 21. Ms. Dhritirekha Kalita (B. Pharm) 22. Mr. Manash Jyoti Kalita (B. Pharm) 23. Mr. Mritunjoy Barman (B. Pharm) 24. Mr. Rupam Kalita (B. Pharm) 25. Mr. Subham Singh (B. Pharm) 26. Ms. Baishali Puryakastha (M. Pharm) 27. Mr. Gaurab Kurmi (M. Pharm) 28. Mr. Mohit Das (M. Pharm) 29. Mr. Rupjyoti Kalita (M. Pharm) 30. Mr. Suman Jyoti Sarmah (M. Pharm)	TORRENT PHARMACEUTICALS LIMITED, SIKKIM (ONLINE CAMPUS)	Production/QA/QC
	31. Mr. Mriganka Hatimuria (B. Pharm) 32. Mr. Shouvik Ghosh (B. Pharm)	SUN PHARMA, GUWAHATI (OFF CAMPUS)	Production
02	33. Mr. Rupam Kalita (B. Pharm) 34. Mr. Raj Sarma (B. Pharm) 35. Ms. Diksha Kalita (B. Pharm) 36. Mr. Mohibul Islam (B. Pharm) 37. Mr. Fazid Ali (B. Pharm) 38. Ms. Dhanusmita Lahkar (B. Pharm) 39. Mr. Sudhabrata Roy (B. Pharm) 40. Ms. Hiramoni Bhuyan (B. Pharm)	PHOENIX LABORATORIES GUWAHATI (OFF CAMPUS)	Production/QA/QC

S.N.	Name of the Student	Name of the organization	Nature of the Job
	41. Mr. Driraj Singh (D. Pharm) 42. Mr. Biren Mahato (D. Pharm) 43. Mr. Arshad Hussain (D. Pharm) 44. Mr. Arshad Ahmed (D. Pharm) 45. Mr. Biju Ahmed (D. Pharm) 46. Mr. Jakir Hussain (D. Pharm) 47. Ms. Jina Das (D. Pharm) 48. Md. Pinku Ali (D. Pharm) 49. Md. Arshad Ahmed (D. Pharm) 50. Mr. Nafiz Mustakim (D. Pharm) 51. Ms. Neha Singh (D. Pharm) 52. Mr. Pankaj Saha (D. Pharm) 53. Ms. Swati Kumari (D. Pharm) 54. Mr. Simanta Talukdar (D. Pharm) 55. Mr. Shamim Hussain (D. Pharm) 56. Mr. Taufiqe Rahman (D. Pharm) 57. Mr. Chinmoy Das (D. Pharm) 58. Ms. Gargee Kalita (D. Pharm) 59. Ms. Latifa Halen(D. Pharm) 60. Mr. Mominur Pramanik (D. Pharm) 61. Ms. Muqtadira Choudhury (D. Pharm) 62. Mr. Shabaz alom Borbhuyan (D. Pharm) 63. Mr. Dibyajyoti Sharma (D. Pharm) 64. Mr. Inamul Hoque Choudhury 65. Ms. Mazida Prabin	APOLLO GROUP OF PHARMACY (CAMPUS)	Pharmacist
	Ms. Jutika Barman (B.Pharm)	AMRIT PHARMACY (OFF CAMPUS)	Pharmacist

STUDENTS PLACED IN EDUCATIONAL INSTITUTE

Sl. No.	Nature of Job	Name of the Student
01	Assistant Professor, JB Institute of Pharmacy	1. Ms. Afsana Mahzabin
02	Assistant Professor, Royal Group of Institutes, Guwahati	2. Siddharth Jyoti Bora

STUDENTS PURSUING HIGHER STUDIES 2019-20

Sl. No.	Name of the Student	M. Pharm/ Other	Higher study
01	67. Ms. Chayanika Kalita 68. Ms. Chayanika Goswami 69. Mr. Mrinal Kashyap Sarmah 70. Ms. Abhijita Talukdar 71. Ms. Nayanika Neog 72. Mr. Akash Ajith 73. Mr. Depjyoti Goswami 74. Ms. Upasana Saikia 75. Ms. Prerona Chowdhury 76. Ms. Uloopi Dutta 77. Mr. Abhishek Parasar 78. Ms. Dritilekha Pegu 79. Mr. Nurul Amin 80. Mr. Debobrata Nata 81. Mr. Hrishikesh Bhagawati 82. Mr. Sumanjit Das 83. Ms. Khyatirupa Sarma 84. Mr. Subham Singh	M. Pharm	Girijananda Chowdhury institute of Pharmaceutical Science, (Assam Science and Technology University), Guwahati, Assam.

Sl. No.	Name of the Student	M. Pharm/ Other	Higher study
02	85. Mr. Momitul Ahmed	M. Pharm	Jamia Hamdard (Hamdard University), New Delhi.
03	86. Ms. Bhanita Saud	M. Pharm	Dayananda Sagar University, Bangaluru
04	87. Mr. Neel Akash Mahanta	Integrated MBA	Narsee Monjee Institute of Management Studies, Mumbai

LIST OF STUDENTS QUALIFIED IN GPAT-2019-2020

Sl. No.	Name of the Student	Qualified(Q)	Higher study
01	Mr. Abhipshit Kalita	Q	203
02	Mr. Momitul Ahmed	Q	923
03	Ms. Abhijita Talukder	Q	1349
04	Ms. Nayanika Neog	Q	3327
05	Mr. Parthapratim Thakuria	Q	4351
06	Mr. Sauvik Kumar Das	Q	10717
07	Ms. Kiran Pandey	Q	11072
08	Ms. Dhritilata Pegu	Q	16159
09	Ms. Beli Brahma	Q	18499

Estd. 2007

GUWAHATI

SOCIAL & ACADEMIC ACTIVITIES OF GIPS, 2020

National Science Day



Unnat Bharat Abhiyan



Distribution of Accessories During Pandemic



Jan Aushadhi Divas



Hearty Welcome
Shri Prahlad Singh Patel
Hon'ble Union Minister of State with Independent
Charge of Ministry of Tourism and
Ministry of Culture Govt. of India
PMBJP Kendra of
GIPS  Gyanananda Chowdhury Institute of Pharmaceutical Science,
Azara, Guwahati-781017, Assam

Sanitizer distribution during pandemic



GPAT *felicitation*



Yoga




Webinars (GIPS Activities)

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE (GIPS)

PRESENTS INTERACTIVE WEBINAR ON
ENTREPRENEURSHIP AS CAREER AND THE SYSTEMATIC APPROACH TO BE AN ENTREPRENEUR

SPEAKER



Dr. Prasenjit Kumar Borah
Head (Chair) for Entrepreneurship Institute
ICJ Group
Faculty IIT
MADRAS
Organized by Entrepreneurship Development Cell, IIT Madras

DATE & TIME: 22/09/2020, 11:00 AM - 12:30 PM
REGISTER: <https://www.gips.ac.in/2020/09/22/>

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE

Date & Time: 30/07/2020, 3:00-4:00 PM
Certificate will be provided to all participants

WEBINAR

TOPIC: Quality Assurance in Pharmaceutical Industry

SPEAKER



Mr. Dibakar Mohanty
EA Head Bata Pharma, Bty
Organized by Training and Placement Cell, GIPS

DATE & TIME: 30/07/2020, 3:00-4:00 PM
REGISTER: <https://www.gips.ac.in/2020/07/30/>

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE

CONGRATULATIONS
GIPS GUWAHATI
For AICTE National Award



UTKRISHT GANSTHAN VISHWAKARMA AWARD 2020

THIRU UNDER INNOVATIVE CORONA

Organized by GIPS, Guwahati

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE (GIPS)

INVITES YOU TO A WEBINAR ON
3D Printing in Pharmaceuticals and Bioengineering

Organized By: GIPS, Guwahati

Speaker:



Dr. Rajesh Pal, Asst. Professor
Dept. of Biomedical Engineering,
IIT Hyderabad,
B.Pharm, M.E (Biomedical Engineering),
Ph.D. (Bioprocessing of Bioprocess)
IIT Bombay, London, IIT Bombay, South Korea

Co-ordinators:
Dr. Bhogen Kalita, Asst. Professor, GIPS
Dr. Tapash Chakrabarty, Asst. Professor, GIPS
Mrs. Priyanka Choudhury, Asst. Professor, GIPS

Register for free
A certificate will be provided after the webinar to the attendees

Zoom meeting ID: 796 9331 7294
Passcode: 863482

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE (GIPS)

ORGANIZED BY: Girijananda Chowdhury Institute of Pharmaceutical Science (GIPS), Azara, Hethibhawapara, Guwahati-78

A WEBINAR on
Building A Career in Research: Present and Future

Resource Person:



Dr. Vijayeta Pal
Research Post Doctoral
Senior Research Fellow and
Faculty, IIT IIT

September 25th 2020

Timing: 1:00PM TO 4:00PM

MEETING LINK: meet.google.com/pjw-krk-ke-ge

WEBSITE: www.gips.ac.in

WEBINAR ON
WOMEN EMPOWERMENT

Organized By
GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE, GUWAHATI, ASSAM

DATE: 18TH AUG 2020 **TIME: 11:30AM-12:30 PM**

RESOURCE PERSON



Dr. Manohi Devi
Head (Hd), Women cell of Assam,
Industry and Commerce,
Govt. of Assam

Chief Patron: Mr. Basit Bin, President IGA, Guwahati
Patron: Prof. Dr. Gopinath Das, Principal GIPS, Guwahati

CO-ORDINATORS: Mrs. Sarita Raha Chouda Das, Dr. Tejshree Das

Google meet link: <https://meet.google.com/wax-tnrf-fd>

GIPS GIRIJANANDA CHOWDHURY INSTITUTE OF PHARMACEUTICAL SCIENCE GUWAHATI, ASSAM

PRESENTS WEBINAR ON
POST COVID-19 CHALLENGES & CAREER OPPORTUNITIES IN PHARMACEUTICAL INDUSTRY

SPEAKER



ORGANIZED BY: CAREER BRIDGING CELL, GIPS

DATE & TIME: 7 JUN, 2020 (SUNDAY) 9:30 AM - 1:00 PM

CO-ORDINATOR: DR. DIVYENDU SAHA, ASST. PROFESSOR, GIPS

REGISTRATION CHARGES: FREE

REGISTER: <https://www.gips.ac.in/2020/06/07/>

One day International Webinar
ON
"COVID-19 and its Impact on the Global Pharmaceutical Market"

Event: 21/08/2020 (Saturday) **Time:** 9:00 AM - 12:00 PM

KEYNOTE SPEAKERS:



Dr. Chhanda Charita Ghosh
Faculty for Pharmaceutical and Biomedical Sciences,
Andhra University, University of West of England,
Taylor-Woodward and Development of potential therapeutic agents for the development of "Next-Gen" Novel Vaccines



Mr. Anwar Ahmad
Senior Lecturer, Global Pharmaceutical (GPI), Islamic Pharmaceutical and Biotechnology (IPBI), Islamic Pharmaceutical and Biotechnology (IPBI), Islamic Pharmaceutical and Biotechnology (IPBI)

WEBINAR ORGANIZERS:



Dr. Divyendu Saha, Asst. Professor, GIPS



Mr. Basit Bin, President IGA, Guwahati



Dr. Gopinath Das, Principal GIPS, Guwahati



Mrs. Sarita Raha Chouda Das, Asst. Professor, GIPS

Organized by: Girijananda Chowdhury Institute of Pharmaceutical Science (GIPS), Azara, Hethibhawapara, Guwahati-781007, Assam, India. Website: www.gips.ac.in | Email: info@gips.ac.in

WEBINAR REGISTRATION CODE: 12345678901234567890

CULTURAL ACTIVITIES, 2020

Euphism





Glitters







PHOTOGRAPHY





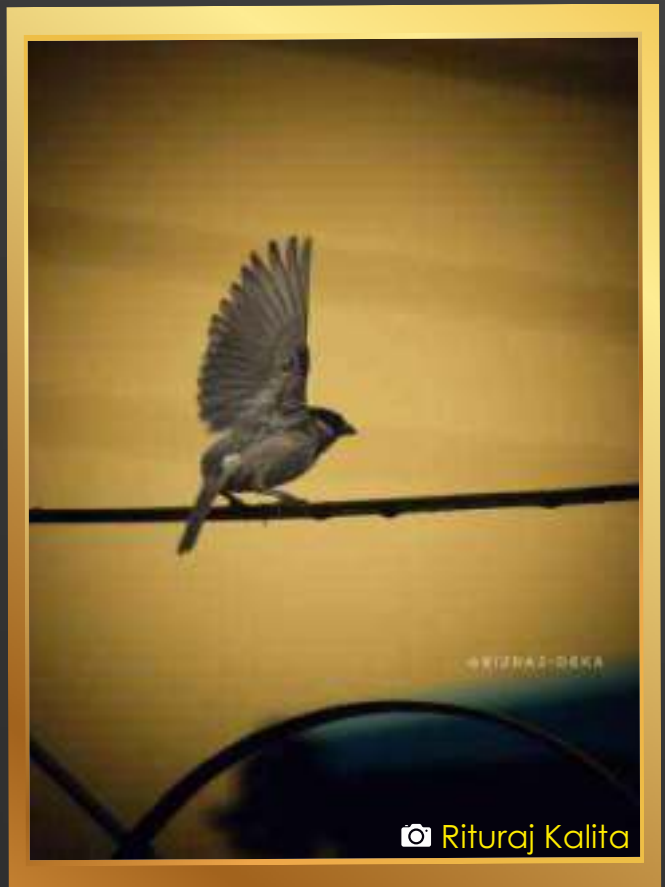
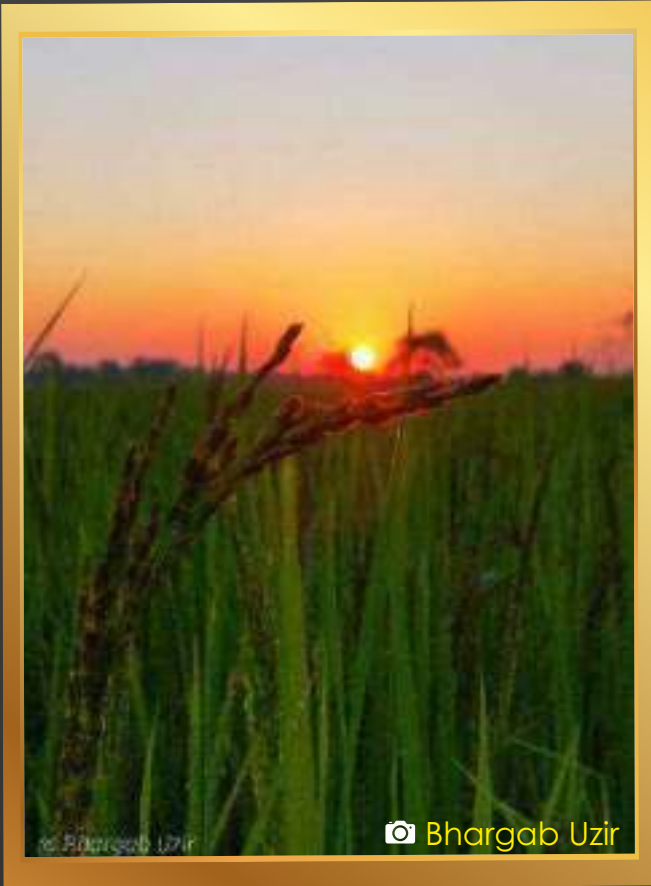
📷 Pranjal Das



📷 Aelina Ahmed



📷 Rituraj Kalita





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