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HEALTH CARE AT YOUR FINGER TIPS

:- Dr.Shiv Maske

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Health care access, affordability, and quality are problems all around the world. There are well-established disparities based on income and geography, and the high costs of health care present affordability challenges for millions of people. A large number of individuals do not receive the quality care that they need.

Mobile technology offers ways to help face these challenges. Through mobile health applications, sensors, medical devices, and remote patient monitoring products, there are avenues through which health care delivery can be improved. These technologies can help lower costs by facilitating the delivery of care, and connecting people to their health care providers. Applications allow both patients and providers to have access to reference materials, lab tests, and medical records using mobile devices.

Complex mobile health applications help in areas such as training for health care workers, the management of chronic disease, and monitoring of critical health indicators. They enable easy access to tools like calorie counters, prescription reminders, appointment notices, medical references, and physician or hospital locators. These applications empower patients and health providers proactively to address medical conditions, through near real-time monitoring and treatment, no matter the location of the patient or health provider.

The available health apps can be divided into three categories. The first type lets people keep a record of their health, like the calorie counting apps. The second are educational apps, which keep one updated with latest information. The third category consists of apps that are used for health monitoring. The apps use standard features of a phone like camera, microphone which are not designed for health monitoring.

Some innovations in mobile health care: Instant heart rate : Put a finger on the camera lens of the smart phone for 10 seconds, and your heart rate will start flashing on the screen in real time. The camera tracks changes in the colour of the skin with every heart beat (surge in capillary blood flow). The principle behind this app is similar to that used in medical pulse oximeter.

A pulse oximeter is clipped to the finger of the patient and measures oxygen level in one's blood

Istethoscope : Hold the phone against the chest. The microphone picks up sounds from the heart. The sound is amplified by an inbuilt amplifier and then transmitted to earphones

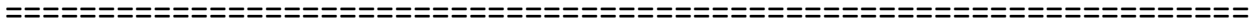
Sleep Cycle : Put the phone next to your pillow. It monitors your sleep patterns based on the movements you make. It shows in graphs your sleep patterns through the night: deep sleep, light sleep or dreaming phase. Depending on the alarm you set, it also wakes you at the most appropriate time period. Suppose you set an

alarm at 6:45 am. The app will figure out the best time between 6:15 and 6:45 to wake you

The list is endless and the above mentioned are the recent advancements of apps in medical field. These apps can be debated upon but they do more good than bad, so it is better to carry

health tips if not health in our pockets.

Something for everyone : Your health is in your hands. Seriously, its right there—or it can be, in the form of flashy little apps downloaded to your smart phone. The future of healthcare lies in technology. Apps have great potential in telemedicine



IMPORTANCE OF READING AND WRITING SKILLS

:- Mr.Bhsakar Ambhore

Asst. Professor of Pharmacology

Francis Bacon, a famous 16th century English essayist says, "Reading maketh a fullman, conference a ready man and writing an exact man." The well-known statement of the great essayist of the yester years still holds good in the global village, where communication is playing a prominent role. It is a fact that the four skills - Listening, Speaking, Reading and Writing (LSRW) – must be practiced to use any language reasonably well. English is a language that gained greater prominence for global communication in the wake of Liberalization,

Reading Reading is to mind what listening is to ears. Today, we live in a knowledge world. We are expected to retain a great deal of written information quickly and attentively as our needs and purposes have become more diverse. The growing number of books and magazines show that we should read more than before. Besides, science and technology too have given us considerable leisure to enjoy reading. It is obvious that the academic success of students primarily depends on their good reading habits. Hence, the quality and quantity of reading have become an important part of the study skills to be imparted to our professional graduates. But

Writing We need to write in order to communicate in English in our social, educational and professional areas. It is the vital means of communication within an organization too. But, unfortunately, writing is the most ignored of the language skills.

According to a survey, 30% of work is accomplished through written communication. In an organization, it is not possible to conduct all transactions by speech alone. If there is a

Privatization and Globalization. It is no longer just a library language but a language of opportunities. A fairly high degree of proficiency in English and excellent communication skills enhance employability of our young professional graduates. Though all the four skills are needed to be focused on, only two skills, reading and writing, are stressed in the article as these are the areas neglected most denying the employment opportunities to our young graduates pursuing professional courses.

most of these students do not have regular reading habits. A few students, who have the habit, read passively failing to comprehend whatever they read. This gradually makes them dislike their reading and make it a necessary evil. Hence, the students' should master reading skills which will enable them not only gain knowledge but also face the cutthroat competitive world confidently and survive successfully in their professions. The students are to be practically exposed to different types of reading like - Search Reading, Critical Reading and Exploratory Reading.

business project, one needs to send written proposals. Electronic mail has become a very popular means of communication in the globalised and highly privatized world today. This kind of communication is used to send business correspondence addressed to customers, clients, associates, business partners and employees within and the outside the organization. Written communication has also become the deciding factor in one's career

planning. The various exams like GRE, GMAT, TOEFL etc., assess the verbal and written communication skills of the candidates. Very often, in fact, candidates who are good at Mathematics and analytical abilities believe that good communication skills are important for students for studies applying for higher

education. Hence the skills of positive and tactful writing are prerequisite for achieving career and business goals. Clear, fluent and effective writing skills include grammar, syntax, context, organization of ideas, content, purpose etc.

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Hospital Visit

SCIENCE AND TECHNOLOGY OF THIN SOLID FILMS

.....Pankaj Fitwe

Asst. Professor of Pharmaceutics

In recent years, thin film science has grown worldwide into a major research area. The significance of thin film coatings and the synthesis of new materials for industry have resulted in a tremendous increase of innovative thin film processing technologies. The major exploitation of thin film science is still in development state and goes hand – in – hand with the explosion of scientific and technological break-through in microelectronics, optics and nanotechnology.

Currently, rapidly changing needs for thin film materials characterization and fabrication of devices are creating new opportunities for the development of new processes.

Therefore, basic research activities will be necessary to improve knowledge, understanding and to develop predictive capabilities for relating fundamental physical and chemical properties to the microstructure and performance of thin films in various applications. Results of combined experimental and theoretical investigations are prerequisite for the development of new thin film systems and the tailoring of their microstructure and performance.

The thin film technology activity is represented by a relatively new research area, called SURFACE ENGINEERING. Surface Engineering has been one of the most expanding scientific

areas including the design and processing of surface layers and coatings, internal interfaces and their characterization.

This Surface Engineering is directed by the demands of thin film and surface characteristics of materials. These thin film systems necessitate direct control of materials on the molecular and atomic scale, including surface modifications, deposition and structuring. Many of these techniques were accountable for remarkable advances in the fundamental understanding of physics and chemistry of thin films, their micro-structural evolution and their properties.

This progress has led to the development of novel materials, expanded applications and new designs of devices and functional thin film systems. It is noteworthy that, the quality of thin films, their micro-structural and basic characteristics in a device level mainly depend upon type of thin film deposition techniques. There exists a variety of several physical/chemical vapor thin film deposition techniques/technologies originate from purely physical or purely chemical processes. In this regard various thin film deposition techniques were illustrated and discussed about their respective working principles and limitations in comparison to the other film processing techniques.

QUALITIES OF A GOOD STUDENT

: Mr. Pradip Kathole

Lecturer

Historically the term student refers to anyone who learns something. However, the recent definition of a student is that anyone who attends a school, college or university. Based on personal experience and research, I list down the qualities of a good student.

1. Attitude : Basically, a good student should possess the ability and willingness to learn new subjects even the subjects are not interesting.

2. Academic skills : Acquiring academic skills is the most important quality of a good student. Ability to read comprehensively, to write effectively, to speak fluently, and to communicate clearly are the key areas in which a good student must be proficient.

3. Ability : A good student should have the ability to apply the results of his or her learning to achieve the desired goals in a creative way.

4. Perceptiveness : How well a student can interpret and perceive meanings from a conversation greatly determine the quality of a good student. A good student always perceives right meaning from conversations, but an average student often misunderstands the original thoughts of a speaker or writer and derives a wrong conclusion.

5. Self discipline : Discipline in managing the time is an important factor that every good student must possess. Often, delaying the tasks, such as writing assignments, reading text books, etc. may negatively impact the ability of a student to deliver the goods.

6. Understanding rather than memorizing concepts A lot of surveys suggest that students must understand the concepts rather than just memorize them. The memorized facts and theories will stay in students memory until they leave the school, college or university. Once out of school, the student will totally forget the core concepts that they have learned. A good student always understands instead of memorizing the concepts.

7. Behaviour : A student should have to know how to behave with his or her mates, teachers, parents and elders.

8. Asking doubts : A good student doesn't hesitate ask questions in order to clarify his/her doubts.

Chatripati Shri Shivaji Maharaj Jayanti



Savitribai Fule Jayanti



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Industrial Visit



Maharashtra Din Celebration

