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Student's Chronicles

An Official Magazine of Faculty of Health
and Life Sciences



Mahayogi Gorakhnath University Gorakhpur

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STUDENT'S CHRONICLE

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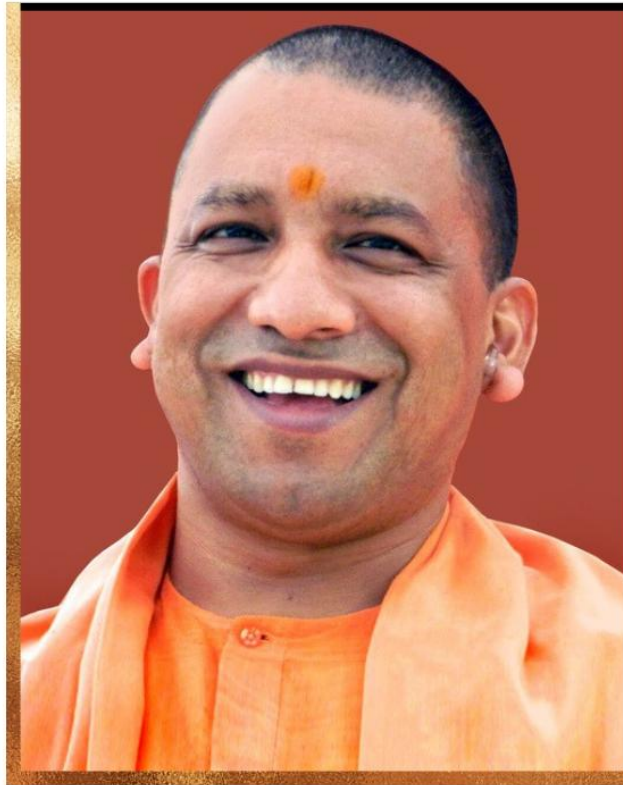
हमारे आराध्य



Our Inspiration



Inspirational leadership



Shri Yogi Adityanath Ji Maharaj

Hon'ble Chief Minister, Government of

Uttar Pradesh

&

Chancellor, Mahayogi Gorakhnath

University Gorakhpur

Our Mentors



Dr. Surinder Singh
Vice Chancellor



Dr. Pradeep Kumar Rao
Registrar



Prof. Sunil Kumar Singh
Dean, Faculty of Health and Life Sciences



Message From The Dean

*It gives me immense pleasure to convey my heartfelt congratulations to the students of the Faculty of Health and Life Sciences on the launch of “Student’s Chronicles: An Official Magazine of Faculty of Health and Life Sciences”, a magazine created **by the students and for the students**. This initiative is a remarkable step towards promoting creativity, critical thinking, and a culture of academic and personal expression within our faculty.*

Education in the field of health and life sciences is not confined to classrooms and laboratories alone—it extends to communication, collaboration, and community engagement. This magazine will serve as a vibrant platform for students to share their ideas, research insights, artistic expressions, and reflections on contemporary issues in health and science.

I commend the editorial team and contributors for their dedication, enthusiasm, and initiative in bringing this vision to life. May Student’s Chronicles continue to inspire intellectual curiosity, nurture scientific temperament, and strengthen the sense of unity and purpose among our students.

I wish the magazine great success and look forward to seeing it grow as a beacon of student creativity and scholarly spirit at Mahayogi Gorakhnath University Gorakhpur.

Prof. Sunil Kumar Singh

Dean

Faculty of Health and Life Sciences

Mahayogi Gorakhnath University Gorakhpur

Message From The Desk of Editorial Team

This magazine isn't just a collection of pages; it's a shared journey, a vibrant mosaic woven together by passion, expertise, and a commitment to understanding the world. As the editorial team, we are honored to guide you through it, but first, we must acknowledge the hands that built the map.

To the incredible contributors who poured their wisdom and insight into these pages: thank you.

You are the torchbearers of this publication. Your articles, from ground-breaking innovations in science to the gentle wisdom of natural healing, and from tackling urgent social issues to illuminating the path to mental well-being, didn't just fill space; they sparked light. They are the essential narratives that empower us all.

*Every great journey needs steadfast guides. We extend our deepest, most profound gratitude to our Dean, **Prof. Sunil Kumar Singh**, and our mentor, **Dr. Manish Kumar Tripathi**. They didn't just give us permission; they gave us an opportunity, a trust, and a platform we cherish deeply. Their belief in this vision is the bedrock upon which this entire endeavor stands.*

And to my own editorial family: thank you for the countless hours, the meticulous care, and the shared vision. Each member has been a crucial architect, ensuring every story finds its clearest voice and every article is delivered with integrity. This magazine is a testament to our collective heart and hard work. Our hope is that as you turn these pages, you won't just find information, you'll find an invitation.

An invitation to curiosity, to compassion, and to action. We aim to foster a thoughtful dialogue that transcends the superficial, helping us all gain a deeper understanding of the complex tapestry of life.

May the stories within ignite a commitment to positive change in your world.

Thank You

Editorial Team of Student's Chronicle Magazine

Faculty of Health and Life Sciences

Mahayogi Gorakhnath University Gorakhpur

Student's Chronicle: A Magazine of Faculty of Health and Life Sciences

Student's Chronicle Magazine is an initiative of the faculty of health and life sciences of Mahayogi Gorakhnath University Gorakhpur. It is a quarterly magazine that contains general/ scientific articles, poetry, stories, general awareness content, and social wellness-related content. The whole content of this magazine is supposed to be produced or developed by the student of the Faculty of Health and Life Sciences. The idea behind this initiative is to provide a platform for content development beyond the university curriculum for the student. Apart from this, students will also get knowledge of the publishing process of articles by getting hands-on with Microsoft Office and different tools of computer applications that play a key role during the publishing process. It will also develop a culture of teamwork and leadership quality among those who will work as part of the core team of this magazine.

Guidelines and rules for the contents of the magazine-

1. Every contribution to this magazine should be **original** and **self-created**.
2. Initially, the total number of pages in this magazine is 25, excluding editorial details, front, and back pages.
3. Only a single contribution is allowed for an individual.
4. The **500 maximum words** and **one image** are allowed in a single contribution
5. Only self generated images are allowed to avoid copyright issues.
6. The final decision on contribution will be taken by the core editorial committee of this magazine.
7. In the core editorial committee of this magazine, there will be **six editors**, including 1 principal editor (reserved for post-graduation students), 1 editor (reserved for post-graduation students), and 4 co-editors (reserved for undergraduate students).
8. One faculty member will also work with the core committee for the students who where assigned by the Dean of the Faculty of Health and Life Sciences.
9. The language of contribution is either **Hindi or English or Sanskrit**.
10. The magazine's non-printable version is released in the month of **November 2025** and will be continue to publish quarterly (**i.e. Every November, February, May, and August**) and students are required to send their contributions via email (studentschronicle05@gmail.com) the strict submission deadline is the 30th of every month for every corresponding quarter.
11. Magazine should have contribution from the following areas:-
 - a) General topics related to health and disease
 - b) Value-added stories, prose, and poetry
 - c) Indian culture and heritage
 - d) General science and technology
 - e) Any other topics relevant to humanity and nature

Where the Stars Still Shine



'स्टूडेंट क्रॉनिकल' पत्रिका का यह प्रथम संस्करण महायोगी गोरखनाथ विश्वविद्यालय गोरखपुर के पूर्व प्रतिकुलाधिपति एवं महाराणा प्रताप शिक्षा परिषद् के पूर्व अध्यक्ष,
दिवंगत प्रो. उदय प्रताप सिंह जी को सादर समर्पित है।

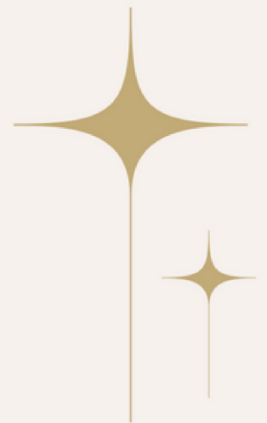
स्वर्गीय प्रो. उदय प्रताप सिंह

(1933 – 2025)

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जय जय श्री गोरखनाथ

शिवम पांडेय
एम.एससी. बायोटेक्नोलॉजी, प्रथम वर्ष

भारतीय ज्ञान की, पुनः प्रतिष्ठा का सपना है।
महायोगी गोरखनाथ, विश्वविद्यालय अपना है।

आध्यात्म और आधुनिकता को, लाएँ हम एक साथ।
एक साथ मिलकर बोले हम, जय जय श्री गोरखनाथ।

ऐलोपैथिक, होम्योपैथिक, आयुर्वेदिक और यूनानी।
सभी विधाएँ सीख के, आगे बढ़ें हिंदुस्तानी।

राष्ट्र धर्म सर्वपरि, हमको सिखलाया है।
चले महाराणा के पथ पर, बलिदान बढ़ाया है।

ज्ञान शक्ति को वज्र बनाकर, रोगों में करें आघात।
एक साथ मिलकर बोले हम, जय जय श्री गोरखनाथ।

समय युग राष्ट्र उन्नति का, ध्येय लें बढ़ें सदा।
ज्ञान विज्ञान योग के सहारे, हम शिखर चढ़ें सदा।

भारतीय ज्ञान की, पुनः प्रतिष्ठा का सपना है।
महायोगी गोरखनाथ, विश्वविद्यालय अपना है।

प्रकृति

वैष्णवी पांडेय
बी.एससी. फोरेंसिक साइंस, प्रथम वर्ष

प्रकृति की गोद से उत्पन्न हुए हम मानव,
प्रकृति का नाश कर क्यू बन रहे है दानव।

इस भूमि ने जल दिया इसी ने ही ये थल दिया,
फिर क्यू हमने इस भूमि का बार बार अपमान किया।

न जीवित हम होते यदि वृक्ष भी साथ छोड़ देते,
हम से नाते तोड़ लेते ये अपने मुख को मोड़ लेते।

किन्तु हमने क्या शीला दिया इनकी इस अच्छाई का,
काटी इनकी टहनियाँ क्यू रुप लिया कशाई का ।

आयी प्रकृति की बारी अब निकाल रही अब अपना रोस,
अब भी कहते हो तुम की प्रकृति का ही है दोष।

समाज के चोंचले

शिवांगी मिश्रा

एम.एससी. बॉयोटेक्नोलॉजी, प्रथम वर्ष

लोग कहते है वक्त बदल रहा है,
वक्त के साथ सब संभल रहा है।
नदियों पर बाढ़ आया हुआ है,
गाँवों के गाँव खाया हुआ है।
बिजली तो बनती दिख रही है,
पर घरों में अन्धेरा छाया हुआ है।
गुज़री जब मंत्री जी के घर से,
वहाँ तो लाइट आया हुआ है।

बेटी बचाओं बेटी पढ़ाओ और जैसे ही,
18 पार हो तुरन्त ससुराल भगाओ।
अरे थिम बुढ़िया है, ग्लिम बुढ़िया है,
जिम्मेदारी निभाने की स्कीम बुढ़िया है।

पढ़ तो सकती हो, लिख तो सकती हो,
पर हमारी ही मर्जी से आगे बढ़ सकती हो।
आजादी मिली है कीमत चुकानी पड़ेगी,
लड़की हो तुम जिम्मेदारी उठानी पड़ेगी।

यू भौहे ना टेढ़ो, यू आँखें ना मिचो,
थकी हो तो क्या, यू करवट ना खिचो।

भला ये कैसी आजादी मिली है,
नसीब में कैसी बर्बादी मिली है।
अगर होते हम भी पुरुष,
तो उनकी तरह आजाद हुए घूमते।
उनकी तरह शहजाद हुए घूमते।

Nature's Pharmacy: Healing Without Pills

Saif Ansari

B.Sc. Forensic Science, First Year

In an age ruled by prescriptions and pills, there still exists a gentle healer- Nature. Long before the rise of modern medicine, human relied on leaves, roots, sunlight and waters. And today, science is finally rediscovering the same truth: nature heals not only the body but also the mind and soul.

The Power Hidden in Plants

Every plant around us holds a secret of wellness. Turmeric fights inflammation with Cur-cumin, while Ginger soothes nausea and muscles pain. Aloe Vera cools and heals skin wounds faster than many creams. Tulsi, often called the “Queen of Herbs” strengthens immunity and purifies air naturally. These gifts of nature are safe, affordable, and time-tested.

Modern researches now confirms what our ancestors practiced? That nature is the oldest laboratory, and plants are its purest medicines.

The Healing Elements of The Earth

Healing does not come only from plants - it flows through the elements of the earth. Sunlight gives us Vitamin D, lifting our mood and strengthening bones. Fresh air reduces stress hormones and clears our mind. Even water, when consumed mindfully, detoxifies and refreshes our system. Walking barefoot on grass, feeling the wind, or sitting by flowing rivers - these simple acts reconnect us with the rhythm of life. Doctors now call this Eco-therapy, but in truth, it's just our forgotten friendship with nature.

The Fragrance of Natural Calm

Nature also heals through scent and sound. Aromatherapy uses oils of Lavender, Peppermint, and Eucalyptus to relieve anxiety and pain. The rustling of leaves, chirping of birds, or rain's soft rhythm acts as natural music therapy, soothing tired nerves. Even five minutes in a garden can reduce blood pressure and boost happiness levels. Nature does not rush - and when you stay close it, we too learn the art of calm.



The whisper of Nature (Poetry)

“She speaks in winds, in drops of rain,
In every leaf that hides the pain.
No pills, no lab, no doctor's art,
Can heal like Earth - her gentle heart.
She ask for nothing, gives her all,
In roots that rise, in rivers' call.
So pause, breathe deep, and let her show,
The quiet way our wounds can glow.”

QUOTE

“The greatest healing therapy is the natural healing of the body.”

*By Hippocrates,
known as the Father of
Medicine, reminding us
that nature itself heals
best.....*

मानसिक स्वास्थ्य और जीवनशैली

उपेन्द्र सिंह

बी.एससी. फोरेंसिक साइंस, प्रथम वर्ष

मानसिक स्वास्थ्य का मतलब केवल "पागलपन से बचाव" नहीं है — यह हमारी सोचने, महसूस करने और निर्णय लेने की क्षमता से जुड़ा है। एक स्वस्थ मानसिक स्थिति तनाव को संभालने में मदद करती है रिश्तों को बेहतर बनाती है पढ़ाई और करियर में फोकस बनाए रखती है आत्म-सम्मान और आत्म-विश्वास को बढ़ाती है।

संतुलित जीवनशैली के स्तंभ

1. शारीरिक देखभाल

पोषक आहार: फल, सब्जियाँ, साबुत अनाज, प्रोटीन — दिमागी सेहत के लिए भी ज़रूरी हैं।

व्यायाम: रोज़ाना 30 मिनट की हल्की गतिविधि तनाव को कम करती है और मूड बेहतर बनाती है।

नींद: 7-9 घंटे की गहरी नींद से एकाग्रता और याददाश्त में सुधार होता है।

2. भावनात्मक संतुलन

खुलकर बात करना: अपनी भावनाओं को दबाने से मानसिक बोझ बढ़ता है — दोस्तों, परिवार या काउंसलर से बात करें।

– **सकारात्मक आत्म-चर्चा:** "मैं कर सकता हूँ", "गलतियाँ सीखने का हिस्सा हैं" ऐसी बातें आत्म-विश्वास बढ़ाती हैं।

– **असफलता को स्वीकारना:** हर हार एक सीख है — खुद को दोष देने की बजाय आगे बढ़ने की सोच रखें।

3. समय और डिजिटल प्रबंधन

– **समय प्रबंधन:** पढ़ाई, आराम और मनोरंजन के लिए समय बांटना तनाव को कम करता है।

डिजिटल डिटॉक्स: सोशल मीडिया पर सीमाएं तय करें, रात को स्क्रीन से दूरी रखें — इससे नींद और मानसिक शांति बेहतर होती है।

व्यवहारिक सुझाव

दिनचर्या बनाएं: सुबह उठने से लेकर सोने तक का एक संतुलित कार्यक्रम रखें।

सामान्यता करें: रोज़ाना अपने विचार और भावनाएँ लिखें — इससे आत्म-चिन्तन और भावनात्मक स्पष्टता आती है।

ध्यान और प्राणायाम: रोज़ 10 मिनट ध्यान लगाने से मानसिक स्थिरता आती है।

रचनात्मक गतिविधियाँ: संगीत, चित्रकला, लेखन — ये तनाव घटाने में मदद करते हैं।

समूह में जुड़ें: सहपाठी समूह, क्लब या वर्कशॉप्स में भाग लें — इससे अकेलापन कम होता है।

शैक्षणिक संस्थानों की भूमिका

परामर्श सेवाएँ: स्कूल-कॉलेजों में प्रशिक्षित मानसिक स्वास्थ्य विशेषज्ञ उपलब्ध होने चाहिए।

मानसिक स्वास्थ्य पर चर्चा: नियमित सेमिनार, ओपन माइक या हेल्थ डे आयोजित करें।

सहयोगी वातावरण: शिक्षकों को विद्यार्थियों की मानसिक स्थिति को समझने और सहयोग देने के लिए प्रशिक्षित किया जाना चाहिए।

निष्कर्ष — मानसिक स्वास्थ्य पर ध्यान देना कमजोरी नहीं, बल्कि आत्म-जागरूकता और बुद्धिमत्ता की निशानी है। जब युवा विद्यार्थी अपने मन, शरीर और सोच का संतुलन बनाए रखते हैं — तभी वे न केवल सफल होते हैं, बल्कि खुशहाल और आत्मनिर्भर भी बनते हैं।

Mosquito's Midgut- Against Cancer: A Hidden Weapon

Sana Ansari

B.Sc. Biotechnology, First Year

Introduction

Cancer is predominantly recognized as world's most threatened disease which leads to high mortality in population. It is characterized as pathological state where abnormal, rapid growth of cell takes place. Non-cancerous cell attributes contact inhibition while cancer- cell leads to loss this property which results unstoppable growth of cell.

This article introduces a pioneering approach in which cancer cell exposed to mosquito mid-gut microenvironment.

Comparative analysis

Comparative analysis between mosquito midgut microenvironment and condition required for cancer cell degeneracy.

Mosquito midgut microenvironment

1. **pH-** Mosquito midgut possess higher alkaline pH.
2. **ROS factor-** Reactive Oxygen Species:
- In mosquito midgut high ROS present, it helps in metabolism and act against harmful pathogens
3. **Metabolic substrate:** - Carbohydrates, Amino Acid, Lipids are metabolic substrate present in mosquito midgut.
4. **Temperature effect:** - Mosquito midgut temperature range around approx. 25–30°C. Its temperature depends upon surrounding environment and it is not suitable for cancer growth.
5. **Digestive enzymes:** - Mosquito exhibits several digestive enzymes which are Proteases, Lipase, Chitinases, Alpha amylase, Amino peptide, Chymotrypsin and Alkaline Phosphate.

Condition required for cancer cell degeneracy

(These conditions are similar to mosquito midgut microenvironment)

1. **pH-** Alkaline pH. inhibit proliferation of cancer cell.
2. **ROS factor** - Reactive Oxygen Species: - It's higher concentrations leads to degeneracy of Cancer cell.
3. **Metabolic substrate:** - In the existence of metabolic substrate (Amino acid, Glucose, Lipid) cancer cell loses structural integrity.
4. **Temperature effect:** - Cancer cell is temperature sensitive. It requires optimum temperature (i.e. 37°C) for the proliferation of cell.
5. **Digestive enzymes:** - These (Proteases, Lipase, Chitinases, Alpha amylase, Amino peptide, Chymotrypsin and Alkaline Phosphate) enzymes are in research for it's potential to act as both inhibitors and promoter.

By means of comparative analysis a hypothesis is formulated that what if -

We aim to create similar condition for cancer cell as in mosquito midgut then this will help us to understand that how such hostile and harsh environment of mosquito midgut might affect cancer cell.

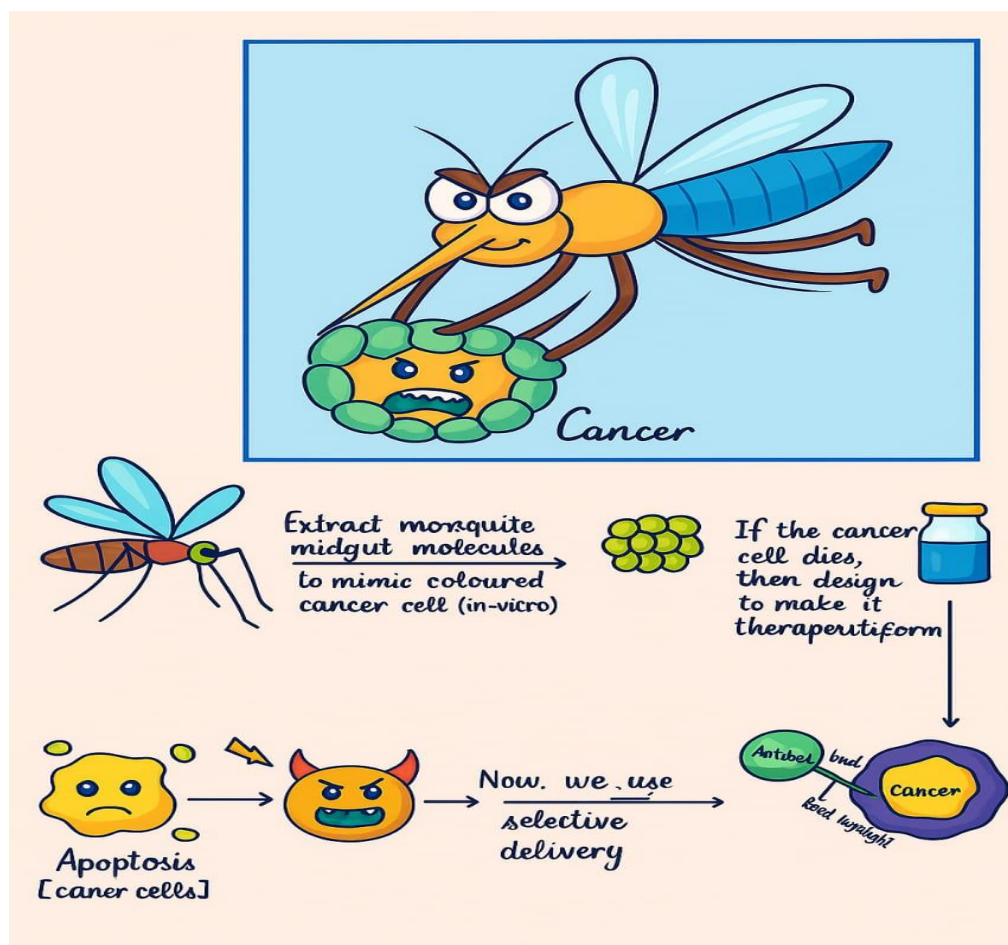


Figure: Schematic representation of proposed methodology

Methodology

Here are some steps that show how we plan to proceed further -

1. First we will study mosquito midgut in detail that how it's pH, temperature, ROS, enzyme and metabolic substrate are responsible for degeneracy of Cancer cell.
2. After this we aim to mimic similar environmental around cancer cell and observe that what will happens. If this steps complete successfully (that is cancer cell is degenerate by mosquito midgut microenvironment) then we can continue next stage of Idea.
3. Next step is to study the effect of mosquito midgut microenvironment on human cancer cell under laboratory circumstances.
4. If this shows positive result then we aim to extract mosquito midgut surrounding molecule. Now extracted molecules will have purified and converted into suitable therapeutic formulation for human use.

5. If this occurs successfully then we use cancer specific 'Antibody' (highlights human cancer cell and then bind with it).
6. Now use 'Site Specific delivery' (deliver drug directly at exact location where it's needed).
7. Once the interaction between cancer cell and mosquito midgut surrounding molecule takes place effectively then this will stop proliferation of Cancer cell.

Conclusion

In conclusion, this study tries to demonstrate that how if we aim to treat cancer cell with mosquito midgut microenvironment then how the cancer cell degenerates.

This article style to develop a novel biopharmaceutical hypothesis and on focusing on this may enhance to combat life threatening disease cancer.

The Sweet Poison: India's Deadly Cough Syrup Obsession

Anushika Rai

M.Sc. Biotechnology, First Year

It began like any other monsoon morning in a sleepy town in Madhya Pradesh of India. Children with sniffles and coughs were handed a familiar remedy—sweet, syrupy medicine from a local bottle. But within days, the coughs didn't fade instead, tiny bodies began to fail. One by one, 19 children, all under the age of six, died and what was supposed to soothe turned sinister. Post mortem reports revealed the unthinkable fact: their tiny kidneys had shut down, overwhelmed by poison disguised as greed masked behind the name of medicine.

Who is the culprit of this brutality? A Syrup laced with 48.6% diethylene glycol, a toxic industrial solvent better suited for brake fluid and antifreeze than a baby's throat. This incident wasn't the first time. And tragically, it may not be the last.

India's relationship with cough syrup is long, complicated, and increasingly deadly. From The Gambia to Uzbekistan, Indian-made syrups have been linked to the deaths of nearly 100 children in just the past few years. The poison? Diethylene glycol (DEG), a cheap substitute for pharmaceutical-grade solvents. It's colorless, sweet-tasting—and lethal.

The Syrup Culture

In India, cough syrup is more than medicine—it's a cultural staple. Walk into any Indian household during the cold season, and you'll find colorful bottles lined up like soldiers in the medicine cabinet. Purple, pink, orange — each promising quick relief from that annoying cough. Doctor prescribe them casually, chemists push them eagerly,

and parents demand them anxiously. They promise instant comfort — that familiar sugary sweetness masking a cocktail of antihistamines, decongestants, and bronchodilators. **Dr. Sarah Mitchell, a pediatric pharmacologist, puts it bluntly: "We're giving children sugar water with potentially harmful chemicals, convincing ourselves we're helping them. Most coughs resolve on their own in 3-7 days, with or without medication."**

What Makes the Syrup Deadly

To cut costs, some manufacturers skip pharmaceutical-grade solvents like propylene glycol and turn instead to cheaper industrial substitutes — diethylene glycol or ethylene glycol. These colorless, tasteless toxins slip through supply chains, killing silently. Add to that a thriving black market for used chemical drums—some still bearing authentic-looking labels—and you have a recipe for disaster. Manufacturers, often small and poorly regulated, buy these refilled drums, trusting the labels. The result is Poison in a bottle. The World Health Organization and the UN Office on Drugs and Crime have traced deaths worldwide to this pattern of negligence and fraud — from reused chemical drums sold online to falsified paperwork.

The Sweet Deception

Here's what's really in that innocent-looking bottle-

- Diethyl glycol (DEG): causes acute kidney failure, liver and nervous system damage, metabolic acidosis, vomiting and abdominal pain.

- Ethylene glycol (EG): causes severe health complications and acute kidney injury.
- Sugar and artificial flavouring (to make it taste like candy).
- Antihistamines (that make children drowsy).
- Decongestants (that can cause heart problems in young children).
- Expectorants (with no proven benefit. And sometimes industrial poison).

The Tragedy That Keeps Repeating

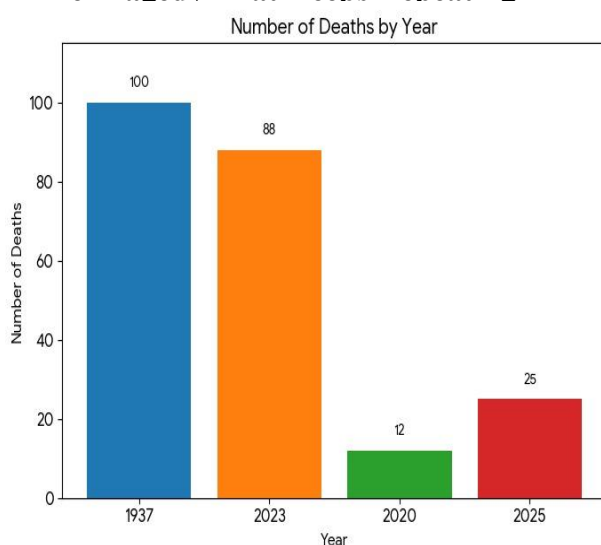


Figure: Schematic representation of no. of death caused by syrup exported from India.

This wasn't new. India has seen this horror before — in Kashmir (12), Rajasthan, and most recent Madhya Pradesh (24) and beyond its borders in The Gambia (70) and Uzbekistan (18) children were died after consuming Indian-made cough syrups tainted with the same toxic compound. Each time, promises of reform flood the headlines, only for another tragedy to surface months later. Behind these repeated disasters lies a broken system: small, under-regulated drug manufacturers pushing low-cost syrups into a market that rarely asks questions. In India, every new tragedy sparks reform talk but little structural change. Until enforcement matches intent, stories like these will keep returning — each time with new victims and the same bitter moral: unchecked greed kills.

Greed must not make medicine a murderer

A Global Wake-Up Call

India is the world's pharmacy, supplying affordable medicines to over 200 countries. When tainted syrups leave India's borders, the consequences reverberate worldwide. The Gambia's deaths in 2022 shocked the world, Gambia lacking its own drug-testing labs, had to send samples to Europe. By the time results came back, more than 66 children were dead which forced the WHO to sound the alarm. "Whenever this happens in India," warns WHO analyst Naseem Hudroge, "the entire world is at risk." And when oversight fails, that pharmacy becomes a vector of poison.

What Needs to Change

This crisis is a wake-up call. India must overhaul its drug regulation system—tighten inspections, enforce quality standards, and educate both doctors and the public. Exported medicines must meet international safety benchmarks. And importing countries must invest in their own testing infrastructure. WHO investigators put it and so the cycle continues: death, outrage, denial, repeat.

Awareness by Consumers

- Buy from licensed sources: Experts advise only purchasing medicines from licensed pharmacies to reduce the risk of buying counterfeit products.
- Inspect packaging: consumers should check for spelling errors, ensure seals are intact, verify the manufacturer's details and expiry dates, and look for QR codes for authenticity.
- Examine the products: Inspect tablets for consistent colour, shape, condition and check oral liquids for bad odours or clumps.
- Beware of unregulated channels: The WHO has warned that contaminated products could reach consumers through informal or unregulated distribution channels.

The Shield Of Awareness: How Knowing The Laws Protect The Common Man

Shifa Warsi

B.Sc. Forensic Science, First Year

India is a highly populated country, with a literacy rate of approximately 80%. However, when literacy is only 80%, we cannot assume that all citizens are truly educated. In my opinion, every person in the world should first become literate, then educated, and most importantly, aware of their country's laws and constitution.

Laws and the constitution are designed to protect the rights of individuals. In India, there are various positions and posts — some high and some low — yet according to the constitution, everyone is equal. Unfortunately, some people, including high-profile individuals, misuse these laws either due to a lack of awareness or for personal gain.

They sometimes file false cases against innocent people. Several sections of the Indian Penal Code (IPC) such as 498A, 124A, and 354, as well as acts like the POCSO Act, are occasionally misused by certain individuals.

Let me introduce about some sections of IPC which misusing frequently.

Section 498A - Cruelty by Husband or Relatives of Husband And Section 375 & 376.

Misuse - Female use this section for personal motives. Wrongful arrest of innocent people.

Drawback - Police can register an FIR and arrest without a warrant.

Bail is not a right; it depends on the court. The case cannot be withdrawn or settled outside the court.

Solution - Proper unbiased medical examination of the victim. Police must have to collect some evidence according to the statement of the lady. Arrest the man on the basis of evidence only.

Section 304A IPC-Negligence

Misuse - This section is mainly used against the Doctors. People file case under this section that a person is dead by the negligence of doctor.

Drawback - Blaming without proof: Even small mistakes are called "criminal negligence" without strong evidence.

Solution - Proper and fair investigation. Arrest the suspect and pass the judgement on the basis of proper evidence.

Awareness of the law helps people protect themselves from exploitation and injustice. Knowledge of legal rights and duties acts as a safeguard for every citizen. Therefore, it is essential to promote awareness programs and workshops about legal rights and responsibilities across the country.

Moreover, there should be strict punishment for those who misuse the law against innocent individuals. Hence, I believe that understanding the laws of the nation should be mandatory for everyone, as it serves as a shield of protection for all citizens.



The Cruel Ease of Rest

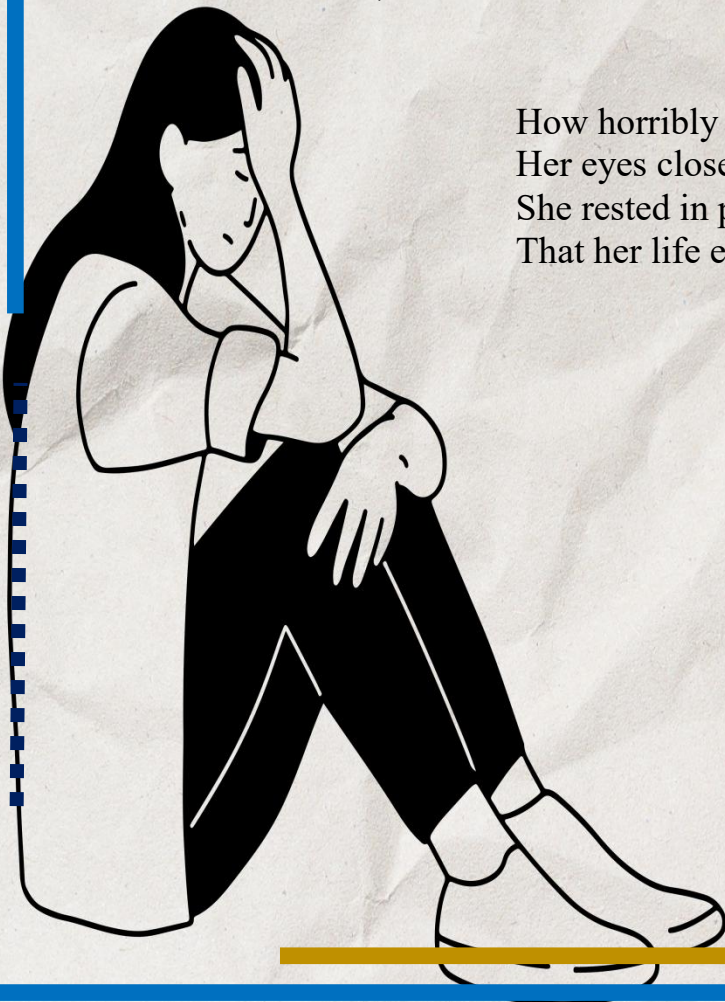
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Her wings are heavy, her voice stolen
Her hallow heart no longer golden...
She dances on an edge which despairs
I guess life is just very unfair

She whispers secret into abyss
Hello is the Teenage girl they say
Smoking into the dirty astray
Laughter echo into she screams
All the element of her body left as a dream

Demons as they say the shadow of same
She haunted by a feminist memory
Which will never fame
The hell is feminism, the hell is made

How horribly her soul left body without any fame
Her eyes close tiredly
She rested in peace, how cruel the world is
That her life ended so easily in ease



Trapped In The Web The Rise Of Cyber Crime

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We live in a time when the phone in your hand can open doors to the world. A single swipe can connect you to friends across oceans, buy what you need, or move money with a tap. But along with these miracles of convenience, threats hide behind our screens. Cybercrime isn't some distant danger—it's here, lurking in emails, fake profiles, and quiet corners of social media.

One of the greatest risks comes when someone steals what makes you you—your identity—and wears it like a mask. A stolen identity isn't just data; it's your trust, your name, your reputation. Once your personal details slip into the wrong hands, they can be used to open accounts, make purchases, or build debts in your name. Most people don't realize it's happened until the damage is done. In 2018, The Tribune exposed an Aadhaar data breach where personal details could be accessed online for ₹500, revealing massive identity theft risks and sparking national outrage over privacy and cybersecurity in India.

Digital banking, though convenient, has become a prime hunting ground for cybercriminals. A fake message that looks like it's from your bank or a link that seems legitimate can trick you into revealing private information. One careless click can turn your savings into someone else's prize. Thieves no longer need crowbars; they rob through screens, hiding behind polished fonts and convincing smiles. Money isn't the only target. Hackers can sneak into your devices through outdated apps or weak passwords, stealing photos, files, or private chats. Some do it for profit, others for power, and a few simply for the thrill. While their methods sound complex, the best defenses are:-



Use strong passwords, keep software updated, and think twice before clicking anything suspicious. In 2020, the Big Basket data theft case exposed personal data of over 20 million users, later sold on the dark web, underlining India's rising cybercrime and privacy challenges.

The digital world also brings another danger—cruelty disguised as words. Cyberbullying has turned the internet into a battlefield for hearts and minds. In 2020, the “Bois Locker Room” Instagram scandal exposed teenage boys sharing obscene photos and comments about girls, sparking national debates on consent and online responsibility.

Cybercrime isn't just about technology—it's a test of awareness and empathy. Every choice we make online shapes the safety of our digital lives. Let's use the web to build, learn, and uplift—thinking before we post, questioning before we trust, and staying kind, aware, and connected.

Fitness X Mental Health

Vipul Raj
M.Sc. Biotechnology, First Year

Fitness, becomes a language,
A way for the body to remind the body
and mind that it can still fight, rise, and
breathe.

Fitness is not just about lifting weights
and building muscles; it is about lifting
our confidence, mindset, courage, and
spirit to fight.

In the daily hustle of life, we often forget
to train our body and mind. In this
generation, where there is daily chaos
about money, stability, and academic
pressure, our daily lifestyle impacts the
growing weight of our own body leading
improper eating habits and poor sleep
cycles. We often hear people saying, "I
will manage my schedule later or let it
go this once" and many such excuses but
this leave us with question.

Are we really managing?

I really do not want to mention this, but
the increase in disturbing physical and
mental health of the people force me to
raise this question in front of everyone
boldly. Are we really managing?

we know we can measure the physical
health or body parameter by machine or
in the hospital, but where can we
measure mental health are we even
aware that our mental health is
deteriorating and what even causing it?

Healthy body is defined as a state of
complete physical, mental, and social
well-being, not just the absence of
disease. Moreover, mental health
cannot be measured in numbers but it
can be improved if we take right care of
ourselves.

Our brain loves movement as much as
our body does.

**Once a Hippocrates said, "walking is
man's best medicine".**

Good mental health is not always found
in state of stillness; sometimes it can be
found when our body is actively working
out, sometimes it is found in the sweat
that carries away anxiety, in lungs that
feels heavy not from panic but from
fresh blood filled with purpose, the
heavy breaths not from disease but by
good run, the body ache not of sorrow
but of sore muscles reminding of our
achievement, and in the happiness of
heat that comes from workouts that cools
the heart.

Lifting weights is not always a fitness
activity for some people it is weight
disguised in expectation, failure,
pretending to be fine.

**Some famous quotes : "In the gym, we
train muscles. In Life, we train for
resilience and both need fuel, rest and
belief equally"**

Then how to stay fit?

As everything requires a small step, we
should also begin our journey from
monitoring our body by counting our
daily steps. For a starter at least walk 8k
steps daily and then add some normal
body weight exercises as the body get
use to of regular movement results in
strengthen of core and muscles, to this
mind responds with the release of
endorphins- tiny happiness messengers
that lift the mood and melt away stress.
As endorphin levels increase, cortisol
levels decrease. Cortisol is a stress
monster hormone that increases and
leads to reduction in efficiency of body.
However, any exercise requires fuel

And this Fuel's source is food. We often hear the phrase "what we eat reflects in how our body and mind perform".

Up to 95% of the body's function regulator is serotonin, a key neurotransmitter for regulating mood and sleep. It is produced in the Gut This means that gut health can directly impact emotional well-being.

I suggest the 80% rule for a meal Diet, then

what is this 80% rule?

"It is simply to eat healthy meals 80% of the time and have freedom with the other 20%, Tempting right"

therefore, always try to eat one portion of the diet as a protein. Now meal is decided, then what about liquid Diets?

I am going to tell you a secret of most magical and supernatural drink - "The Water". Yes, water is the best drink you can always have. These marketing teams pay handsome to PRs to sell this juices or that drink, but simple natural fresh water is always the best drink you can always have. In our daily hustle most of us do not meet our daily hydration goals



Then what should we taken in 80%?

Always Divide your meal into four portions: one portion for protein, another one portion for starch or carbohydrate and second last 1 portion for healthy fat and last 1 portion for fiber. In a typical Indian diet carbohydrate is the major portion holding nutrient, there is always a low to no protein in our diet which is becoming a core reason for today's lifestyle diseases

so, drinking at least 3.5–4 liter of water is ideal for the body and its regular functioning.

So, that's all from my side, Remember, fitness isn't just training the body - it's training the mind to keep going, even when everything tells you to stop.

So we move, not to escape ourselves, but to return - stronger, gentle, and a little more whole than before.

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