



Date/Day: 19th September 2025, Friday

“GRATITUDE 1.0”.

Organized by: The Department of Pharmacognosy at H.K. College of Pharmacy, in collaboration with the Department of Lifelong Learning and Extension (DLLE).

Objectives:

- 1) To commemorate World Gratitude Day by fostering appreciation and emotional intelligence among students.
- 2) To promote creativity, collaboration, and awareness of Pharmacy and Medicinal Plants in Healthcare through engaging activities.
- 3) To enable effective communication of the topic through memes, reels, and presentations.
- 4) To provide a platform for students to express gratitude through art, humor, and education.

Program Outcome: PO1, PO2, PO3, PO5, PO8, PO9, PO11.

Details of the Event:

“Gratitude 1.0, an intercollegiate event to celebrate World Gratitude Day” featured a vibrant mix of competitions and exhibitions, organized by the Department of Pharmacognosy at H.K. College of Pharmacy in collaboration with the Department of Lifelong Learning and Extension (DLLE). The event features a diverse lineup of activities, including Handmade Poster Creation, Quiz Contests, Meme Making, Educational Reel Making, Arts and Crafts Exhibition, and the unique Fun Phyto competition, which focuses on medicinal plants.

The event embraced a wide spectrum of health and wellness topics, including: Herbal Supplements, Suicide Prevention, Mental Health, First Aid Day, Pharmacists, Alzheimer's Disease, Rabies, Heart, Lung, Kidney, Vegan vs. Vegetarian, Incurable diseases, Commercial Phytoconstituents, Essential Medicines, Alternative systems of Medicine, AI in Pharmacy, Psoriasis, Lifestyle diseases. These themes were integrated across all competitions, encouraging students to explore them through both scientific and creative lenses.

- **Handmade Poster Creation:** Student participants crafted visually compelling posters centered on themes. Their artworks reflected both scientific understanding and emotional depth, promoting awareness through design.
- **Quiz Contest:** A knowledge-based challenge covering general science and pharmacognosy, and general awareness. The quiz fostered critical thinking and quick recall, with enthusiastic participation from colleges.
- **Meme Making:** Students used humor and digital creativity to produce memes that addressed serious topics like Alzheimer's disease and lifestyle disorders. This

segment highlighted the power of satire and visual storytelling in health communication.

- **Educational Reel Making:** Short videos were created to spread awareness about the importance of Adverse Drug Reporting. These reels were judged on clarity, creativity, and impact, with many shared on social media platforms to extend outreach.
- **Arts and Crafts Exhibition:** Display of handmade items reflecting creativity on topics like kidney, heart and lung health, models based on pharmacognosy were represented through tactile and visual mediums, offering an immersive experience.
- **Fun Phyto Competition:** A unique contest focused on identifying and presenting medicinal plants in fun and engaging ways. The competition emphasized the therapeutic value of plants while encouraging innovative thinking and public speaking skills. It was both educational and entertaining.

Participant Details:

Total Participants: Over 150 students from SY, TY, Final Year B.Pharm and 10 students from other colleges of pharmacy.

Faculty Involvement: Active participation in judging panels, event organising and coordination

Student Volunteers: 25 volunteers managed logistics, registrations, and hospitality

Summary of the activity:

The event was a dynamic celebration of gratitude, blending science, art, and emotion. Students explored the concept of thankfulness through various creative mediums while deepening their understanding of pharmacognosy. The Fun Phyto competition stood out as a highlight, merging pharmacognosy knowledge in a playful way. The atmosphere was inclusive, joyful, and intellectually stimulating.

Photo Gallery:





Key outcome of activity:

- 1 Strengthened student collaboration and engagement.
- 2 Enhanced awareness of medicinal plants and their relevance.
- 3 Fostered emotional well-being through gratitude-centered activities.
- 4 Promoted creativity, communication, and teamwork.
- 5 Positive feedback from participants and faculty, with requests for future editions.

Link for social media:



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