

# *Laminar Thought Flow*



The Department of Biochemistry Newsletter

## ***From the Editor's Desk***

With immense pleasure, the Department of Biochemistry is releasing the sixth newsletter of the Laminar Thought Flow. After a long wait, the students have finally breathed a sigh of relief from the quarantine and are shifting to their socially active selves. The current issue of our newsletter includes student and faculty activities from July to December 2022. The department is also immensely proud to highlight the accomplishments of its students. Here are the glimpses of all the activities conducted throughout the semester.

-Dr. Aduja Naik, Asst. Prof., Department of Biochemistry

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## ***Faculty and student activities***

On the occasion of the 75th anniversary of Independence Day, the department's first activity involved an online screening of the film "major" on 15<sup>th</sup> August 2022. The film 'Major', featuring Adivi Sesh, is based on the life of Major Sandeep Unnikrishnan, who fought against militants during the 2008 attacks at the Taj Palace Hotel in Mumbai, India. The Major was killed during the action. The film portrays the life of Major Sandeep Unnikrishnan from his childhood to the commanding officer of Operation Black Tornado. It also depicts the risk taken by Sandeep Unnikrishnan among the other Indian soldiers to save the lives of numerous hostages in the Taj Mahal Palace Hotel in Mumbai on November 26, 2008, during the Mumbai attacks.



## ***BOLLYWOOD THEMED FRESHER'S PARTY!***

A freshers party with the theme "Bollywood" was organised by the second and third years to officially welcome the first year students on 20<sup>th</sup> September 2022. The party provided an excellent opportunity for first-year students to meet their seniors and teachers on an unofficial basis. The aim was to provide them with a friendly atmosphere and to encourage their creative impulses to boost their confidence which the party



successfully did. Every student was seen abiding the theme. We saw Minnama from Chennai Express, Anjali from Kuch Kuch Hota Hai, Aisha from Aisha, Roopa from Brahmachari, Kashibai from Bajirao Mastani, Jhilmil and Barfi from Barfi and many many more. The hosts gave an opening speech. They then played dumb charades with the first years to see how well they coordinated with one another. It also greatly helped the first years' bonding. Dumb charades was followed by many games. Spot prizes were given out in between the games to keep everyone engaged with the party. Third years and the second years put up a dance performance which was thoroughly enjoyed by everyone. Kanishka Naik won the best costume award for being dressed as Anjali from Kuch Kuch Hota Hai. We ended the party with a rampwalk by all the freshers and a vote of thanks.

### ***Science quiz***

Biochemistry is the study of chemical processes within and relating to living organisms. The departmental club of biochemistry conducted a quiz activity consisting of direct and general science quiz-based questions 16<sup>th</sup> September 2022. It was conducted in pairs and all the students were excited to answer the questions and win the quiz!



### ***Debate on euthanasia***

Debate participation promotes problem solving and innovative thinking and helps students to build links between words and ideas that make concepts more meaningful. Our department took the opportunity to conduct a debate on the topic “Euthanasia” on 30<sup>th</sup> September 2022. The debate was held between a group of boys and girls. It was won by the girls and was a highly informative session that helped us learn more about the subject.



## ***Library session***

A library session was organized for the biochemistry students where they were taught how to avail digital library using their college email ids on 14<sup>th</sup> October 2022. The college librarian, Ms. Poonam Joshi, taught how students could use digital library to get journals, books and even research articles. Since some of the books are not available in the library, the session turned out to be extremely useful for the students. The students were enlightened and will make a good use of the library session for



## ***DIYA MAKING COMPETITION***

The festival of Diwali is most recognized by the presence of lit Diya lamps in almost every household of India. On this day, 21<sup>st</sup> October 2022, the departmental club Synergy of biochemistry conducted a club activity where students had to decorate diya's and make a lantern as a part of small Diwali significance. 5 teams of 3 members each participated in the activity either decorating their diyas or making a lantern. Special prizes were given to deserving students with the best diyas and lanterns. The competition was won by Rutuja Prabhudessai, Sangita Halder and Sanisha Naik.



### ***A visit to NCPOR (NATIONAL CENTRE FOR POLAR AND OCEAN RESEARCH)***

On 28th October 2022, four students- Sunil Shetty Naik, Stancy Tom, Saniya Shaikh and Kapil Chavan and Dr. Aduja Naik from the biochemistry department visited NCPOR along with other students and staff of the college. The staff of NCPOR greeted them with big smiles and helped them understand how oceanographic research is necessary for understanding how human activities bring change to the environment of the ocean and the polar regions. At the end of the talk, they were given a book describing the journey of Indian scientists to the Antarctica and the building of Dakshin Gangotri. It was a very educational and informative trip.



### ***A study visit to NIO (NATIONAL INSTITUTE OF OCEANOGRAPHY)***

On 24<sup>th</sup> August 2022, the T.Y. students of the department of Biochemistry along with Dr. Aduja Naik and Ms. Lisha Da Costa visited the CSIR-NIO (Council of Scientific and Industrial Research – National Institute of Oceanography) situated at Dona Paula, Goa. At the outset, the museum was visited where various instruments for ocean studies were displayed. Various coral and fossils were on display. The PCR and RT-PCR techniques were demonstrated at Dr. Rakhi Kandeparkar's laboratory at the biological oceanography section of NIO. The students observed instruments such as Nano drop spectrophotometer, HPLC, etc. The trip concluded with the movie depicting the origin, history and activities of NIO.



## ***Visit to Paul John Distillery***

The trip to Paul John was a field trip under their SEC course – Food and Fermentation Technology on 22<sup>nd</sup> October 2022. The distillery was set up in Cuncolim, where we were given an informative talk to help us understand how the distillery worked, why Goa was a good place to set up their distillery and how they made use of marketing strategies to make the sale of Paul John branded products sell more. After watching the whole process of how the grains were converted to alcoholic products, the process of ageing was explained which worked differently according to environmental conditions. The trip was efficient in teaching us how alcohol was mass produced and marketed.



## ***Student achievements***

### **Sakshi Sherlekar's journey as a taekwondo player**

I've been training in Taekwondo for over 10 years now and I am a black belt (Dan-1). I would like to share how taekwondo has helped me develop as a person and provide me with the techniques for self-defense consider taekwondo as a taekwondo as a self-defense martial art. Through taekwondo, I have developed the speed in which to react in case of any attack for my self-defense.

Taekwondo has developed my character and personality and has improved my self-confidence. It has given me fame as well. I have participated in state level as well as National Level Championship. I am all goa state championship gold medalist and have participated in more than 7 state level Taekwondo championship. To conclude, my father is my biggest supporter in this journey, he always motivates me. I am enjoying my Taekwondo journey and I'm glad that it has helped to shape the person that I am today. I am looking forward to completing all my 5 dans very soon. I am immensely proud to be a Taekwondo player.



**Sakshi won the third place at the Goa University inter collegiate championship 2022-23.**

## Vajra Bandodkar's achievements



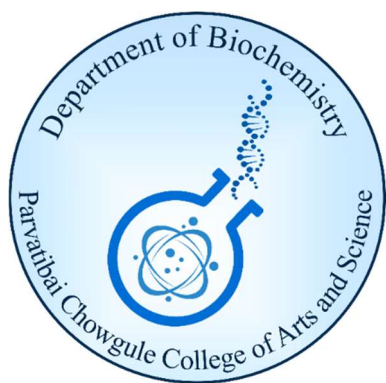
1) Attended Group level Thal sainik camp in Moodbidri Mangaluru organized by 20 Karnataka battalion and secured 2nd position in Inter Group firing competition



2) Got selected for NCC super 30 SSB coaching Capsule camp organized by 1 Karnataka Battalion in Bengaluru.



3) Secured first place in Shotput at Inter University athletic competition 22-23



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