

Laminar Thought Flow



The Department of Biochemistry Newsletter

From the Editor's Desk

With immense pleasure, the Department of Biochemistry is releasing the third newsletter of the Laminar Thought Flow. Although the students were off-campus, the department stood strong with online classes and activities. Each one, teachers and students, faced challenges and overcame them in their unique way through the pandemic times. Here are glimpses of activities held since August 2020. The current issue of our newsletter includes faculty activities, student activities, department achievements and art work by our students.

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

Inside the issue:

Faculty and Students Activities
Art Gallery
Graduated!

FACULTY & STUDENTS' ACTIVITIES

GHOSTLY AFFAIRS

Having a Fresher's party is always a good idea to welcome the new students break the ice between them and the seniors. This year, with the ongoing pandemic, the department of Biochemistry did not shy away from having a party on one of the best party platforms that too. Yes, I'm talking about an online party via a Google meet call. The theme for the party was set around the idea of "Halloween" which all about cosplays, spookiness, tricks and treats. Keeping to the theme, the party was held on 31 October 2020 in the evening.

The event started off with a welcome by the host for the evening, Eunice Rodrigues (a third-year student), and an introductory video which showcased the college campus. The video was aimed especially at the freshers who have not seen the college yet as they have been studying from home all this while. The participants were introduced and were all dressed up in scary, creative and, without a doubt, brilliant disguises. Each of the participants were introduced by Ruhi Raikar and Yukta Pai Prasad (current second year students), who made use of google forms to collect some fun information from the students.



Apoorv dressed as a mad scientist

Ruhi was also played a key role in organizing this event. When asked about the ups and downs of her task she said, “Organizing this event was a lot fun. Since it was to be held in the month of October we planned for the theme 'Halloween' and fortunately we ended up on the Halloween day itself. Talking about planning of this event, it was a collection of ideas from everyone not only my classmates and seniors but our teachers as well. Major contributor for the event was my classmate Rayhann Cardozo, without whom this event was not possible. The event was not perfect but it was fun. Although the event was virtual most had dressed up according to the theme and I think that was the best part. We were really hoping that we could actually have this in college but virtual meet didn't really disappoint us much. Hoping to see and meet freshers as well as our seniors this year.”

Party games like “Halloween Bingo” and “Scattergories” were played among the FYs, wherein the former was an individual game only for the FYs, and the latter, a team-game that included the teachers too. The teams were named – Vampires, Zombies, Banshees and Werewolf – all based on famous characters of Halloween. Apart from games, there were a number of spot prizes such as ‘the best witch laugh’ and ‘the best use of the Instagram split scan filter’, and also, a special prize for the best costume.



FY Shreya- winner of best fresher costume

On interviewing Vajra, a first-year student, here's what she had to say about the event. “I felt special to be a part of this event and was moved by the amount of hardwork and efforts you all put in to organize every bit of this event. Honestly, I was a bit bewildered about my costume but I saw this post by @themermaidscales on Instagram and got some ideas from there. Overall, the event was nicely planned and well executed, but it would have been great if this event was held in the college campus which I do understand was not possible due to this ongoing pandemic. The part that i personally liked was seeing the other students in scary costumes, and the game Scattergories. Thanks to the technology at least due to which we got a chance to come together. Lastly the event was a great success. Truly enjoyed and I'm absolutely looking forward to attend regular classes and meet all my seniors and classmates in Chowgule college.

This party was a welcome not only for the First years but also for the new professor, Dr. Alisha Satwani, who was very enthusiastic throughout the event despite network connectivity issues. The event ended with a warm speech from the Head of Department, Mrs. Sarah Mesquita Gray, wherein she appreciated the event, the participants, encouraged and assured the department about the availability and the efforts of the dear faculty of our department.

- Contributed by Ms. Eunice Rodrigues, T.Y.B.Sc., Dept. of Biochemistry

Welcome Ms. Alisha Dhiraj Satwani

We are pleased to welcome and introduce our new faculty member, Ms. Alisha Dhiraj Satwani. Having submitted her thesis for Ph.D. at Department of Microbiology, Goa University, Ms. Alisha joined the department as Assistant Professor from September 2020. On behalf of the entire Department of Biochemistry, we welcome you to our family.

- Contributed by Dr. Aduja Naik, Asst. Prof. Dept. of Biochemistry

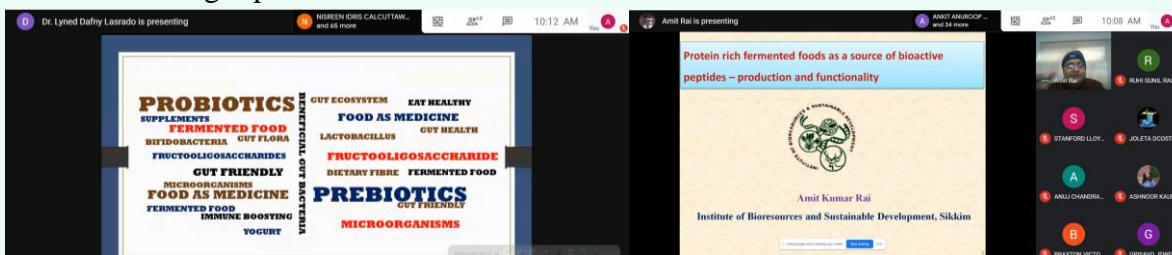


TY Neha - Winner of best costume of the evening



Guest Lecture Series on Fermentation

The Department of Biochemistry conducted a technical guest lecture series on “Fermentation”. This webinar series was a part of departmental activity as well as a part of the Skill Enhancement Course: Food and Fermentation Technology. On 4th December 2020, the first lecture of the series was conducted on the topic “Oligosaccharides as Prebiotics” where the speaker, Dr. Lyned Lasrado, Head of the Department, Post Graduate Department of Biochemistry, St Aloysius College, Mangalore, explained how probiotics and prebiotics affect humans, physiologically and psychologically. The guest speaker for the second lecture was Dr. Amit Kumar Rai, Scientist – C, Institute of Bioresources and Sustainable Development, Regional Centre, Tadong, Sikkim. It was held on 12th December 2020 and the topic was “Biopeptides from fermented foods” where he elaborated on the bioactivities, such as antioxidant and antihypertensive, of peptides found in fermented food products. About 70 students attended the sessions and were glad to gain knowledge on these interesting topics.



Screenshots of the online sessions

- Contributed by Dr. Aduja Naik, Asst. Prof. Dept. of Biochemistry

ART GALLERY



- Contributed by Ms. Samantha Fernandes, F.Y.B.Sc. Dept. of Biochemistry



- Contributed by Ms. Amanda Jaques, F.Y.B.Sc. Dept. of Biochemistry



-Contributed by Ms. Grishma Pawar,
F.Y.B.Sc. Dept. of Biochemistry



GRADUATED!



The second batch of Department of Biochemistry graduated this year. They were an enthusiastic batch of students, each with a lot of potential to do great works and having something unique to offer to the people around them. Here's what they said about their college experience.



Nandana Harikumar

College has this special breeze, a breeze with a lot of memories. A composition that even our syllabus couldn't breakdown. Could it be in the welcoming smile from the security uncle or in the chatter from the woods? Or could it be in the whooshing in the quad with teachers shushing us? Now that college is over, i guess i will never know.



Bristi Bhaskar

Glad I chose the Biochem Department because it didn't let me down. From Lectures to projects, and from classrooms to the lab, never did I feel disappointed. Thankyou Department of Biochemistry and all the staff members



Uttam Sawant

We the tigers! Extra-curricular activities, events, academics was all a part of our college life which of course would be incomplete without the wonderful Biochemistry Department. It thought us everything we needed for our bright future and gave us the most beautiful experiences in life. Happy and Lucky to be a Chowgule Tiger



Fanzila Shaikh

College life is far different from what we see in movies but still entering Chowgule was one of my best decision in my life, both on personal and professional front. Chowgule will always remain a part of life that I will never want to miss. The support of the faculty to mold us to perfection was beyond limits. The knowledge what I have gained from them is the reason I find myself what I am today



Siya Desai

Pupa x metamorphosis = Butterfly
So
Me x College = !!!!



Gautam Samant

Parvatibai Chowgule college has been a wonderful college for providing opportunities for students to study and participate in various activities. The teachers of the Department of Biochemistry have been guiding us throughout regarding course difficulties, opportunity for further studies, and also for providing internship opportunities. Thank you for being so supportive. We, as a department, have always been like a family.



Varsha Kunkolienkar

If you're reading this means you have got 1 step closer to being the best!! Caution: Don't miss stepping into everything here at college. If you do, trust me that you are not going to just regret but also cry about it. Stay active and be your best version!!



Winoina Fernandes

Words aren't enough to express my gratitude to the Biochem fam. I thank you from the bottom of my heart for always having my back and pushing me to do my best. I truly appreciate all my teachers for their patience and time they've invested in molding us to be better people. I will treasure these memories forever ❤️



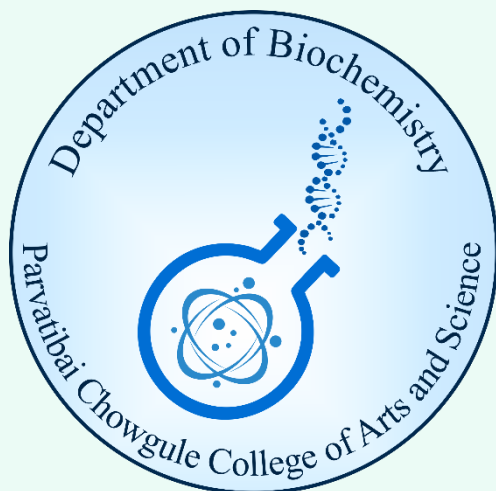
Abby Fernandes

All your dreams come true if you have the courage to pursue them

- Compiled and contributed by Ms. Eunice Rodrigues, T.Y.B.Sc., Dept. of Biochemistry

CONGRATULATIONS BATCH OF 2017-2020!

ALL THE BEST FOR YOUR FUTURE! WE ARE SURE THAT ALL OF YOU WILL DO BRILLIANTLY!



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The students featured in this edition.

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