



# PHARMAVOICE..

AISSMS SOCIETY'S COLLEGE OF PHARMACY NEWSLETTER ...



VOL. 2 ISSUE 4

APRIL - JUNE 2017

## VISION

- To be amongst the top ten Pharmacy colleges in India by imparting excellence in Pharmacy education.
- Instilling research temperament in Pharmacy students.
- Continuous up gradation of infrastructure to maintain high standards of education

## MISSION

- Inculcating timeless values of caliber, competence, confidence and conscience in budding pharmacists.
- Indoctrinate quality in all aspects of Pharmacy education thereby enabling provision of better healthcare services.

## QUALITY POLICY

- The AISSMS College of Pharmacy is committed to empower our students to meet global challenges in Pharmacy profession through excellence in education.
- Our highly qualified and committed faculty is constantly exploring newer frontiers of knowledge with the intention to build quality pharmacist.
- We believe in honing the overall persona of our students through excellence in academics, co curricular and extracurricular activities.
- We strive to develop a sense of social obligation and discipline among our students not only to make a better technocrat but also a better human being.

## OBJECTIVES

- To provide sufficient understanding of scientific principles and techniques of pharmaceutical sciences.
- To develop commitment for the quest of science.
- To provide comprehensive knowledge and experience.
- To provide exposure to latest techniques and technologies.
- To teach pharmacy ethics to students.
- To cater to manpower for globally growing pharmaceutical industry and for implementation of drug laws for compliance to regulatory norms.

All India Shri Shivaji Memorial Society's  
**College of Pharmacy**  
Kennedy Road, Pune-411 001

### CONTENTS

Editorial	2
News and Events	2
Achievements	4
Upcoming Events	6
Did you Know	6
Scope of Pharmacy	7
Scientific Contents	9

For Contact:

Phone: +91-20-26058204 Fax: +91-20-26058208 Email: [contact@aiissmscop.com](mailto:contact@aiissmscop.com)  
www.aiissmscop.com

## EDITORIAL

“Every day brings a new opportunity to create your happy ending”

We are at the end of another victorious year. This year has brought joy, laughter, success and most importantly has instilled self-confidence to keep working towards excellence. This quarter has been about achieving academic targets and setting records at national level.

With a tear in the eye and a smile on our faces, we finally bid adieu to Final year B. Pharm and Second Year M. Pharm. students. We wish them luck to keep achieving laurels and hence inspiring juniors.

Keep scrolling for insights of happenings and also to update your knowledge.

Happy reading

Team PHARMAVOICE



**Editorial Committee with Principal**

**( Sitting From L to R )**

**Ms. Shivani Jadhav (M. Pharm. I year)**

**Dr. Santosh Gandhi (Faculty Member)**

**Dr. Ashwini R. Madgulkar (Principal)**

**Mrs. Shital Patil (Faculty Member)**

**Mr. Deepak Patil (M. Pharm. II year)**

**( Standing From L to R )**

**Mr. Saurabh Rohom (B. Pharm. I Year)**

**Mr. Vaibhav Ghegade (B. Pharm. II Year)**

**Mr. Rushikesh Sonaikar (B. Pharm. III Year)**

**Ms. Aditi Kinikar (B. Pharm. IV Year)**

## NEWS & EVENTS



1. Prize distribution ceremony was organized on May 3rd 2017 to felicitate the achievers from academics, cultural, sports and literary events. The students who have outperformed at the National Level GPAT 2017 examination were felicitated with the hands of Hon. Shri. Suresh Shinde, Honorary Joint Secretary, All India Shri Shivaji Memorial Society, Pune and Dr. Ashwini R. Madgulkar, Principal, AISSMS College of Pharmacy, Pune. Dr. Shashikant V. Bhandari, Sports Incharge gave introductory speech about overall achievements of different winner students. Mr. Abhilash Ghanwat (M. Pharm.) and Miss. Sharvari Kshirsagar (B. Pharm.) were awarded as Best outgoing student of the year 2016-2017.





2. On the occasion of World Environment Day (5th June 2017), tree plantation programme was held at AISSMS College of Pharmacy under the guidance of Prof. Vidya Wable. Different species of medicinal plants were planted in the medicinal garden located in the college campus. Species like Vasaka (*Adhatoda vasica*) and Ritha (*Sapindus mukorossi*) were planted and watered by the Principal Mrs. Ashwini Madgulkar and the staff members. All the teaching participated enthusiastically in this eco-friendly programme as a step in making our college greener. It's our responsibility to protect our nature and help it prosper and celebrating this day is not just a formality but a promise that we will celebrate everyday as world environment day. This was a small initiative taken by our college to inspire and create awareness among the students about the importance of environment conservation.



3. M Pharm IInd year students were given a warm farewell by their juniors on 12th June 2017. Dr. Ashwini Madgulkar, Principal, AISSMS and all the staff members were present. The program involved sharing the feelings by students and teachers. The M. Pharm. Ist year students presented a short film showcasing the moments of the outgoing batch through their two year tenure at the college. The program was compeered by Mr. Yogesh Rewachandani and Miss. Vaishali Shewale of M Pharm I Year, under the guidance of Dr. M. R. Bhalekar and Mr. Rahul Padalkar.



4. Teaching and Nonteaching staff participated in Ashadhi Wari on 20th June 2017. Prof. Rahul Padalkar in association with doctors done patient counseling as well as distributed medicines. Mr. Dattatray Tekawade participated in distribution of snacks through AISSMS credit society.



5. M. pharm. students of AISSMSCOP were trained by service engineers from Thermolab for operation of Thermolab-triple stability chamber on 21st June 2017.



6. The third International Yoga day was celebrated on Tuesday, 21st June 2017 at 11.00 a.m., in college auditorium. Ms.Chetna Raniwala, Mrs. Manisha Upadhyya and Mr.Nitin Tiwari from heartfulness, Sahaj Marg Spirituality Foundation (SMSF) were the invited as Yoga Practitioners. Duration for the programme was around 1 hour 30 minutes. . A lecture on "Meditation as a life skill" along with basics of yoga and meditation were demonstrated and all the faculty members as well as the students performed as per the given instructions. The programme was very well appreciated by the entire faculty and students are all are surely benefitted by this -



celebration. The programme was organized under the guidance of Principal Dr. Ashwini R. Madgulkar. Faculty members, Dr. Trupti S. Chitre and Mrs. Rucha Kulkarni coordinated the event.



7. AISSM society organized a programme on Shahu Jayanti celebration on 26th June 2017. The Chief Guest for this event was MLA Shri. Sambhajiraje Chhatrapati. On the occasion of Shahu Jayanti, students from all disciplines under AISSMS family were appreciated for their successful achievements in intercollegiate competitions held throughout the academic year 2016-2017. Faculty members were also appreciated for their special achievements. The students and faculty members were prized with certificates and memento.



8. The Training and Placement cell had corresponded with about 50 pharmaceutical companies through mail and telephonically for placement activity. As a result 05 students of M Pharm (QA branch) were selected as trainees at Sanofi Syntheolab at Goa. Mr. Abhilash Ghanwat of M Pharm (Pharmaceutics branch) joined Fresenius Kabi in Regulatory Affairs division at Pune. Ms Monali Jadhav of M. Pharm (Pharmaceutics) was selected at Cognizant Technologies for Pharmacovigilance. Three rounds of interviews were conducted at Crest Premedia for M Pharm students for which the results are awaited. The Training and Placement cell also co-ordinated interviews for our students at Sai Life Sciences. The students of S.Y. B. Pharm underwent in plant training in various pharmaceutical companies and retail/wholesale pharmacy stores in Maharashtra in June 2017.

9. Inhouse demonstration and training provided on ELGA water purification system handling for M. Pharm students (2017-18 batch) by Dr. S. V. Gandhi 27th June 2017.



## STUDENTS ACHIEVEMENTS



Toppers for B. Pharm First Half (Dec 2016) examination

### First Year B. Pharm Sem I

Sr. no	Name of student	SGPA	GRADE
1	Kulkarni Atharva	8.107	A
2	Vaidya Avani	7.929	A
3	Roham Saurabh	7.893	A

### Second Year B. Pharm Sem III

Sr. No.	Name of Student	SGPA	GRADE
1	Vaibhav Ghegade	8.250	A
2	Siddhant Bhalerao	8.036	A
3	Mrunal More	7.929	A

**Third Year B. Pharm Sem V**

Sr. No.	Name of Student	% marks
1	Lohakare Shruti	76.50
2	Deodhar Pratiksha	75.25
3	Padamsey Aman	74.91

**Final Year B. Pharm Sem VII**

Sr. no	Name of student	% Marks
1	Sharvari Kshirsagar	80.58
2	Aditi Kinikar	79.58
3	Yash Nandwani	79.08

**Overall Toppers for M. Pharm Sem I Dec 2016/Jan 2017 examination**

Sr. no	Name of student	Branch	SGPA	GRADE
1	Shivani K. Jadhav	Quality Assurance Tech.	9.560	O
2	Shraddha Pardeshi	Pharmaceutics	9.480	O
3	Madhuri S. Rathi	Quality Assurance Tech.	9.360	O

**Results of Competitive Exams Cleared by Students in 2016-2017****1. GRE( Graduate Record Exam)**

Sharvari Kshirsagar ( 316/340)

Aditi Kinikar (306/340)

Mitali Katkar (297/340)

Vidhi Shah

Sachi Upasani

Pramod Solanki

Himani Patwardhan

Chaitali Kharat

Rekha Sapkal

**3. MBA ENTRANCE**

( CAT,CMAT,NMAT,ATMA,CET)

Sandhya Nair

Aman Agrawal

Pramod Solanki

Nikhil Tapkir

Umesh Laddhaa

Aditya Kirad

Jyoti Pathania

Yudishthar Ranka

**2. NIPER ENTRANCE**Yash Nandwani (4<sup>th</sup> Rank)

Sharvari Kshirsagar

*Congratulations*

**COLLEGE ACHIEVEMENTS (2016-2017)**

This year college could achieve two collaborations. To perform research work; collaborations were done by Dr. T. S. Chitre of our college with Dr. Dinesh Garud, Director of S.P.College,Tilak Road, Pune and Dr. Mario Flores Valdez, Assistant Professor, Biotechnologies Medical Pharmaceutical, CIATEJ, A.C. North America.

Also in this academic year our faculty members have published their research work in various renowned national and international peer reviewed journals, attended various state, national level conferences and presented their research work in poster presentations. Also some of the faculty members authored book and some were honored as a resource person at various institutions. Brief of it are depicted below-

SN	Parameter	No.
1.	Publications	80
2.	Presentations	34
3.	Conference Attended	30
4.	Books Published	02
5.	Resource person	05

*If you want to increase your success rate, increase your failure rate.*

## UPCOMING EVENTS



### July-

First annual general meeting of APGA working committee meeting is scheduled on 3<sup>rd</sup> July 2017,  
S. Y. B. Pharm class Visit to Parvati Jal Shudhikaran Kendra on 24<sup>th</sup> July 2017,  
NSS Field Activity,  
Conduct of Campus Interview for M. Pharm.

### August-

22<sup>nd</sup> August 2017 - Parents Meet for S.Y., T.Y. & Final Yr. B. Pharm.,  
1st August 2017 – Orientation Programme for First Yr. B. Pharm.,  
20<sup>th</sup> August 2017 – Orientation Programme for First Yr. M. Pharm.,  
Blood Donation Camp,  
NSS Fort Visit.

### September

Industrial Visit for Final yr. B. Pharm.,  
Educational Tour,  
Medical Checkup,  
NPW celebration (Dates as per IPA),  
18<sup>th</sup> September – Parents Meet for directly admitted students.  
Fresher's Party for F.Y.B. pharm. students,  
22<sup>nd</sup> September– No Vehicle Day,  
24<sup>th</sup> September – NSS day.

## DID YOU KNOW: Hair Care Products .....



Find a natural getaway!

SINCE people have been learning about and exploring personal hygiene and presentation, hair care has always been an attractive market as well as a research domain for cosmaceutical industry. No doubt preparing an attractive and useful hair care product, be it shampoo, conditioner, or hair spray, is a tough job. But it becomes tougher for us to choose from different ranges and finding way out of a maze of glossy labels and attractive bottles seems like a headache. Given that no one has time to or cares enough to read what is printed on the bottles there is high probability of one having a bad effect of one of these products. This is where natural products enter into the picture, to ensure safety and give assurance that we are not dumping chemicals on our body.

When it comes to use of plant parts, our grandparents prefer using them just by plucking some leaves from the backyard gardens, or else preparing homemade powders and storing them for a year. Our generation has been driven by conventional advertisement strategies and also tedious use of such plants directly is repelling us. In such conditions, incorporation of natural sources into conventional forms of products was a turn away, and it is well accepted by us.

*Focus on where you want to go, not on what you fear. - Tony Robbins*

The plants like Amla fruits, Ritha, Aloe vera juice, Basil leaves, and Shikakai leaves are easily available and can be grown in backyard of the house. Incorporation of these in marketed products has been a trend and if done carefully, is highly beneficial if one does not want chemical products. Hair problems such as dandruff, dryness, hairfall, and many more can be eradicated by using these products, since they have wide variety of nutrients such as vitamins, proteins etc.

Although these plants sources are widely accepted and beneficial, there is still so much to care about while choosing correct product. Some of the brands claim having natural and Ayurvedic ingredients but in reality have so little amount of it incorporated, that it has no considerable effect but the rest of formulation is filled with usual chemical components. Such products may not deliver the results claimed. Only false branding attracts consumers around such products.

Also, quality and source of the ingredients used in these so called natural products may be questionable, although there are very less chances of happening so in internationally recognized brands.

Choosing a correct product may be a tough task, but dermatologists, as well as pharmacists are there to help you choose your own hair care range. Their advice is the best guideline while deciding what, when and how to use. Taking every step carefully will definitely lead to best hair care.

Have a beautiful hair.....!



### SCOPE OF PHARMACY-GOVERNMENT SECTOR: SCIENTIST AT THE CENTRAL DRUG RESEARCH INSTITUTE (CDRI-LUCKNOW)



This issue will explore a research career in the government sector, for all those who are passionate about basic sciences as it pertains to drug discovery and development.

We will look at the position of Scientist at the Central Drug Research Institute (CDRI-Lucknow)

CSIR- Central Drug Research Institute (CSIR-CDRI), a premier drug research institute of India was inaugurated on 17th Feb 1951 by the then Prime Minister of India Pt. Jawaharlal Nehru with a vision to strengthen and advance the field of drug research and development in the country. It is the seventh among the laboratories established by Government of India as a constituent laboratory of Council of Scientific and Industrial Research, New Delhi.

CDRI aims to improve the healthcare sector of the Indian society by developing new drugs, diagnostics, vaccines as well as new healthcare techniques.

Some products developed at CDRI include:

1. Centchroman: First non-steroidal female oral contraceptive Licensed to HLL Lifecare Ltd., in 1992 & being marketed as SAHELI.
2.  $\alpha$   $\beta$  – Arteether: For cerebral malaria as a second line treatment for chloroquine resistant cases, licensed to Themis Chemicals Ltd., Mumbai in 1997. Being marketed as E MAL in more than 20 African & Asian countries.

*The surest way not fail is to be determined to succeed. - Richard Brinsley*



## **EMPLOYED BY**

Scientists at CDRI are employed by Council for Scientific and Industrial Research(CSIR),which is mainly funded by the Ministry of Science and Technology.

## **SCOPE**

Research in new drug and drug target development remains an ever-important field,and this is especially true for microbial diseases. **The current areas of research include:**

### **Cancer and related areas:**

Cancer Biology and Therapeutics, Discovery and preclinical development of anticancer agents with special emphasis on breast, lung, pancreatic and skin cancer.

### **CNS/CVS and other disorders:**

Cardiovascular Pharmacology (Hypertension, dyslipidemia, atherosclerosis, stroke and thrombosis), Central Nervous System (dementia and stress) and Other related disorders (gastric ulcers and inflammation) Fermentation Technology candidates must have experience in isolation/identification of microbes, including marine, sponge - derived actinomycetes, myxobacteria and fungi for the development of novel anticancer and anti-infective agents.

### **Malaria and other parasitic Diseases:**

Expertise in Chemotherapy, Immunology and molecular Biology of parasitic diseases of biomedical importance viz: malaria, leishmania and Filaria.

### **Reproductive health, Diabetes and Energy Metabolism :**

Expertise in female and male contraceptives, spermicides with anti-STI properties, agents for the management of osteoporosis, cancer breast and benign prostatic hyperplasia. Tuberculosis and

### **Microbial Infections :**

Ph D with five years of post doctoral experience in the area of molecular and cellular microbiolo-

gy, bacterial pathogenesis, regulation of gene expression, bacterial genetics, creating knock outs, conditional knock outs, host-pathogen interaction and microbial immunity.

## **Safety and Clinical Development :**

Person with Doctorate degree in Medical, Veterinary, Pharmacy and Life Sciences with experience in area of Pharmaceutics, Pharmacokinetics, Toxicology, Pharmacology and Clinical trials.

## **ELIGIBILITY**

### **ESSENTIAL**

Ph.D awarded in appropriate subject with uniformly outstanding academic record and clear potential for highquality R&D work.

### **DESIRABLE**

- 1.Younger candidates are always preferred.
- 2.Relevant experience in useful instrumental techniques.

### **EXPERIENCE**

At entry level, candidates with approximately 1-3 years of postdoctoral experience\* for a Scientist C and with 4-6 years of postdoctoral experience\*for a Scientist E are considered.

### **EXAMINATION/SELECTION**

As per CDRI website-Candidates can initially send his/her CV and research proposal to recruit@cdri.res.in. Documents like transcripts/certificates are not mandatory at this stage. All the applications received are acknowledged, filed and will be taken into account. Interested applicants are expected to visit CDRI for informal scientific interaction and delivering lecture on their work. This can be done at any time during the year by mutually agreeing on the dates. CDRI may consider offering short-term temporary position to suitable candidates pending appointment through regular appointment procedure. Formal advertisements with a detailed description of the post, job description and required documents -



will be put out from time to time. At this stage, the candidate will have to formally respond by submitting detailed applications complete with all documents asked for in the advertisement.

#### **PAYSCALE**

As per the website-The current Indian scenario presents a 2 tier pay structure. The first tier is the fixed government salary determined by the post usually linked to age, experience and track record. These will be comparable to most government funded Institutes in the country. CDRI intends to hire scientists with post-doctoral experience at Scientist C & E-I levels which roughly correspond to a monthly salary of Rs.45,000 to Rs.50,000 respectively. If you have excellent academic credentials, CDRI will support your application for various competitive Fellowships that can provide additional monetary benefits. For instance, Wellcome Trust fellowship, DBT Young scientist career fellowship, Raman Research Fellowship, INSA young scientist medal etc. have a fairly good financial support attached to them. CSIR gives to its employees an additional take-

home salary, if one wins certain national awards like S S Bhatnagar Award and CSIR young Scientist award.

#### **DUTIES**

As required by the particular project being undertaken

In conclusion, we feel that this job is a wonderful option for all the PhD enthusiasts out there. It offers the thrill of research work with the stability which is often associated with a government employed job!

\*The National Institutes of Health (NIH) and the National Science Foundation (NSF) define a post-doctoral position as "a temporary and defined period of mentored advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path."

#### **REFERENCE:**

1. central Drugs Research Institute -Career. Available from:

[http://www.cdri.res.in/Career\\_Sct\\_FAQs.aspx](http://www.cdri.res.in/Career_Sct_FAQs.aspx)

Accessed On: 7<sup>th</sup> May, 2017

### **SCIENTIFIC CONTENTS: PHARMACY INDUSTRY- ZYDUS CADILA HEALTHCARE LTD.**



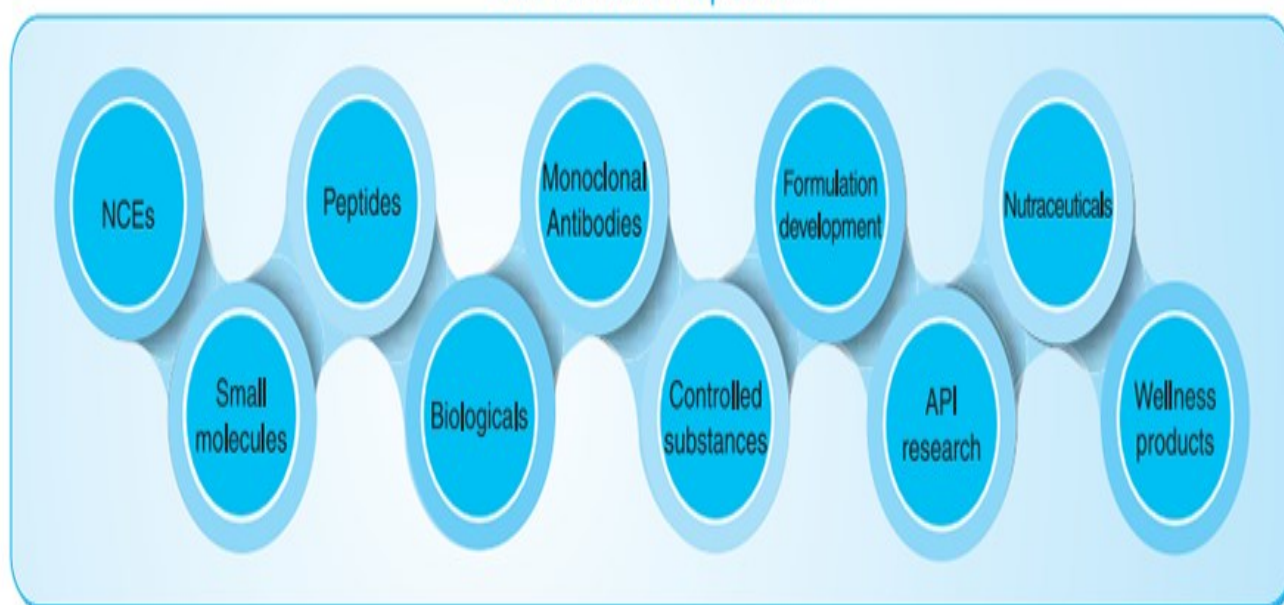
Zydus Cadila is a fully integrated, global healthcare provider, with strengths all along the pharmaceutical value chain. With a core competence in the field of healthcare, Zydus Cadila provides total healthcare solutions ranging from formulations, active pharmaceutical ingredients and animal healthcare products to wellness products. The group's origin can be traced to 1952 when it was founded by Late Mr. Ramanbhai B. Patel, a first-generation entrepreneur and one of the stalwarts of the Indian Pharmaceutical Industry. In 1995, the group restructured its operations and Cadila Healthcare came into being under the aegis of the Zydus group. Zydus Cadila, today, is spearheaded by Mr. Pankaj R. Patel, the Chairman of the group. From a turnover of Rs. 250 crores in 1995, the group posted revenues of over Rs. 9600 crores in FY17. The group had posted a turnover of Rs. 4600 crores in FY 11, making it a billion dollar company

Zydus Healthcare Ltd. is one of the oldest players in the Indian formulations market. Besides continuously improving its market presence and market share, the group has also expanded its portfolio by entering newer therapeutic areas. The group has been launching new products with the first mover advantage and has a strong presence in both acute and chronic therapies. These strategic initiatives have helped Zydus become one of the dominant players in the Indian formulations market with the leadership position in several therapeutic categories.

The group has built strong positions in key segments of Cardiovasculars, Gastrointestinals, Women's Healthcare and holds leading positions in other therapeutic segments such as Respiratory, Dermatology, Pain Management and Anti-infectives. The group's Zydus Discovery is dedicated to marketing the innovative NCE therapy Lipaglyn, the world's first drug to be approved for the treatment of diabetic dyslipidemia. Zydus Biovation, a superspecialty division, markets the world's first biosimilar of Adalimumab to treat inflammatory arthritis. This includes Rheumatoid Arthritis, Ankylosing's spondylitis, Psoriatic Arthritis and Juvenile Idiopathic Arthritis (JIA). Zydus BioNext also markets this therapy for other indications such as Crohn's disease and Ulcerative Collitis.

In 2013, the group was the first to identify and develop Lipaglyn™ (Saroglitazar) and launch India's first NCE in the market. Recently at the end of 2014, the group launched Exemptia, the world's first biosimilar for Adalimumab, the largest selling therapy worldwide for inflammatory arthritis.

## Our Research Spectrum



Zydus group bagged the India Pharma Overall Excellence Award and India Pharma Innovation of the Year Award from the Govt. of India.

The group also won the CII Industrial Innovation Grand Jury Award of being the Most Innovative Company of the Year and declared the most Innovative Pharmaceutical Company by Thomsun Reuters.

### Products:

Few of the marketed products are given below:

- |           |              |          |            |
|-----------|--------------|----------|------------|
| 1. ATORVA | 3. LATINA RT | 5. ILAZ  | 7. ZYVISC  |
| 2. ZYAQUA | 4. BRIOPT    | 6. AMNAC | 8. NUCOXIA |

### CONTACT INFORMATION:

**Address:** Zydus Tower,  
Satellite Cross Roads,  
Ahmedabad – 380015 Gujarat,  
India.

**PHONE:** +91-79-26868100  
(EPBX) (20 Lines)

**FAX:** +91-79-26862365

**Website:** [www.zyduscadill.co.in](http://www.zyduscadill.co.in)





# COMPOSTING



## What is Composting...?

Composting is natural decomposition of organic matter into a soil-like material called 'humus' or 'compost'. This process of decomposition occurs through the action of beneficial microscopic organisms, and other living creatures in healthy soils.



May  
1-7

COMPOST  
AWARENESS  
WEEK

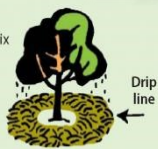
MEEK  
YMAKENE22

CUSTOMER IN  
MICROSCOPIC



### How to use compost

- Use compost as:
  - seed-raising mix
  - fertiliser
  - mulch (apply up to twice a year on natives).



### What you can compost

Fruit and vegetable peelings, newspapers, grass clippings, weeds, tea leaves, coffee grounds, egg shells, old potting mix, dead flowers, human and animal hair.

**Hint** Avoid placing meat or dairy products in your compost until you are confident and experienced in making compost.



## 4 easy steps to great compost

### 1 Choose the site

Look for a site with good drainage and summer shade.



### 2 Compost ingredients

You will need:

- nitrogen rich kitchen scraps such as fruit and vegetable peelings and green garden vegetation such as fresh grass clippings, green leaves, weeds and manure
- carbon-rich brown garden vegetation such as dry leaves, woody twigs, paper and straw
- some water
- some soil or completed compost to introduce composting micro-organisms.



#### Hints

- Use the lawn mower to chop up coarse garden prunings.
- Keep a bucket with a well-sealed lid in the kitchen to collect food scraps.



### 3 Layering

To build compost, start with a thick layer (15cm) of twigs or coarse mulch at the base for drainage. Then follow the A,B,C steps and repeat to build a heap layer upon layer.

- Thin layer of kitchen scraps and green garden vegetation
- Cover with a layer of brown garden vegetation covering all kitchen scraps
- Moisten well

Repeat A,B,C.



**Hint** Sprinkling soil or finished compost on top of food scraps will make a richer compost and help reduce odours.

### 4 Maintaining your compost

Add air to the compost so it doesn't smell by turning it with a garden fork weekly or by placing garden stakes or pipes through the heap to allow air in.

**Hint** Cover your heap so that it is just moist, not wet. If it is wet or saturated mix more dry brown material through it and turn.



**Why Compost?** Composting can help to reduce methane gas by reducing rotting waste in landfill. Methane gas, a greenhouse gas, will contribute to Global Warming. So Save the Earth and start Composting!

26%  
of the U.S. solid waste consist of yard trimming and food residuals.

30 times  
Methane gas is 30 times more potent than CO2

43%  
of waste in bins can be composted!



Compost problems? Turn over for the Easy Compost Fix-it Guide

### Why compost?

Compost is natural and inexpensive and is good for the environment. By turning food scraps and garden vegetation into compost you can:

- improve soil quality and garden vitality
- conserve water

- recycle valuable nutrients and reduce the use of artificial fertilisers
- prevent greenhouse gas emissions and landfill impacts from wasted food and garden vegetation.



### Did you know?

- About half of what we throw into the garbage bin is food and garden waste.
- These materials can be used to make compost to benefit your garden.

