

भैषज संदेश
**BHAISHAJ
SANDESH**



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NBA Accredited UG Programme (B. Pharm.)
CPCSEA (New Delhi) approved lab for breeding & experimentation of small animals
DST-FIST, GOI sponsored PG Programme

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Message from Editor's Desk

Welcome to all the readers.....

We are very happy to introduce volume III of 9th edition of our bimonthly news letter. As we all know, a newsletter mirrors a college- its vision and mission. It also highlights the event, activities, academic progress and achievements of students. Contribution of teachers and other crucial information related to Pharmacy field are also incorporated in it. In this edition, we have tried to capture the last two months activities. I do hope that the newsletter encourages many more including students to use it as a platform to express their creativity. Please feel free to offer any suggestion for improvement.

Sincerely

Dr. Ravindra Pandey

Editorial Board

1. Dr. Ravindra Pandey
Professor, CIP, Raipur
2. Disha Kesharwani
Assistant Professor, CIP, Raipur
3. Ayushi Bhojwani
B. Pharm 6th Sem

Columbia Institute of Pharmacy, Raipur

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Columbia Institute of Pharmacy

It's a great pleasure to introduce Columbia Institute of Pharmacy, which is Synonymous to ultimate in Pharmacy education in the state of Chhattisgarh. Columbia Institute of Pharmacy, Raipur is run and managed by Jan Pragati Education Society (JPES), established in the year 2003. Innovation excellence & quality are the driving forces on the vision of Columbia Institute of Pharmacy which has a rich proud heritage of academic excellence. The campus is lavishly spread over acres of lush green land and situated 14 km away from the hustle bustle of the city and just 4 km away from Chhattisgarh state assembly setting unabated efforts to add value in Pharma, Engineering and Management education.



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ACHIEVEMENTS

Paper Publication

1. **Dr. Pushpa Prasad Gupta** published a paper titled "**Phytochemical Ananlysis and Antioxidant Activity of Ethyl Acetate Extract of Martynia annua Fruit**" in the current issue of Pharmaceutical and Biosciences Journal, 9(6), 2021 along with Dr. Amit Roy, Shashikant Chandrakar, and Renuka Verma .

Other Achivements

- **The Authors, Prof. Shiv Shankar Shukla, Professor, Head, Department of Quality Assurance, Prof. Ravindra Kumar Pandey, Professor and Head, Department of Pharmacognosy, Dr. Beena Gidwani, Associate Professor, Department of Quality Assurance, and Mr. Gunjan Kalyani, Assistant Professor, Department of Pharmaceutical Chemistry, Columbia Institute of Pharmacy, Raipur** are delighted to present the first edition of the book "**Insight on Genotoxicity**" published in CRC press. The book inauguration was organized in the **Felicitation Ceremony of PCI President, Shri Montu M Patel Sir** at Raipur, Chhattisgarh on June 17, 2022.

Program on Income tax system

On occasion of Azadi ka Amrit Mahotsav an awareness programme about the Tax system of India was organized at Columbia Institute of Pharmacy Raipur by Income tax department, Goverment of India on 26/05/2022. The key address was given by Shri Dharmendra Singh, Deputy Commissioner of Income tax, Shri G.V. Srinivas Rao, Inspector of Income tax. Shri Nikhil Shrivastav, MTS delivered a presentation on behalf of the Income tax department. Faculties and Students of Columbia Institute of Pharmacy attended the event.



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Yoga Day Celebration

Columbia Institute of Pharmacy celebrated International Yoga Day on 21st June 2022. On this occasion, students, faculty members, management and other staff practiced yoga. The Yoga session was convened by, Dr. S P Rao and Dr. Shahsikant Chandrakar.



Plantation

The best friend on earth of man is the tree. ...With this thought the Columbians including the new students, Principals, Management members, and other staff members of Columbia group of Institutions in association with Green Army, Rotary Club, Raipur and NSS Club of CIP, planted trees on 25th June 2022 . An awareness regarding plantation is also given to the students. The students planted saplings, and fenced them and watered. The program created a great stir among the villagers too.



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Campus Interview

Campus interviews by various Pharmaceutical Industries were organized by Columbia Institute of Pharmacy for the students of B. Pharm final year. A record number of students being placed in reputed multinational pharma companies through the placement cell of the institutions in these years. This speaks volumes about the calibre and competence of our students as well as the efforts taken by the Principal & faculties in our unwavering focus on quality education. The details are as follows:

S. No.	Company	Date	Students Selected
1.	Sayoka Pharmaceuticals, Kolkata	27/06/22	Suraj Banjare Neelima Dahariya Shoaib Mida
2.	Synchem Pharma	28/06/22	Satyaprakash Sandeep Sahu Anas Khan Dhananjay Sahu Himanshu Mahilang Mohit Shrivastava.

New Drug Approved in 2022

Vtama

Company: Dermavant

Approval Status: Approved on 23/05/2022

Specific Treatments: Plaque psoriasis

Vtama (tapinarof) is a topical aryl hydrocarbon receptor (AhR) modulating agent indicated for the treatment of plaque psoriasis in adults.

Mechanism of Action

Its active metabolite is tapinarof which is an aryl hydrocarbon receptor agonist. It modulates the expression of pro-inflammatory cytokines including interleukin- 17 as well as skin barrier protein expression.

Side Effects

Folliculitis, nasopharngitis, contact dermatitis, headache, pruritis, influenza.

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Causerie

Pharmaceutical Anthropology in milieu of Indian health-care system: Scope and Relevance

India was always known for its traditional way of medicinal practices such as Ayurveda, Ūnânî and Siddha. Most of traditional approach of medicines are said to have materialized from entirely diverse school of philosophy, and represent different connotations in terms of health care system. Ayurveda are said to have a move on somatic, social, psychological and spiritual wellbeing associated. Unani medicine arrived from west Asia about 800 years ago, while Homeopathy, Naturopathy and Biomedicine entered about 200 years ago from Europe to become an integral part of the medical traditions in this region.

But, along with the mounting popularity of western medicines the set-up has become much more multifaceted. Today, there are numerous medical systems such as Bio-medicine (Pharmaceuticals), Ayurveda, Unani, Siddha, Homeopathy, Naturopathy, Yoga along with multiplicity of folk traditions, all of which chip in, in providing a pulsating and flourishing outlook to the modern day health-care system in India. Pharmaceutical industry in India in the present day forms a vital module of health care industry and plays reasonably an imperative part in the economic level as well.

With the joint efforts from Indian Government and independent bodies like the World Health Organization (WHO) and the UNICEF, set up has been made for local research institutes like Hindustan Antibiotics, IDPL and others. Moreover, Indian Government has provided gigantic fiscal investment for the development of local Pharmaceuticals. Indian Government provided the entrée to the technologies for production of elementary drugs. It led to an unparalleled growth among domestic medicine makers. Most of the pharmaceutical companies are standing in the ground of ‘self-destructive loop’. In order to keep up with the overall trend of ‘*Pharmaceuticalization*’ and ‘*Commodification*’ of health facilities the marketing strategies of pharmaceutical companies over the years have changed rapidly.

Instead of continuously put in upon the Research and Development of new molecules, in place of re-evaluating the vigour and flaws of product segments to increase therapeutic reach, companies are now accentuate upon market penetration. Therefore, there is extensive scope for Anthropologists to understand the how Pharmaceutical industry and modern (western) medical systems arrived and emerged in India, their acculturation into various communities as well as the syncretism and contestations with the indigenous which are quite unique to Indian medical and cultural history.

Furthermore, Medical Anthropologists can better identify the path-ways through which pharmaceuticals have become essence and embodiment of Indian community. Moreover, by looking into various integral components of present day Indian health care system, which reflects about the process of ‘*Pharmaceuticalization*’ and ‘*Commodification*’, especially at both the pharmaceutical industry itself and their marketing practices, swot up on pharmaceutical or pharmacy related behaviour can well again illuminate the multipart process whereby diverse practices are curved under a broad “nexus” mostly around the innovation, use and sale of western medicines. With its meticulous accent on how pharmaceutical companies try to resolve actions of health service, including those of doctors and the health outcomes, such studies can show us the elaborate threads of interest with which some of the participant members operate and often exploit upon one of the basic human need of medication. Moreover, it can elucidate the process how such practices being one of the most regular feature of global wave is transforming the perception, attitude and even the health care politics at local level.

Mr. Gunjan Kalyani
Assistant Professor, CIP, Raipur

Columbia Institute of Pharmacy, Raipur

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Students' Thought

Appreciate the here and Now

Gratitude is fundamental to peace and happiness--not wealth, glamour, adventure or fast cars, but simple appreciation for what you have. Just because you can't afford champagne and caviar doesn't mean that you never enjoy a meal. Hot dogs and beer on the back deck with your friends taste just as good. So, don't fool yourself into thinking that you need something that you don't currently have in order to be happy, because the truth is that if you can't appreciate what you have now you won't be able to appreciate the "good life" if you ever get it.

Anamika Dutta
B. pharm 4th Sem

Carefree

Young, carefree, innocent,
You sing, laugh and dance,
Taking in all Gods' glory
At every single chance.
Grown up,
You ignore the wonders
That you cherished as a child.
Gone is the carefree, honesty and mild.
You walk around with blinders on,
Into the race of money and greed.
Not caring who gets hurt
Just to fulfill your selfish needs.
Stepping over the line of morals
To have wealth and material things.
Ignoring all God's gifts
Like the first rain in Spring.
Keep that little child inside!
Hold her close to your heart.
We're only here for a brief time,
Then with this world we must part.
For a moment each day it's OK to get silly,
To laugh and dance.
Take in all God's glory
At every single chance.

Darshna Rathi,
B. Pharm 6th Sem

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GPAT Quiz- 15

1. Vicinal coupling is:
 - a) coupling between ^1H nuclei in an alkene.
 - b) coupling between ^1H nuclei in an alkane.
 - c) coupling between ^1H nuclei attached to adjacent C atoms
 - d) coupling between ^1H nuclei attached to the same C atom
2. What is the name given to the relaxation process due to an interaction between an excited nucleus and the magnetic fields caused by nuclei in molecules moving around in the sample?
 - a) Spin - lattice relaxation
 - b) Spin - spin relaxation
 - c) Spin - spin - spin relaxation
 - d) None of these
3. Denatured alcohol is
 - a) Rectified spirit + methanol + naphtha
 - b) Undistilled ethanol
 - b) Rectified spirit
 - d) Ethanol + methanol
4. Heterocyclic rings present in pilocarpine are
 - a) Imidazole and Quinoline
 - b) Imidazole and Thiazole
 - c) Quinoline and phenanthrene
 - d) Imidazole and Dihydrofuran
5. Stimuli which increase gastrin secretion include all of the following EXCEPT
 - a) Secretin
 - b) Increased vagal discharge
 - c) Luminal distention
 - d) Peptides and amino acids
6. Commonly used tetanus vaccine is produced by
 - a) Treatment of the causative organism with heat or UV light and finally obtaining the toxoid
 - b) Subculturing the virus at pH 10.4
 - c) Artificially generating antibodies to viral glycoproteins
 - d) Isolating the antigenicity genes from the causative organism
7. All of the following increase cardiac output EXCEPT
 - a) Eating
 - b) Pregnancy
 - c) Sleep
 - d) High environmental temperature
8. How many possible orientations do spin $1/2$ nuclei have when they are located in an applied magnetic field?
 - a) 2
 - b) 4
 - c) 3
 - d) 6
9. As per the IP the sieve no 10 has aperture size of
 - a) 1200 μm
 - b) 1500 μm
 - c) 1700 μm
 - d) 1800 μm
10. The multilayer adsorption is characterized by
 - a) Gibbs adsorption Isotherm
 - b) Langmuir adsorption Isotherm
 - c) Freundlich adsorption isotherm
 - d) BET equation

Answer key Quiz 14: 1.(b) 2. (a) 3.(c) 4.(b) 5.(d) 6.(d) 7.(c) 8.(a) 9.(c) 10.(b)

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Less Known Facts About Traditional Food

Oats chilla

Oats are a whole grain food, known scientifically as *Avena sativa*. cheela recipes have always been a traditional recipes and is typically prepared with besan or chickpea flour. it has become popular because of the usage of oats and its health aspects, yet offers the taste in a conventional way. Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber, and antioxidants. The health benefits of oats include: reducing the risk of coronary artery disease, lowering levels of cholesterol, and reducing one's risk of colorectal cancer.

Recipe: Firstly dry roast 1 cup rolled oats. Take unflavored oats as we are adding spices. Roast until the oats turn crisp. Cool the oats completely and blend to a fine powder without adding any water. Transfer the powdered oats into a large mixing bowl. Also, add 2 tbsp rava for binding. Now add ¼ cup curd and 1 cup water. Whisk and mix make smooth lump free batter. Additionally, add ¼ tsp turmeric, ½ tsp ginger paste, 2 chilli, ½ tsp crushed cumin. Also add 2 tbsp onion, 2 tbsp tomato and ½ tsp salt. Mix well forming thick flowing consistency chilla batter. Further, pour a ladleful of batter onto a hot tawa and spread gently. Pour ½ tsp of olive oil over chilla. Cover and allow cooking on a medium flame for a minute. Now flip the chilla and cook both sides pressing gently. Finally, oats chilla is ready to serve with green chutney.

Nutritional value:

Nutrients	Value per 100 gm
Energy	350kcal
Protein	12.5gm
Total Lipid	6.25gm
Carbohydrate	67.5gm
Fiber, total dietary	10gm
Minerals	2.5gm
Calcium	2.5gm
Iron	4.25gm
Potassium	350gm

Inspiring Quotes:-

- ✓ *It is never too late to be what you might have been.*
- ✓ *I have not failed. I've just found 10,000 ways that won't work.*
- ✓ *Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.*

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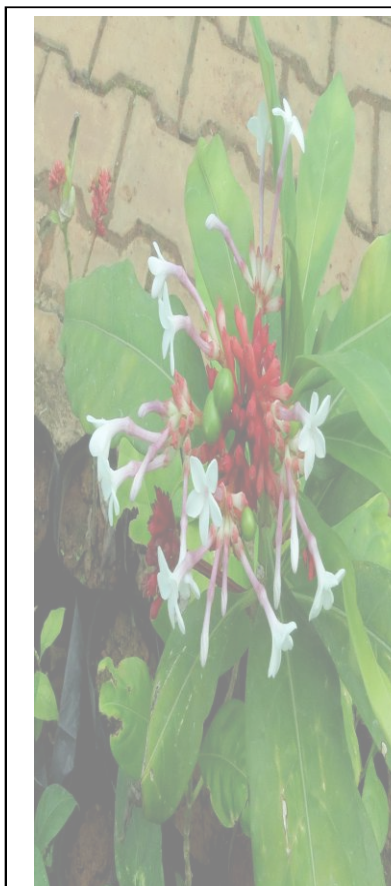
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Plants with Health Benefits

Rauvolfia serpentine

Synonyms: Chandrabhaga, Chota-chand, Sarpagandha, Chandra and Chandrika.



Family:	Apocynaceae
Kingdom:	Plantae
Order:	Gentianales
Genus:	<i>Rauvolfia</i>
Species:	<i>E. prostrata</i>

Nutritional value per 100 g (3.5 oz)

Total Calories	335
Total Fat	2.47
Cholestrol	Nil
Total Carbohydrate	Traces
Protein	12.22
Vitamin A	1.73
Vitamin c	45.5
Calcium	968.05
Iron	21.08

Morphology:

An erect perennial shrub with a long, irregularly, nodular, yellowish root stock.

Leaves: In whorls of 3, thin, lanceolate, acute, bright green above and pale beneath.

Flowers: in irregular corymbose cymes, white, often tinged with violet.

Fruit: Drupe, single or didymous, shining black, the inflorescence with red pedicels and calyx and white corolla.

Chemical Composition : Rauvolfia serpentina contains dozens of alkaloids of the indole alkaloid family, including ajmaline, ajmalicine, reserpine, and serpentine.

Uses:

Serpentina have been reported to be of therapeutic value against various diseases including hypertension, intestinal disorders, eye diseases, cuts, wounds, splenic diseases, uterine contraction, headache, and skin diseases.

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