

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 I of 10th 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. Ms. Disha Kesharwani
Assistant Professor, CIP
3. Ms. Ruchi Bhattacharya
Assistant Professor, CIP
4. Ms. Arushi Bhojwani
B. Pharm, 7th Sem

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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NSS 7 Days Special Camp

The NSS unit of Columbia Institute of Pharmacy organized 7 days camp in village Chhapora under in Dharsiwa block from 2- 8 January 2023. The camp started from inauguration ceremony on 02/01/2023 with the presence of Shri Harjeet Singh Hura, Secretary Janpragati Education Society, Prof. Amit Roy, Principal, CIP, and Mr. Arun Shukla, Sarpanch of the village. Apart from local villagers, 25 NSS volunteers attended the program. Volunteers of the camp highlighted the importance of cleanliness and plantation. Health camp was also organized along with awareness on dowry system and road safety. Cultural events were also organized and villagers were enlightened by the guest speakers and NSS volunteers. The valedictory function was attended by the Dr. D. S. Raghuwanshi, program coordinator of NSS at CSVTU Bhilai, Mr. Anand Tamrakar, program officer ofSSIPMT (Raipur), and Mr. Arun Shukla, Sarpanch, village Chhapora, and Mr. Sagar Sahu, Program officer, NSS unit, CIP. Dr. Pushpa Prasad Gupta, Social activity committee in-charge, Mr. Rahul Kumar Goswami, UBA coordinator, Mr. Manindra Mahapatra, Rotract club officer and Mr. Gunjan Kalyani, Assitant Professor, CIP, congratulated, NSS volunteers for their cooperation and successful completion of seven days NSS camp.



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National Youth Day Celebration

NSS unit of Columbia Institute of Pharmacy celebrated National Youth Day on 12th January 2023 on the occasion of birth anniversary of **Swami Vivekanand**. On the occasion essay, painting and speech competitions were organized. All the students actively participated in the programs. The programs were coordinated by Mr. Sagar Sahu.



Health Camp

Volunteer of NSS unit of Columbia Institute of Pharmacy participated in one day health camp organized by CIET, Raipur on 28th January 2023. The camp was organized at nearby village. During the camp the volunteers informed the villagers about the common diseases.



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Basant Panchami Celebration

Columbia Institute of Pharmacy celebrated Basant Panchami on 26th January 2023. Saraswati pooja was organized in the college campus. All the members of Columbia actively participated in Saraswati pooja and prasad preparation according to the tradition of the college. After the hawan and pooja delicious Bhog was distributed to all the Columbians.



Republic Day Celebration

Columbia Institute of Pharmacy celebrated Republic Day on 26th January 2023. According to the tradition of college the university toppers of the year Ms. Arushi Bhojwani B. Pharm 8th semester hoisted the national flag on the day. Shri Kishore Jadwani, Chairman, Jan Pragati Education Society motivated the students and faculties by his words on the occasion. The programme was ended with sweet distribution.



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Techfest (Youth Festival) 2022-2023

Columbia Institute of Pharmacy, in association with Indian Pharmaceutical Graduate Association (IPGA), Raipur organized rangoli, painting, and mehendi competition on 06 february, debate, extempore and quiz competition on 07 February, song (group and solo) and skit competition on 08 February and solo dance and group dance competition on 09 February 2023. All the students of institute participated enthusiastically in all the competitions. The theme for painting competition was "Nature". For this competition the material was used by the students are colours, sand, flowers, grains and wood crush. The topic of the debated competition was "Is Digital Technology Making Children's Life Better". Gaurav Sahu D.pharma II year, Ayush Verma and Om Dewangan D.pharma I year and Dhananjay Patel D. Pharma II year were the winners of debate, quiz and extempore competition respectively. Best skit was performed by Khemraj and group and Isha and group Group performed the best song. Judges for different programs were Mr. Gunjan Kalyani, Dr. S. Prakash Rao and Mr. Swapnil Lall. During the event Shri Harjeet Singh Hura, secretary, JPES, Prof. Amit Roy, Director, Columbia Institute of Pharmacy and all the faculty members were present. All the programs were organized under the supervision of Prof. Ravindra Kumar Pandey, Professor & Principal, CIP and General Secretary of IPGA. The members of IPGA Chhattisgarh; Dr. Beena Gidwani, Ms. Monika Bhairam, Ms. Disha Kesharwani, and Ms. Sandhya Mishra were present during the event. Ms. Neha Dubey was the Programme Coordinator. All these students were forwarded for the final round of Tech fest at CSVTU where Ms. Neelima Verma secured 2nd position in painting competition, Ms. Pragya Sahu won the 2nd prize for mehendi competition, Trishna Sahu won the 2nd prize for solo song competition, Isha Verma and group and Alish Mashih and group won the 2nd position in group song competition, Dhanajay Patel secured 3rd position in extempore and Ranu Sinha secured the 1st position in debate.



Columbia Institute of Pharmacy, Raipur

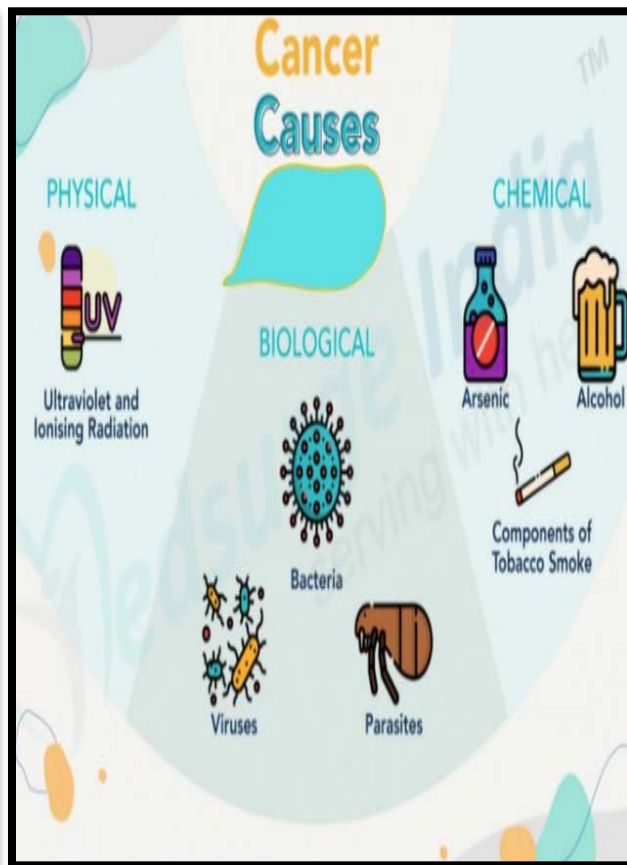
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Cancer Awareness Program

The NSS team of Columbia Institute of Pharmacy organized nukkad natak and health camp on the occasion of **World Cancer Day** on 4th February 2023 and a guest lecture on 6th February 2023 by **Mr. Sanjeev Kumar, Programme Officer, Caring Souls Foundation** on cancer awareness. He deliberated about various phases of cancer. He explained about various precautions and measures one should take in daily life for being healthy. He also demonstrated some yoga steps for healthy life. All the students and



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Saturday Activities:

In-house Visit

Columbia Institute of Pharmacy organized visits of first semester and first year diploma students in Medicinal Garden, Library and Machine Room on 07 January 2023. The students also visited all the areas with a lot of interest and took knowledge. During the event Shri Harjeet Singh Hura, Secretary Janpragati Education Society and Prof. Amit Roy, Principal, Columbia Institute of Pharmacy along with all faculty members was present.



Thali Decoration, Poem Competition and Essay Competition

Columbia Institute of Pharmacy organized Thali Decoration, Poem Competition and Essay Competition on 21st January 2023, in which all the students of our institute took part enthusiastically. In this competition, students decorated the Thali in a very creative way. Army Day was celebrated in our institute which is celebrated on 15 January. Poem Competition and Thali Decoration Poem were kept remembering the spirit of the army and the passion of service to the country. Essay Competition theme was “Azadi ka Amrit Mahotsav”.



Kite making and kite flying competition

Columbia Institute of Pharmacy organized Kite making and kite flying Competition on 14th January 2023, in which all the students of our institute took part enthusiastically. In this competition, students decorated kite in a very creative way.



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ACHIEVEMENTS

Paper Publication

1. **Ms. Monika Bhairam** published a paper titled "Formulation of transdermal patch of Losartan Potassium & Glipizide for the treatment of hypertension & diabetes" in Materials Today: Proceedings, December 2023, 13(75) along with Dr. Bina Gidwani, Mr. Jhakeshwar Prasad, Khushboo Verma, and Parag Jain.
2. **Dr. Bina Gidwani** published a paper titled "**Therapeutic potential and novel formulations of Ursolic Acid and its Derivatives: An updated review**" in Journal of the Science of Food and Agriculture. 2022; 1-18 along with Ms. Priya Namdeo, Ms. Sakshi Tiwari, Dr. Vishal Jain, Ms. Veenu Joshi, Dr. Shiv Shankar Shukla, Dr. Ravindra Kumar Pandey, Dr. Amber Vyas.
3. **Ms. Disha Kesharwani** published a paper titled "**Exploring potential of diacerein nanogel for topical application in arthritis: Formulation development, QbD based optimization and preclinical evaluation**" in Journal, Colloids and Surfaces B: Biointerfaces. 223, (2023), 1-8 along with Dr. Swarnali Das Paul, Dr. Rishi Paliwal and Dr. Trilochan Satapathy.
4. **Dr. Bina Gidwani** published a paper titled "**Formulation, Evaluation, And Validation Of Microspheres Of Cyclophosphamide For Topical Delivery**" in Journal "Pharmacophore". 2023; 1-8 along with Mr. Mahendra Kumar Sahu, Ms. Neha Dubey, Dr. Shiv Shankar Shukla, and Dr. Ravindra Kumar Pandey.

Book Publication

1. **Dr. Shiv Shankar Shukla** published a book entitled "**Pharmaceutical Calibration, Validation and Qualification: A Comprehensive Approach**, under **Springer Nature**, along with Dr. Ravindra Kumar Pandey, Dr. Beena Gidwani and Mr. Gunjan Kalyani.

Patents

- 1) **Mr. Rahul Kumar Goswami** published an Indian Patent entitled "**Method for identifying pH value and generating linear pH gradient based on absorption spectrum**" on 30/11/2022 along with Mr. Mahendra Kumar Sahu, Ms. Nityashree Mohapatra, Mr. Rohit Kumar Pandey, Mr. Darla Raju, Dr. Murugan S., M M Shainda, Ms. Seema Kashyap, Mr. Jiten Mishra.
- 2) **Ms. Disha Kesharwani** published an Indian Patent entitled "**Formulation and evaluation of diacerein and hesperidine loaded nanocarrier system for topical use**" on 18/11/2022 along with Dr. Swarnali Das Paul, Dr. Trilochan Satapathy and Dr. Vaibhav Tiwari.

National Seminar

1. **12 faculties members** of Columbia Institute of Pharmacy, participated in Savitribai Phule, Pune University, sponsored attended two days **National Workshop** on Implementation of National Education Policy 2020 on theme "**Industry-Institute linkage**" on 10 th and 11 th February 2023 organized by Jagdamba Education society, S.N.D. College of Pharmacy, Babhulgaon, Yeola.

Oral Presentation

1. **Mr. Gunjan Kalyani** delivered an oral presentation entitled "Systematic Scientific validation of Medicinal Plants as potential candidates for development of Phytomedicines" in DST-SERB sponsored national seminar organized by Himalayan Pharmacy Institute, Majhitar on 24-25 Feb 2023.
2. **Ms. Monika Bhairam** delivered an oral presentation entitled "Dolutegravir Nanosuspension: Preparation, Characterization and In- vivo Assessment for the improvement of oral Bioavailability" in DST-SERB sponsored national seminar organized by Himalayan Pharmacy Institute, Majhitar on 24-25 Feb 2023.

Students' Achievements

1. **Ms. Devshree Sharma**, student of B. Pharm 3rd Sem, and NSS volunteers of CIP participated and **secured 1st position in speech competition** at NSS national integration camp at sardar patel University, Vallabh Vidyanagar, Anand, Gujrat.



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Causerie Ethnomedicine and Future Challenges

Many of traditional oral and indigenous culture of tribal people has been continuously deteriorated due to large scale urban and industrial development in remote forest areas as whole economy, society and cultural legacy of tribal are dependent on their forest land which is favorite abode of tribals. One of them is ethno medical knowledge which is reliant on presence of wild fauna and flora having medicinal value. Ethnomedical knowledge is intellectual property of tribals. Displacement of tribal communities to other places and loss of medicinal plant and animal species very much affect their ethno medicinal practices. This knowledge is apparent to become extinct in near future because of insecurity of ethno medicinal plants and animals, limitation of knowledge to only few persons (sacred specialists, diviner, sorcerer) of community, being oral tradition, absence of written form, limitation to cure only small scale diseases and push and pull factor among tribal youths to do government jobs in urban areas.

Therefore, it is need of time to preserve this knowledge for future generations Preservation of this traditional knowledge can be done by lessening the exploitation of natural resources, by documentation to make its wider reach, by making tribal youths aware about its benefits and opting this as a carrier option, and most important is by linking this ethno medicinal knowledge with modern medicine system. Due to some of its drawbacks like limitation of medicinal knowledge to only few persons of the society, status of local culture not universal, absence of written form, treatment and healing of only small-scale diseases, its future is supposed to be in danger.

Therefore, in India, medical pluralism and CAM medicine therapy (co-existence of both conventional medicine along with alternative medicine system). is very much demanding in present scenario. In this way, we can not only preserve our age-old traditional healing system and culture for future generations but will also combat with dreadful diseases and future challenges. Documentation of ethnomedicinal knowledge, adoption of it as carrier option among the tribal youths and promotion of CAM therapy will not only help in preservation of this cultural legacy but also will help in economic upliftment and sustainable development of the society.

Mr. Gunjan Kalyani

Assistant Professor, CIP, Raipur

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GPAT Quiz- 19

1. What term is used to describe the patenting of the active enantiomer of a racemic drug which is already on the market?
a. Chiral patents b. Chiral switches c. Asymmetric filing d. Asymmetric switches
2. Atropine causes:
a. Miosis, a reduction in intraocular pressure and cyclospasm
b. Mydriasis, a rise in intraocular pressure and cycloplegia
c. Miosis, a rise in intraocular pressure and cycloplegia
d. Mydriasis, a rise in intraocular pressure and cyclospasm
3. Which of the following statements are false about terbinafine?
a. Its activity is restricted to dermatophytes.
b. It is effective in onychomycosis.
c. It inhibits squalene epoxidase.
d. It is used topically only.
4. Ginseng saponins are of the series
a. Lupine b. Ursane c. Abietane d. Dammarane
5. What type of compound is arbutin used in urological infections?
a. flavonoid glycoside
b. phenolic glycoside
c. furanocoumarin
d. iridoid glycoside
6. Hide powder is used in the traditional method of tannin quantitation because ...
a. hide powder gives a colour reaction with tannin.
b. hide powder reacts with polyphenols.
c. hide powder reduces tannins.
d. hide powder reacts with tannins.
7. Morphine content in Opium is:
a. less than 0.5 %.
b. between 0.5 and 1.0 %.
c. between 1.0 and 5 %.
d. between 10 and 15 %.
8. Which of the following cannabinoids is narcotic?
a. cannabichromene b. tetrahydrocannabinol c. cannabigerol
d. cannabinol
9. The followin gibberalin derivative is known as gibberalic acid.....
a. GA1 b. GA2 c. GA3 d. GA4
10. Ranunculaceous stomata is the characteristic for
a. Buchu b. Digitalis c. Lobelia d. All of the above

Answer key Quiz 18: 1.(a) 2. (b) 3.(c) 4.(d) 5.(a) 6.(b) 7.(b) 8.(a) 9.(d) 10.(c)

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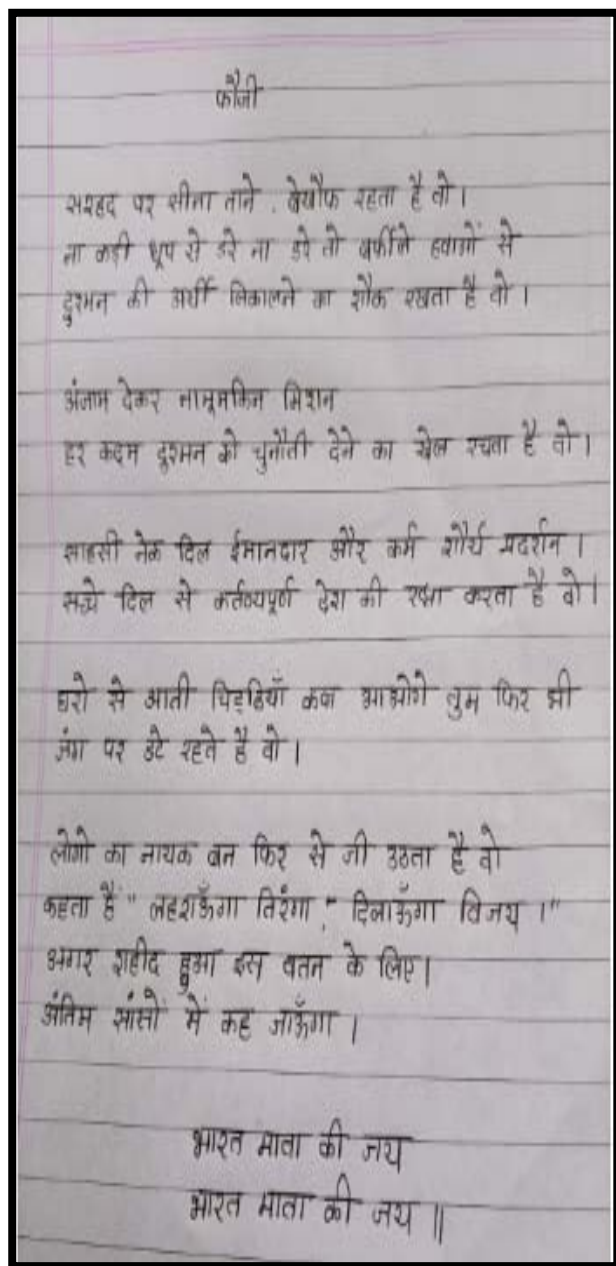
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Students' Thought

Winner poem of army day's competition by Alish Masih (B. Pharm 3rd Sem)



Amazing nature

Nature is so honest,
So, why we all are dishonest?
Nothing is wasted in nature,
Everything it used for its evolution.
It's not enough to say "plant more trees",
How many trees are planted?
Protect those trees.
Nature did not take anything from us,
And give everything to us.
Nature is so self less,
So, don't harm it in your carelessness.
It has also feelings,
It also hurts at the time of killing.
Please humans don't cut me,
I also have feelings and emotions,
I want anything from you,
I only want care and love from you.
If I am not with you,
You will face many problems,
Better to save me,
I will give you everything,
I don't want anything,
But don't kill me.....
I can't speak, I can't revenge, like you all,
I endure everything,
But you all take advantage of it,
I never disturb in your life,
But you didn't think once and end my life.
I also want live,
So please don't kill me,
Be friendly with me,
But don't harm me.....

Raja

B. Pharm 7th Sem

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New Drug Approved in 2023 Leqembi

Company: Eisai R & D Management Co.Ltd.

Approval Status: Approved 06/01/2023

Specific Treatments: Alzheimer's disease.

LEQEMBI is an amyloid beta-directed antibody indicated for the treatment of Alzheimer's disease. Treatment with LEQEMBI should be initiated in patients with mild cognitive impairment or mild dementia stage of disease

Mechanism of Action

Lecanemab-irmb is a **humanized immunoglobulin gamma 1 (IgG1) monoclonal antibody directed against aggregated soluble and insoluble forms of amyloid beta**. The accumulation of amyloid beta plaques in the brain is a defining pathophysiological feature of Alzheimer's disease.

Side Effects

infusion-related reactions, headache, and ARIA-edema.

Inspiring Quotes:-

- There are no shortcuts to any place worth going.
- Failure is the opportunity to begin again more intelligently.
- Push yourself, because no one else is going to do it for you.
- The secret of success is to do the common things uncommonly well.
- The way to get started is to quit talking and begin doing.

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Less Known Facts About Traditional Food

Flaxseed Chutney

Flaxseed is a rich source of healthy fat, antioxidants and fibres. The seeds contain protein, lignans, and the essential fatty acid alpha - linolenic acid, also known as ALA or Omega 3. The nutrients in flaxseed lower the risk of diabetes, cancer, and heart disease. Flaxseed contains omega-3 fatty acids. These are thought to disrupt the growth of cancer cells and to prevent their development. Consuming omega-3 oils may help protect against different types of cancer. It is one of the oldest fiber crops in the world. It is known to have been cultivated in ancient Egypt and China. In Asia, it has played a role in Ayurvedic medicine for thousands of years. The fiber, phytosterols, and omega-3 content of flaxseed boost heart health. As the flaxseed is rich in fibres they are also use in constipation. These are high in dietary fiber and low carbs, promote healthier skin and hair, managing obesity and leading to healthy weight loss. Flaxseed is high in lignans which are essentially fiber related polyphenols that give the body the benefits of antioxidants such as anti-ageing, cellular health, and hormone balance. Flaxseed is available as seeds, oil, powder, tablets, capsules and flour. It is consumed as a dietary supplement to prevent constipation, diabetes, cholesterol, cancer, and other conditions.

Recipe: Heat oil in a non stick pan. Add garlic and sauté till golden. Add dried red chillies and sauté till crisp. Add roasted flax seeds and transfer into a mixer jar. Add rock salt and cool and grind to a chutney.

Nutritional value:

Nutrients Value	Per serving (100 gm)
Calories	13 calories
Carbohydrates	0.7gm
Protein	0.46gm
Fibre	0.7gm
Unsaturated fatty acid	0.906gm
Minerals	0.05gm

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Plants with Health Benefits Insulin plant (Costus igneus)

Synonyms: commonly known as **fiery costus, Step ladder or Spiral flag.**



Family: Costaceae
Kingdom: Plantae
Order: Zingiberales
Genus: *Costus*

Nutritional value per 100 g

Energy	351.6
Total Fat	2.5%
Cholesterol	Nil
Total Carbohydrate	37.1
Sugar	0.4
Vitamin A	0.1
water	57.6
Calcium	98
Iron	NA

Morphology:

It is a perennial, upright, spreading plant reaching about two feet tall, with the tallest stems falling over and lying on the ground. Leaves are simple, alternate, entire, oblong, evergreen, 4-8 inches in length with parallel venation. The large, smooth, dark green leaves of this tropical evergreen have light purple undersides and are spirally arranged around stems, forming attractive, arching clumps arising from underground rootstocks. Beautiful, 1.5-inch diameter, orange flowers are produced in the warm months, appearing on cone-like heads at the tips of branches. Fruits are inconspicuous, not showy, less than 0.5 inch, and green-colored.

Chemical Composition:

the main chemical constituents of the Insulin plant is protein, iron, and antioxidant components such as ascorbic acid, α -tocopherol, β -carotene, terpinoids, steroids, and flavonoids.

Uses:

Insulin plant used as Anti-diabetic activity

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Upcoming EVENTS

1. Saturday Activities
 - i. Fetch the library competition
 - ii. Carom and chess competition
 - iii. 3D model project competition
 - iv. Poster competition
 - v. Skit competition for awareness about "Tuberculosis"
2. Holi Celebration
3. Badminton and TT competition
4. Annual Sports and Colors