

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 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
Principal, CIP, Raipur
2. Ms. Disha Kesharwani
Assistant Professor, CIP
3. Ms. Ruchi Bhattacharya
Assistant Professor, CIP
4. Ms. Akanksha Verma
B. Pharm, 6th 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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Guest Lecture

A guest lecture was organized by Columbia Institute of Pharmacy, Raipur on 02/05/2023. The guest was Dr. Neha Sharma Chowdhury from Indore. She delivered a talk on “Pharma management A Lucrative Career in India”. She encouraged the students for carefully selecting their career in various fields. She provided detailed information about the field of “Pharma Management”. Students also interacted with her for solving their queries. The management members, Principal and all the faculty members were present during the program.



Details of funding agencies open for Projects and Conferences

S.No.	Funded by	Scheme	Amount	Deadline	Source
1	Department of Science & Technology (DST), Government of India,	Sophisticated Analytical and Technical Help Institutes (SATHI)	60 Crore	30 July 2023	www.dst.gov.in
2	Council of scientific and Industrial Research	Industry-Academia R&D programme (IARDP) of CEFIPRA	Up to 20 Lakh	31 August 2023	www.csir.res.in
2	Department of Science & Technology (DST), Government of India,	10th India-Israel Industrial R&D and Technological Innovation Fund	0.25 Million USD to 1.25 Million USD per project or 50% of the Indian Project Cost whichever is lower.	10 August 2023	www.dst.gov.in
3	Department of Science & Technology (DST), Government of India,	VAIshwik BHArtiya Vaigyanik (VAIBHAV) Fellowship	4 Lakh per month 1 Lakh Contingency per Year	31 July 2023	www.dst.gov.in
4	Chhattisgarh council of science & technology	National Seminar/International Seminar	50000 Rs. /100000 Rs	Round the year	cgcost.nic.in
5	Indian council for social science and research	<u>Short-term Empirical Research 2023-24</u>	6 lacks (For Individual Project) 30 lacks(For Collaborative Project)	11 July 2023	www.icssr.org
6	Science and Engineering Research Board	SERB-NPDF	55000 Rs Per month (PhD Awarded)	10 August 23	www.serbonline.in

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ACHIEVEMENTS

Paper Publication

1. **Dr. Beena Gidwani** published a paper titled "**A Review of the fundamentals of Pharmaceutical granulation technology**" in International Journal of Pharmaceutical & Phytopharmacological Research. 13(2), (2023), along with Dr. Ravindra Kumar Pandey, Dr. Shiv Shankar Shukla, Shailesh Pradhan, and Ms. Neha Dubey.
2. **Dr. Beena Gidwani** published a paper titled "**Pharmacokinetics, biodistribution, in-vivo study, of Rivastigmine Tartrate nanoparticle**" in Research Journal Pharmacy & Technology. 16(6), (2023), along with Dr. Ravindra Kumar Pandey, Dr. Shiv Shankar Shukla, Om Prakash Agrawal, and Ms. Neha Dubey.

Book Chapter

1. **Dr. Beena Gidwani** published a book chapter entitled "**Introduction to Magnetic Quantum Dots**, under **Taylor & Francis CRC Press** along with Varsha Sahu, Veenu Joshi, Shiv Shankar Shukla, Ravindra Kumar Pandey, Akhlesh K Jain, and Amber Vyas page no. 1- 27.
2. **Dr. Beena Gidwani** published a book chapter entitled "**Magnetic Quantum Dots for In-Vivo Imaging**, under **Taylor & Francis CRC Press** along with Venu Yakati, Swathi Vangala, VJ Reddy, Amber Vyas, Vishal Jain, Veenu Joshi, Kapil Agrawal, and Gopikrishna Moku page no. 1- 27.

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. We congratulate our students for their success. The details are as follows:

S.No	Company name	Student Name
1.	Eris Life Science Ltd.	Toshini Sinha
2.	Entero Healthcare Solutions Pvt Ltd.	Sandeep Sahu
3.	Neon Laboratories Ltd.	Kamal Singh Verma

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Saturday Activities:

Fetch the library Competition and Quiz competition

Columbia Institute of Pharmacy in association with Indian Pharmaceutical Graduate Association [IPGA], Raipur organised Quiz Competition on 06 May 2023. It was conducted by Mr. Gunjan Kalyani in which all the students of our institute took part enthusiastically. Participants selected by the written screening round. Quiz Competition was completed in 3 rounds i. e. audio, visual and question answer round. Ajay Kurrey, Bhaskar Sahu, Trishala and Khumesh were Winner.



Talk by a Cartoonist

CIP in association with IPGA, Raipur invited Cartoonist Triambak Sharma on 10th May 2023. He told how to convert rumors, negative talk into positive talk and show it through cartoons. He also told how today's news and thoughts can be conveyed to the people in the medium of laughter. It is not necessary to be an artist or a perfect drawing to make a cartoon, Just thoughts should reach people on both sides. He also told about his magazine 'Cartoon Watch'. During the event Shri Harjeet Singh Hura, Secretary, Janpragati Education Society along with all faculty members were present.



PPT Competition on Hypertension Day & AIDS Vaccine Day

CIP in association with IPGA, Raipur organized Educational activity on 20 May 2023 by Shilpa Sahu and Manindra Mahapatra in which all the students of our institute took part enthusiastically. The activity covered AIDS Vaccine and Hypertension topic. This topic was selected because Hypertension Day is celebrated every year on 17th May and World AIDS Vaccine Day is celebrated on 18th May and to increase the awareness of both the topics, the program was made through power point presentation. Best Presentation winner were Khileshwer and Shalini Group from 4th Sem and Runner up were Trilochan & Jha Dev from 4th Sem.



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Saturday Activity: Grooming Class & Preparation for Interview

CIP in association with IPGA, Raipur organized grooming class for the preparation of interviews, on 3 June 2023. Mr. Swapnil Lall and Mr. Mithlesh Chandrakar conducted the program, which also included resume writing contest. During the Grooming Class, students received comprehensive guidance on personal grooming, etiquette, and professional presentation. The students actively participated and expressed their enthusiasm for the knowledge gained. In parallel, the Resume Writing Contest challenged our students to showcase their abilities in crafting effective resumes. Best Resume writing winner were Bhaskar and Dipti Group from B. Pharma 4th sem and Runner up was Kajal Dewangan from 4th sem.



Causerie **PAGET'S DISEASE**

Paget's disease of bone is a common disorder which may affect one or many bones. Although many patients are asymptomatic, a variety of symptoms and complications may occur. PDB is the second most common bone remodeling disease after osteoporosis. This condition occurs in 1–2% of white adults older than 55 years. An analysis of archeological skeletons from Northern England (900—1850) found an overall prevalence of PDB of 2.1% in cases older than 40 years. The prevalence of PDB increases with age and is slightly more common in men. PDB is rare under 25 years and unusual before 40 years of age. DB is often asymptomatic and is frequently discovered incidentally when an elevated serum alkaline phosphatase (SAP) is found on routine laboratory testing, or radiographically on x-rays performed for unrelated reasons. Seventy-two percent of these patients had polyostotic disease. Skeletal complications included bowing deformity in 7.6%, fracture of pagetic bone in 9.7%, and osteosarcoma in 0.4%. Osteoarthritis was present in 73%. Hearing loss was present in the 61%. Neurologic symptoms were uncommon. Overall survival was slightly better than predicted. PDB appears to have an adverse effect on some domains of quality of life. Fortunately, effective pharmacologic therapy, primarily with potent bisphosphonates, is now available to treat patients with complications or symptoms. The prevalence differs amongst various ethnic/geographic groups. Drugs approved by the FDA for treatment of Paget's disease of bone includes Calcitonin (Miacalcin), Etidronate (Didronel), Pamidronate (Aredia), Alendronate (Fosamax), Tiludronate (Skelid), Risedronate (Actonel), Zoledronic acid (Reclast).

Sandhya Mishra, Assistant Professor
Columbia Institute of Pharmacy, Raipur

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GPAT Quiz- 21

- If the absorbance of the drug is recorded as 2, what will be its % transmission?
a. 2 b. 100 c. 0 d. None of the above
- Which of the following is a drug according to Drug and Cosmetic Act 1940?
a. Empty Gelatin capsule b. Water for Injection
c. Oral polio vaccine d. All of the above
- Which of the following is not a Cosmetic according to Drug and Cosmetic Act 1940?
a. Colgate Toothpaste b. Boroline c. Gudakhu d. All of the above
- How much Sodium chloride is required to make following solution isotonic?
Rx
Ephedrine Sulphate.....2%
Sterile water q.s.30ml
(Sodium chloride equivalent of ephedrine sulphate =0.23)
a. 0.270 gm b. 0.138 gm c. 0.132 gm d. 0.600 gm
- The parameter used in assessment of bioavailability of a drug is:
a. The peak height concentration(C max)
b. The time of peak concentration(Tmax)
c. The area under blood concentration time curve
d. All of the above.
- Major adverse effect of clonidine is :
a. arrhythmia b. Bradycardia c. Drymouth d. sexual dysfunction
- Group I and Group II Term used Explanation
P. Chromophore 1. Amino group
Q. Blue shift 2. Increase in wavelength of absorption
R. Auxochrome 3. Decrease in wavelength of absorption
S. Red shift 4. Carbonyl group
a. P-4, Q-3, R-1, S-2 b. P-3, Q-1, R-2, S-4
c. P-1, Q-2, R-3, S-4 d. P-2, Q-4, R-3, S-1
- The given antibiotic is an example of ansamycins :
a. Roxythromycin b. Adriamycin c. Aureomycin d. Rifamycin
- Class 100 area is referred to as-----
a. Manufacturing area
b. Aseptic area
c. Clean room
d. Warehouse
- Which vitamin is also known as vitamin H----
a. Vitamin B
b. b. Vitamin B5
c. c. Vitamin B9
d. d. Vitamin B7

Answer key Quiz 20: 1.(d) 2. (d) 3.(d) 4.(a) 5.(c) 6.(b) 7.(a) 8.(d) 9.(a) 10.(a)

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Students' Thought

BOOKS.....

*Books are the one
Who make us learn,
They make us flowers
Of lovely garden.
Books know everything
Books know everyone,
They give us wings
To fly to the sun.
Books can be read
Books can be written,
In the darkness
They make us lighten.
Books are to be used
And not to be refused,
They should be respected
And always accepted.*

Akanksha Verma
B. Pharm 6th Sem

Discipline

*Discipline is the key to Gods door,
Only if we are disciplined our
heart can be pure.
Of all achievements discipline is the
great end,
Sincerity and receptiveness in our
words we should blend
Conquer all the bad habits that
surround
Then try to push them into the
background.
Discipline truly furnishes the mind
Discipline in our character we
should bind.
In life discipline plays the most
important part,
Only if we are disciplined God will
dwell in our heart.*

Bharti Sahu
B. Pharm 8th Sem

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New Drug Approved in 2023 LITFULO

Company: Pfizer.

Approval Status: Approved 23/06/2023

Specific Treatments: Severely patchy hair loss

Dosage Form: Capsule

LITFULO is a kinase inhibitor indicated for the treatment of severe alopecia areata in adults and adolescents 12 years and older.

Mechanism of Action

It irreversibly inhibits Janus kinase 3 (JAK3) and the tyrosine kinase expressed in hepatocellular carcinoma (TEC) kinase family by blocking the adenosine triphosphate (ATP) binding site. In cellular settings, ritlecitinib inhibits cytokine induced STAT phosphorylation mediated by JAK3-dependent receptors. Additionally, ritlecitinib inhibits signaling of immune receptors dependent on TEC kinase family members. The relevance of inhibition of specific JAK or TEC family enzymes to therapeutic effectiveness is not currently known.

Side Effects

Headache, diarrhea, acne, rash, urticaria, folliculitis, pyrexia, atopic dermatitis, dizziness, blood creatine phosphokinase increased, herpes zoster, red blood cell count decreased, and stomatitis.

Inspiring Quotes:-

- We generate fears while we sit. We overcome them by action.
- You are never too old to set another goal or to dream a new dream.
- A room without books is like body without a soul.
- You don't have to be great to start, but you have to start to be great.
- The expert in everything was once a beginner.

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Less Known Facts About Traditional Food

Cornflakes laddoo

Cornflakes is loaded with many nutrients. It contains minerals, vitamins, dietary fibres, proteins and carbohydrates. It helps in weight loss, Good for digestive system as Cornflakes maintain the health of the digestive system due to their high fibre content. Eating cornflakes helps prevent constipation and other common digestive problems. Low in cholesterol- It is healthier than any other fatty food options available. A protein-rich diet also increases your immune system. Cornflakes contain vitamins A, niacin, vitamin B, vitamin B12, lutein, and all essential nutrients that are beneficial for your eyes. In addition, it improves the amount of iron in the body.

Recipe: To begin with first take cornflakes in a bowl. Crush it slightly with finger tips. Boil jaggery with water until jaggery dissolves completely. Jaggery dissolved. So switch off. Strain and add it to the pan. Let it boil for 2 minutes. When it starts to turn frothy and bubbles like this, start checking. Keep a bowl ready with water, keep checking after jaggery syrup becomes thick. First the syrup will form a loose ball and will be sticky, next stage it will form a hard ball like shown below. Switch off immediately then add cornflakes, ghee and cardamom powder. Mix it well. Remove from stove. Grease your palms with ghee, Shape them into small balls when its still warm. If it turns hard for the last few balls heat the pan it will start to loosen then shape again. Cornflakes laddoo ready!

Nutritional value:

Nutrients	Per Serving 25g
Carbohydrate	13 g
Protein	0.3 g
Fat	0%
Energy	56 K Cal
Fiber	0.1 g
Iron	1 mg
Calcium	4 Mg
Vitamin C	1 mg
Vitamin A	67 IU

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Plants with Health Benefits

Rosmarinus officinalis (Rosemary)

Synonyms: Rusmari, Rujamari, Polar plant and Romero.

Rosemary leaves are used as a flavoring in foods. Fresh or dried leaves are used in traditional Mediterranean cuisine. Rosemary is also an effective antimicrobial herb.

	Scientific classification
	Kingdom: Plantae
	Order: Lamiales
	Family: Lamiaceae
	Genus: Salvia
	Species: S. rosmarinus
Nutrient value per 100g	
Energy :	331 kcal
Carbohydrate :	64g
Protein :	4.9 g
Fat:	15g
Dietary fiber:	43g

Morphology: Rosemary is an aromatic evergreen shrub with leaves similar to hemlock needles. It is native to the Mediterranean region, but is reasonably hardy in cool climates. It can withstand droughts, surviving a severe lack of water for lengthy periods. The plant flowers in spring and summer in temperate climates, but the plants can be in constant bloom in warm climates; flowers are white, pink, purple or deep blue. Rosemary also has a tendency to flower outside its normal flowering season; it has been known to flower as late as early December, and as early as mid-February (in the northern hemisphere).

Chemical composition: Rosmarinus officinalis is composed of an array of constituents, primarily phenolic acids, flavonoids, monoterpenes, diterpenes, diterpenoids, and triterpenes. The principal antioxidative components of rosmarinus officinalis (rosemary) leaf extract are the phenolic diterpenes carnosol and carnosic acid.

Uses: Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. Enhancing memory and concentration, Protection against macular degeneration, cancer.

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Upcoming **EVENTS**

1. Saturday Activities
2. Lecture by Ms. Hardeep Kaur
3. AERB Seminar