

भैषज संदेश

**BHAISHAJ
SANDESH**

Newsletter Published By Columbia Institute of Pharmacy, Raipur, (C.G.), India

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 II 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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Webinar on Profession Ready Training and Importance

A webinar on “Importance of Profession Ready Training in Clinical Research and Pharmacovigilance” was organized successfully by Columbia Institute of Pharmacy on 02 march, 2023 in collaboration with CLINI INDIA. This session is about importance of upcoming fields like clinical research and Pharmacovigilance related to Pharmacy profession and that it would provide the ample career opportunity to all pharmacy students in the competitive job market in current times.

Prof. M. L. Shroff's Birth Anniversary Celebration

Columbia Institute of Pharmacy, celebrated the 121st birth anniversary of Professor Mahadeva Lal Schroff, as National Pharmacy Education Day, on 6th march 2023. Professor Mahadeva Lal Schroff is regarded as India's founder of Pharmacy. To recognize his contribution in establishing pharmacy education in India we celebrate his birth anniversary as National Pharmacy education day.



Holi Celebration

Holi celebration was organized for all the students by Columbia Institute of Pharmacy on 6th March 2023. This year's holi celebration at college was very colorful and students enjoyed their day. On this day the faculties and students got together to celebrate the festival, understanding and appreciating the reason for the celebration.

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Womens's Day Celebration

International Women's Day is celebrated in the world, every year on 08th March. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Women's day celebration was organized by Columbia Institute of Pharmacy on 13th March 2023. The theme for International Women's Day, 8 March 2023 is, "DigitALL: Innovation and technology for gender equality". Dr. Shushma Purohit, Gynecologist and Oncosurgeon, Kamla Womens Hospital was the chief guest for the event. During the event she advised the students that girls should know their right to defend themselves and pay careful attention towards the crimes against women.



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.	Spectrum Biocides	Akash Lahiri
		Ajay Sahu,
		Alok Nath Sahu,
		Ishan Verma,
		Nikhil Kumar Sahu,
		Praveen Bhatt,
		Raghunath Verma,
		Rohan Singh Sahu,
		Sohaib Midda,
Tukesh Kumar Sahu.		
2.	Modern Mediscience	Akash Lahiri Neeta Banjare
3.	Entero Healthcare	Chetan sahu
4.	Modimundi Pharma	Pankaj baghel

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Guest Lecture by Dr. Upendra K. Jain

Columbia Institute of Pharmacy organized a guest lecture by Dr. Upendra K. Jain on 21st April 2023. Dr. Jain is Founder and CEO of Indivirtus Healthcare Services Pvt. Ltd., at Chandigarh, India. He guided the students for selection of their career options. He also motivated them by sharing his life's journey. Students interacted with him and cleared their doubts regarding jobs in industry.

Colors 2023

Columbia group of Institutions organized and celebrated annual day "COLORS" on 7th & 8th April 2023 with a great zeal. Chairman of Chhattisgarh Private Universities, Regulatory Commission, Professor (Dr) Col. Umesh Kumar Mishra was the Chief guest on the occasion. In his address he motivated the students to perform excellently in academics along with sports. He also congratulated to the management and the faculty members of Columbia Institute of Pharmacy for reaccreditation upto 2025 by NBA. On this occasion Shri Kishore Jadwani, Chairman, JPES and Shri Harjeet Singh Hura, Secretary, JPES, have also appreciated the efforts of faculty members and students for their success. They narrated the importance of faculty selection and team building. Annual reports were presented by the Principals of various institutes under JPES.

The toppers of B. Pharm 2018-22 and M Pharm 2020- 22 were awarded with gold medal by the members of senior most Pharmacist Shri Kailash Chandra Sharma. The students were awarded for their positions in various games and activities organized under Colors 2023. Shri Ravinder Singh Hura, Treasurer, JPES presented vote of thanks. It was followed by cultural program by the students of all the departments. The annual day was attended and enjoyed by the faculty members of all the departments, students and their parents. The program was ended by dinner.



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Saturday Activities:

Fetch the library and Debate competition

Columbia Institute of Pharmacy organized fetch the library and debate competition on 4th march 2023, in which Students from all the semesters have actively participated. This competition, increasing their knowledge, communication skills and develop their ability to work in a team to achieve a common goal.



World TB Day Celebration

World Tuberculosis Day is observed on March 24th every year to raise awareness about the global epidemic of tuberculosis (TB) and efforts to eliminate the disease. On 25th March 2023, students of Columbia Institute of Pharmacy, Raipur organized a tuberculosis (TB) awareness skit on “**World TB Day**”, with the theme “**Yes! We can end TB**”. It helped to educate the students about the importance of early diagnosis and adherence to treatment, which can go a long way in reducing the spread of TB and improving the health of the community.



Guest Lecture by Mr. Lokesh K. Sharan

Columbia Institute of Pharmacy organized a guest lecture by Mr. Lokesh K. Sharan, a writer from Darbhanga, Bihar. He portrayed the story of independence of our country. He shared the deep insights of history of great India. He discussed about the various national heroes such as Mahatma Gandhi, Bhagat Singh, Lala Lajpataray, Subhash Chandra Bose etc. He also interacted with the students.



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ACHIEVEMENTS

Paper Publication

1. **Dr. Beena Gidwani** published a paper titled "**Optimization, characterization and *in vivo* study of rivastigmine tartrate nanoparticles by using 32 full factorial design for oral delivery**" in International Journal of Applied Pharmaceutics. 15(3), (2023), along with Dr. Om Prakash Agrawal, and Ms. Neha Dubey.
2. **Ms. Disha Kesharwani** published a paper titled "**Development, QbD based optimization and *in vitro* characterization of Diacerein loaded nanostructured lipid carriers for topical applications**" in Journal of Radiation Research and Applied Sciences. 16, (2023), 1-12 along with Dr. Swarnali Das Paul, Dr. Rishi Paliwal and Dr. Trilochan Satapathy.

Book Chapter

1. **Ms. Prakriti Diwan** published a book chapter entitled "**Ocular Drug Delivery System: Barrier for Drug Permeation, method to overcome barrier**, under **Intech open** along with Dr. Rajendra Jangde, Ms. Sulekha Khunte, Harish Bhardwaj and Prof. Preeti K. Suresh, page no. 1- 30.

Details of funding agencies open for Projects and Conferences

S.No.	Funding Agency	Scheme	Amount	Deadline	Source of information
1	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
2	Department of Science & Technology (DST), Government of India,	Indo-Russian Joint Research	US \$ 100,000	15 June 2023	www.dst.gov.in
3	Chhattisgarh council of science & technology	Mini Research Projects/	5 lacks	30 June 2023	cgcost.nic.in
4	Indian Council for Social Science and Research	Minor project/Major research programme	5 lacks -15 lacks	30 June 2023	www.icssr.org
5	Science and Engineering Research Board	SERB-POWER Fellowship	Level 1-60 lacks Level 2-30 lacks	31 May 2023	www.serbonline.in

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Causerie Rubella in pregnancy

Rubella is a mild viral disease that typically occurs in childhood. Rubella infection during pregnancy causes congenital rubella syndrome, including the classic triad of cataracts, cardiac abnormalities and sensorineural deafness. Rubella easily crosses the placenta of infected pregnant women; in the first trimester, rubella causes miscarriage or fetal death, or congenital rubella syndrome (CRS) could develop. CRS includes auditory, sensorineural, cardiac and ocular abnormalities. In cases in which the primary rubella infection occurs during the first 4 months of pregnancy, a prenatal diagnosis of fetal infection could be proposed. Although progress has been made, the prenatal diagnosis of rubella is not always easy. The rubella virus belongs to the Togaviridae family and is an envelope, positive single-stranded RNA virus. Rubella virus is transmitted through direct inter-human contact through the aerosol route. After being inhaled, the virus replicates in the respiratory mucosa and cervical lymph nodes, before reaching the target organs via systemic circulation. The infectious period extends approximately 8 days before to 8 days after the rash onset. Rubella is less contagious than measles or influenza; because many rubella cases are asymptomatic, the true attack rate is uncertain. The accurate diagnosis of rubella infection depends on an understanding of antibody kinetics. In cases in which a pregnant woman has contact with a suspected rubella case, a serum sample should be tested for RV-IgG as soon as possible (<12 days) to determine her immune status. An RV-IgG-positive result could reassure the patient. If the patient is susceptible, a determination of RV-IgG and RV-IgM titers is recommended 3 weeks later to exclude an asymptomatic primary rubella infection. The most commonly used rubella vaccines are based on the live, attenuated RA 27/3 strain grown in human diploid cells; Japan and China use the TO-336 and BRD-2 strains, respectively. The antibody response rate to a single dose is higher than 95%. After two doses, the response rate approaches 100%, and immunity is detectable at over 21 years of age, despite waning rubella virus-specific immunoglobulin G (RV-IgG) titers. Teratogenic risk of the rubella vaccine, vaccination during pregnancy or becoming pregnant in the month following immunization is not recommended. Women vaccinated during pregnancy or 3 months before conception did not report any defect resulting from rubella, although a few newborns were positive for rubella virus-specific immunoglobulin M (RV-IgM), suggesting a subclinical infection. Prevention of congenital infection from rubella is the major goal of rubella vaccination.

Maneesha Kumari, Assistant Professor, CIP

GPAT Quiz- 20

1. For the measurement of hypoglycemic activity, the following herbal extract is used.....
 - a. karela
 - b. Jambul
 - c. Fenugreek
 - d. All of the above
2. Outgrowth arista(awn) is found in following drug.....
 - a. Cardamom
 - b. castor
 - c. Nutmeg
 - d. Stropanthus
3. Cam tracks are used in tablet formulation for
 - a. Feeding the granules
 - b. Fixing the shape
 - c. Compressing the granules
 - d. Guiding the movement of punches
4. Estimate the plasma concentration of drug when 100mg is given by IV bolus to a 70kg patient having volume of distribution V_d of 42 liters
 - a. 2.4 mg/l
 - b. 240 mg/l
 - c. 75 mg/l
 - d. 0.75 mg/l
5. Direct effects on the heart are determined largely by:
 - a. Alfa1 receptor
 - b. Alfa2 receptor
 - c. Beta1 receptor
 - d. Beta2 receptor
6. Indicate the side effect of Theophylline:
 - a. Bradycardia
 - b. Increased myocardial demands for oxygen
 - c. Depression of respiratory centre
 - d. Elevation of the arterial blood pressure
7. In pharmaceutical system stokes equation is followed by
 - a. System containing less than 2 g solid
 - b. System containing less than 5 g solid
 - c. System containing less that 10 g solid
 - d. System containing less than 15 g solid
8. A completely hydrophilic molecules has an HLB value of
 - a. 5
 - b.10
 - c. 16
 - d. 20
9. What is the minimum size of ophthalmic suspension paricle size to minimize irritation to the eye –
 - a. Less than 10 μm
 - b. Less than 100 μm
 - c. Less than 1000 μm
 - d. less than 10000 μm
10. . Which combination is potassium sparing diuretics –
 - a. Spironolactone, amiloride and triamterene
 - b. Spironolactone, bumetanide and triamterene
 - c. Urea, Spironolactone and triamterene
 - d. Polythiazide, bumetanide and triamterene

Answer key Quiz 19: 1.(b) 2. (b) 3.(d) 4.(d) 5.(b) 6.(d) 7.(d) 8.(b) 9.(c) 10.(d)

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Students' Thought

Courage

The courage I need

I need the courage to control my instincts

The courage I need to face my fears

I need the courage to see the future

The courage I need to compare facts and
opinion

I need the courage to think right

The courage I need to see if my friends
trust me

I need the courage to ask questions

The courage I need survive

I need the courage to convince myself to
do something

I have to prepare myself for anything that
comes up!

Yogita Verma
B. Pharm 8th Sem

LOVE YOURSELF

We are here in this world,

You are the one out of 8 billion populations,

Stop comparing yourself with others,

Cause your are nothing matters.

Don't mind of your skin tone,

Your body type, your gender identity,

Who you are? Where you are from?

Just acclaim your goals.

We came alone in this world,

And have to go back alone too.

Just love yourself and do work smart,

You will get whatever you want.

If you love yourself and have trust,

No one can stop you from getting burst.

What you have to do?

Is shine like star?

No one is like the way you are.

What you have to do?

Is just to love yourself.

Preeti Yadav
B. Pharm 8th Sem

Columbia Institute of Pharmacy, Raipur

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New Drug Approved in 2023 ZAVZPRET

Company: Pfizer.

Approval Status: Approved 09/03/2023

Specific Treatments: Migraine treatment

Dosage Form: Nasal Spray

ZAVZPRET is a calcitonin gene-related peptide receptor antagonist indicated for the acute treatment of migraine with or without aura in adults. Zavzpret can begin relieving pain as early as 15 minutes, and after 2 hours, Zavzpret is significantly better than a placebo at relieving nausea, **sensitivity to light** (photophobia) or sensitivity to sound (phonophobia).

Mechanism of Action

ZAVZPRET is the first and only calcitonin gene-related peptide (CGRP) receptor antagonist nasal spray for the acute treatment of migraine in adults. CGRP is a chemical messenger that has a role in causing pain and other symptoms of migraines. Zavzpret is a small molecule CGRP receptor antagonist that works by blocking the CGRP receptors, which reduces migraine pain and other symptoms of migraine, including nausea and sensitivity to light and sound.

Side Effects

Taste disorder, nausea, and vomiting, nasal discomfort.

Inspiring Quotes:-

- An organisations capacity to execute its strategy depends on its hard infrastructure.
- Physical courage is so common in the world but moral courage is so rare.
- Keep your fears to yourself but share your courage with others.
- I attribute my success to this: I never gave or took any excuse.

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Less Known Facts About Traditional Food

Lauki Halwa

The bottle gourd is a vegetable native to India and is cultivated in other Asian countries. Due to its ability to grow almost anywhere, it is an important food source. Bottle Gourd is used in the preparation of various curries in Indian cuisine. The bottle gourds are chopped into pieces and added in curries to savour along with hot rice or rotis. Bottle Gourd is also prepared as chutney to consume with rice, roti or sometimes with dosas.

Recipe: firstly peel and grate 300g lauki heat 4 tablespoon ghee in a heavy pan mix with the ghee stir lauki in the moisture dried add 7 to 8 table spoon sugar and mixed well . Add 3 tablespoons chopped nuts (almonds, pistachios, cashews) and ½ to 1 teaspoon cardamom powder. The dudhi halwa will gradually thicken and you will see some ghee being released from the sides. There should not be any liquid in the halwa. Then switch off the heat and mix it very well.

Nutritional value:

Nutrients	Per serving (100 gm)
Energy	14 kcal
Carbohydrates	3.39 g
Protein	0.62 g
Sodium	2 mg
Fat	0.02 g
Fibers	0.5gm
Potassium	150gm
Calcium	26gm
Phosphorus	13mg
Magnesium	11mg

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Plants with Health Benefits

Cordia dichotoma(Bohar bhaji)

Synonyms: fragrant manjack, snotty gobbles, cummingcordia, glue berry, Cordia dichotoma is used to treat fever, headache, and joint pain.



Family: Boraginaceae

Kingdom: Plantae

Order: Boraginales

Genus: Cordia

Nutritional Value

Protein: 12-15%

Crude fibers: 16- 27%

Nitrogen free extract: 42- 53%

Total Calcium: 2- 4%

Phosphorus: 0.3%

Morphology:

Cordia dichotoma is a small to moderate-sized deciduous tree with a short bole and spreading crown. The stem bark is greyish brown, smooth or longitudinally wrinkled. Flowers are short-stalked, bisexual, white in colour which open only at night. The fruit is a yellow or pinkish-yellow shining globose which turns black on ripening and the pulp gets viscid.

Chemical Composition :

leaves showed presence of pyrrolizidine alkaloids, coumarins, flavonoids, saponins, terpenes and sterols.

Uses:

C. dichotoma showed significant healing and reduction in inflammatory enzymes when screened for ulcerative colitis.

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Upcoming
EVENTS

1. Saturday Activities
2. AERB Seminar