

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 I of 11th 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. Mr. Gunjan Kalyani
Assistant Professor, CIP
5. Ms. Suman Sen
B. Pharm 4th 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 Pharmacy, Engineering and Management education.



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National Youth Day Celebration

NSS Unit of Columbia Institute of Pharmacy celebrated National Youth Day on 12th January 2024 on the occasion of birth anniversary of **Swami Vivekanand**. On the occasion, all the students gathered in seminar hall of the college for attending the live telecast of National Youth Festival inauguration program and Prime Minister's speech from Nashik, Maharashtra. All the students actively participated in the programme. The programme was coordinated by NSS Incharge Mr. Sagar Sahu.



Fire Safety Management and Awareness Program

NSS unit of Columbia Institute of Pharmacy organized "Fire Safety Management and Awareness Program" on 13th January 2024. The NSS unit demonstrated various fire safety measures. The program was conducted by the NSS co-ordinator of college Mr. Sagar Sahu.



Republic Day Celebration

Columbia Institute of Pharmacy celebrated Republic Day on 26th January 2024. As per the tradition of college the University Toppers of the year Ms. Prachi Jaiswal B.Pharm 2nd 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 ended with sweet distribution.



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Field Visit of Students

D. Pharm. students of Columbia Institute of Pharmacy underwent field visit at PHC Mandhar, as per the PCI syllabus on 13th February 2024. The field visit helped the students to understand the concepts learnt in the classroom and laboratory in a better way. It also provided real-world experience to the students. The faculty members guided them for the visits were Mr. Rahul Goswami, Mr. Mahendra Sahu & Ms. Bhumika Verma along with member of NSS and UBA.



Basant Panchami Celebration

Columbia Institute of Pharmacy celebrated Basant Panchami on 14th February 2024. *Saraswati Pooja* was organized in the “*Saraswati Temple*” of 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.



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Industrial Visit of Students

Industrial tour of B. Pharm final year students: 45 students of 8th semester of Columbia Institute of Pharmacy have visited two Pharmaceutical industries, CLARIDO have visited two Pharmaceutical industries, CLAROID PHARMACEUTICALS and ZENITH HEALTHCARE LIFE SCIENCES in Ahmadabad (Gujarat). The tour extended from February 17th to 25th. They have gained invaluable insights into the pharmaceutical sector through engaging with professionals and witnessing cutting-edge technologies. The students also enjoyed the sightseeing in Ahmadabad (Gujarat) and Mumbai (Maharashtra). This tour was made possible by the kind support of Management, Columbia Group of Institutions and Principal Prof. Ravindra Kumar Pandey, CIP. The experience will undoubtedly contribute to our students' professional growth and development.



GPAT Mock Test

Columbia Institute of Pharmacy organized, two mock tests for GPAT exam on 12/02/24 and 19/02/24 and one mock test is to be organized on 12/03/24. The test was open for all the students. In last two mock tests more than 85 students have participated. After the third test the results will be declared.

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Saturday Activities: January 2024

Columbia Institute of Pharmacy, Raipur organized various competitions as Saturday activity including fetch the library, painting competition based on wall posters, look and guess competition etc. in the month of January. In fetch the library competition, a quiz was organized based on library. Painting competition was organized in 2nd week of January with the theme of pharmacy. In third week, look and guess competition was conducted where students guessed the name and highlighted use of glasswares. All the programmes were conducted in the presence of Prof. Ravindra Kumar Pandey, Principal, Columbia Institute of Pharmacy, and General Secretary of Indian Pharmacy Graduate Association, Chhattisgarh. Member of IPGA, Dr. Beena Gidwani, Dr. Neha Dubey, Dr. Monika Bhairam, Ms. Disha Kesharwani, Ms. Sandhya Mishra, Mr. Gunjan Kalyani and all faculty members were present.



February 2024

Columbia Institute of Pharmacy organized paper craft competition, pooja thali decoration, essay competition and poster competition in the month of February. In paper craft competition, students made different flowers and decorative items by using craft papers. In pooja thali decoration competition, students decorated the thali in a very creative way. Essay Competition theme was on “Chhatrapati Shivaji Maharaj”. The programme were conducted in the presence of Shri Harjeet Singh Hura, Secretary, Janpragati Education Society and Prof. Ravindra Pandey, Principal, Columbia Institute of Pharmacy, and General Secretary, IPGA along with all faculty members. Dr. Neha Dubey and Ms. Shilpa Sahu were the Programme Coordinators. Dr. Shiv Shankar Shukla and Dr. Beena Gidwani, Asso. Prof. judged the competition.



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ACHIEVEMENTS

Paper Publication

1. **Dr. Bina Gidwani** published a paper titled “**Tools, techniques and advancements in Omics technology**” in Journal of University of Shanghai for Science and Technology”. 25 (11) Nov 2023; along with Dr. Ravindra Kumar Pandey, Dr. Shiv Shankar Shukla, Dr. Neha Dubey, Mr. Sagar Sahu. and Mr. Rahul Goswami.
2. **Dr. Rajanikant Panik** published a paper titled “**Nanomaterials and nanotechnology : a comprehensive Study of synthesis, characterization and multifaceted Applications**” in Biochemical and Cellular Archives”. 23 (1) Dec 2023; along with Anwasha Sharma, Mahendra Kumar Yadav, Vidhya C. S., K. Arun Kumar, Kavita Khatana, Abhisek Tripathy and R. Babunath
3. **Dr. Rajanikant Panik** published a paper titled “**Exploring the potential of graphene and graphene oxide as Innovative nano carriers for drug delivery**” in Biochemical and Cellular Archives”. 23 (1) Nov 2023; along with M.S. Shobha1, C. S. Vidhya, Priya Srivastava, Kamlesh Kumar Ahirwar, Imran A. Sheikh, and Manish Raj Mishra.
4. **Dr. S. Prakash Rao** published a paper titled “**Synthesis, Characterization and Anticancer Evaluation of 1-(5-Substituted 1H- Indole 3-Yl)-3- (P-Substituted- Benzyl) Prop- 2-En-1- One derivatives**” in Journal of Chemical Health Risks, 2024, 14(1) along with Mr. pankaj Kashyap, Dr. Anil Kumar Sahu, Dr. Vijay Singh and Ms. Rajni Yadav.
5. **Dr. S. Prakash Rao** published a paper titled “**In Preclinical Models, Bk Channel Subunits Influence Responses to Endocrine Therapy and Encourage the Development of Breast Cancer**” in Journal of Chemical Health Risks, 2024, 14(1) along with Dr. Ashish Majumdar, Dr. Mdhuri Baghel, Ms. Meenakshi Bharkatia and Mr. Hari Prasad Sonwani.

Book Chapters

1. **Dr. Shiv Shankar Shukla** published a book chapter entitled “**Mechanistic Approaches of Herbal Medicine in the Treatment of Arthritis**”, under **Springer Nature**, along with Ravindra Kumar Pandey, Rupesh Kumar Pandey, Lubhan Singh, Sokindra Kumar, Manish Pathak, Amit Kumar, Sachin Kumar Jain, Priyanka Pandey, and Kratika Daniel.
2. **Dr. Shiv Shankar Shukla** published a book chapter entitled “**Therapeutic Applications of Herbal Medicines for the Prevention and Management of Cancer**”, under **Springer Nature**, along with Ravindra Kumar Pandey, Manish Pathak, Rupesh Kumar Pandey, Lubhan Singh, Amit Kumar, Ganesh Prasad Mishra, and Bina Gidwani,

Patents

1. **Dr. Monika Bhairam** has received, **UK Design Patent grant**, with **Design number: 6326353** on **24 November 2023**, entitled “**Modified Glucose-Responsive Microneedle Patches for the Management of Diabetes Mellitus**” along with Dr. Chintan Aundhia, Mr. Navandar Madhuram Vijay, Mr. Jadhav Sunil Bhimrao, Mr. Shaikh Abid Shaikh Shabbir, Dr. Pawan Kumar Sharma, Mr. Mohd Ameen Mohd Mahmood, Mr. Mohammad Zishan Ibrahim, Dr. Priyanka Sinha, Dr. Biswaranjan Mohanty.
2. **Dr. Rajanikant Panik** has received, **Indian Design Patent Grant**, with **Design number: 400187-001** on **18 November 2023**, entitled “**Sensor based dissolution testing Apparatus for tablets and capsules**” along with Dr. Mohammed Shadab Shahab , Dr Dhanalaxmi Banavath, Nivrutti Digambar Pandit ,Sunil Vitthalrao Kolhe, Avinash Gajanan Wagh.
3. **Dr. Rajanikant Panik** has received, **Indian Design Patent Grant**, with **Design number: 401879-001** on **11 December 2023**, entitled “**Franz diffusion cell for Permeation studies of transdermal dosage forms**” along with Dr. Avinash Kumar Seth, Muskan Jain ,Dr Arkendu Chatterjee ,Sarita Anadeo Ukey ,Prakash Kumar Soni ,Dr Helen Sonia, Dr Santosh Bhadkariya, Dr. Pallavi Ahirrao.

Conferences Attended

1. **Dr. Shashikant Chnadrakar, Dr. Rajnikant Panik, Dr. Monika Bhairam, Dr. Neha Dubey, Ms. Disha Kesharwani, Ms. Sandhya Mishra, Ms. Shilpa Sahu, Ms. Neelima Janardan, Mr. Sagar Sahu, Mr. Rahul Goswami, Ms. Renuka Verma, Mr. Shailendra Sharma, Mr. Mahendra Sahu, Mr. Shiv Kumar Bhardwaj, Mr. Dhananjay, Ms. Bhumika Verma and Ms. Ayushi sharma** of Columbia Institute of Pharmacy, participated in International Conference on Impact of Artificial Intelligence in Revolutionizing Pharmaceutical Education and Research organized by IPGA, Chhattisgarh Branch, on 18 Feb 2024.
2. **Dr. Monika Bhairam** attended the 38th SPSR Webinar on 'SiRNAs: A New Era in Cancer Chemoprevention,' organized by the Society of Pharmaceutical Sciences and Research (SPSR) on the occasion of World Cancer Day, February 4th, 2024.

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ACHIEVEMENTS

Poster Presentation

1. **Mr. Gunjan Kalyani** presented poster entitled “**Connotation of Artificial Intelligence in Plant Conservation**” in International Conference on Impact of Artificial Intelligence in Revolutionizing Pharmaceutical Education and Research organized by IPGA, Chhattisgarh Branch, on 18 Feb 2024.
2. **Ms. Poonam Sahu** presented poster entitled “**AI Advancements in Pharmacovigilance: Enhancing Monitoring and Analyzing Adverse drug Reaction**” in International Conference on Impact of Artificial Intelligence in Revolutionizing Pharmaceutical Education and Research organized by IPGA, Chhattisgarh Branch, on 18 Feb 2024.
3. **Dr. Monika Bhairam** presented poster entitled “**Dolutagravir Nanoparticles loaded Nanosuspension for Anti-HIV Therapy**” in **AERB** sponsored National Conference on Emerging Issue in Safety and Regulatory Framework Involved in Translation of Radiopharmaceuticals Therapies in Clinical Practice” organized by Royal College of Pharmacy, Raipur, Chhattisgarh on 03/02/24.
4. **Ms. Disha Kesharwani** presented poster entitled “**Preclinical Assessment of Diacerein NLC Gel in FCA Induced Arthritis Model**” in **AERB** sponsored National Conference on Emerging Issue in Safety and Regulatory Framework Involved in Translation of Radiopharmaceuticals Therapies in Clinical Practice” organized by Royal College of Pharmacy, Raipur, Chhattisgarh on 03/02/24.
5. **Ms. Renuka Verma** presented poster entitled “**Role of Artificial Intelligence (AI)- based techniques in field of Pharmacology**” in International Conference on Impact of Artificial Intelligence in Revolutionizing Pharmaceutical Education and Research organized by IPGA, Chhattisgarh Branch, on 18 Feb 2024.
6. **Ms. Shilpa Sao** presented poster entitled “**Role of Artificial Intelligence (AI)- based techniques in field of Quality Control**” in International Conference on Impact of Artificial Intelligence in Revolutionizing Pharmaceutical Education and Research organized by IPGA, Chhattisgarh Branch, on 18 Feb 2024.

Training Program

1. **Dr. S. Prakash Rao** successfully completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) Organized by Malaviya Mission Teacher Training Centre, Pt. Ravishankar Shukla University, Raipur, (C.G.) from 16.01.2024 to 24.01.2024.
2. **Dr. Monika Bhairam** successfully completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) Organized by Malaviya Mission Teacher Training Centre, Pt. Ravishankar Shukla University, Raipur, (C.G.) from 16.01.2024 to 24.01.2024.
3. **Ms. Sandhya Mishra** successfully participated in IP Awareness/Training Program under National Intellectual Property Awareness Mission on 12/02/24 organized by Intellectual Property Office, India.

Details of Funding Agencies open for Seminars, Projects and Conferences

S. No.	Funded by	Scheme	Amount	Deadline	Source of information
1	CSIR, New Delhi	COST projects in Switzerland	Maximum 3 Crores (As per duration of project funding amount will be deducted)	19/04/ 2024	www.csir.res.in
2	ICMR, New Delhi	Call for Investigator-Initiated Research Proposals for Intermediate Extramural Grants	Minimum 10 Lakhs to less than 2 Crores	14/03/2024	www.icmr.nic.in
3	Science and Engineering Research Board, New Delhi	WISE-SCOPE Fellowship	Rs 55000/- Fellowship per month 2 Lakhs Research grant	8/8/2024	www.dst.gov.in
4	DST, New Delhi	Vaibhav Fellowship (2 nd Cycle)	5 Lakhs per year (For 3 Year)	15/03/2024	https://onlinedst.gov.in /
5	Department of Biotechnology, New Delhi	NSF-DBT	2.5 Crores for 3 Years	11/04/2024	www.dbtindia.gov.in
6	Chhattisgarh council of science & technology, Raipur (C.G.)	National / International Seminar	Rs 50,000/- to Rs 1,00,000/-	Round the year	cgcost.nic.in

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Causerie

In-Situ and Ex-Situ Conservation of Biodiversity

Biodiversity mainly refers to the variety and variability of life existing on the planet Earth. The term biodiversity usually refers to the process of measuring the variation at the genetic, species, and ecosystem level. Biodiversity plays a vital role in boosting the ecosystem. The factors responsible for the cause of changes in biodiversity are:

- Pollution
- Invasive species
- Overexploitation
- Change in the climatic conditions

We all need to conserve biodiversity, as it leads to the conservation of essential ecological diversity to preserve the continuity of food chains. In-situ and Ex-situ conservation are the two strategies practised for the preservation of a variety of living species globally.

What is In-situ Conservation?

It is the methods of conserving all the living species, especially the wild and endangered species in their natural habitats and environment. In-situ conservation of Biodiversity includes biosphere reserves, national parks, wildlife sanctuaries, etc.

What is Ex-situ Conservation?

It is the methods of conserving all the living species in the artificial habitats that reflect their natural living habitats. Examples of ex-situ conservation of biodiversity include aquariums, botanical gardens, cryopreservation, DNA banks, zoos, etc.

Mr. Gunjan Kalyani
Assistant Professor
CIP, Raipur

GPAT Quiz- 25

- If carr's index is 23-35 then flow is
 - Excellent
 - Fair to passable
 - Poor
 - Extremely poor
- Solution of tragacanth in water will show which type of flow
 - Plastic
 - Newtonian
 - Psuedoplastic
 - Dilantant
- Ketoprofen belongs to which BCS class-
 - Class I
 - Class II
 - Class III
 - Class IV
- Chloride and Bicarbonate transport in erythrocyte is example of which type of transport system-
 - Uniport
 - Symport
 - Co-tranport
 - Antiport
- The adult dose of paracetamol is 500 mg. what would be the dose for a child who's BSA (Body surface area) is calculated to be 1.12 m²?
 - 325 mg
 - 250mg
 - 125 mg
 - 400 mg
- The units of area under the curve (AUC) are
 - cm²
 - mg/cm²
 - mg/ml/min
 - cm²hr
- Which of the following units of weight measurement are identical in both apothecary and avoirdupois system?
 - Grains
 - Drams
 - Ounces
 - Pounds
- Oily injection are sterilized by
 - Dry heat sterilization
 - Tyndallisation
 - Autoclaving
 - U.V. radiation
- Following lubricants, which is not used in oral tablets
 - Talc
 - Hydrogenated vegetable oils
 - Magnesium stearate
 - Boric acid
- In the mixing of thymol and menthol the following type of incompatibility occurs
 - Chemical incompatibility
 - Therapeutic incompatibility
 - Physical incompatibility
 - Tolerance incompatibility

Answer key Quiz 24: 1.(b) 2. (a) 3.(b) 4.(a) 5.(c) 6.(a) 7.(c) 8.(c) 9.(c) 10.(c)

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Students' Thought

The Victor

If you think you are beaten, you are.
If you think you dare not, you don't.

If you like to win but think you can't,
It's almost a cinch you won't.

If you think you'll lose, you're lost.

For out in the world we find
Success begins with a fellow's will.

It's all in the state of mind.
If you think you are out classed, you are.

You've got to think high to rise.

You've got to be sure of your-self before
You can ever win the prize.

Life's battles don't always go
To the stronger or faster man.

But sooner or later, the man who wins
Is the man who thinks he can.

Tushar Dewangan
B. Pharm. V Sem.

Success

To laugh often and much;

To win the respect of intelligent people
and the affection of children;

To earn the appreciation of honest critics
and endure the betrayal of false friends;

To appreciate beauty,

To find the best in others,

To leave the world a bit better, whether by
a healthy child,

A garden patch or a redeemed social
condition;

To know even one life has breathed easier
because you have lived.

This is to have succeeded.

Khemraj Sahu
B. Pharm. V Sem.

Columbia Institute of Pharmacy, Raipur

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New Drug Approved in 2024
Exblifep

Company: Allecra Therapeutics

Approval Status: Approved 22/02/2024

Specific Treatments: Complicated urinary tract infection

EXBLIFEP is a combination of cefepime, a cephalosporin antibacterial, and enmetazobactam, a beta-lactamase inhibitor, indicated for the treatment of patients 18 years and older with complicated urinary tract infections (cUTI) including pyelonephritis caused by designated susceptible microorganisms.

Mechanism of Action

Explifep is an antibacterial agent. It inhibits beta lactamase.

Side Effects

Infusion-site reactions, headache, increased bilirubin levels.

Inspiring Quotes

- Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.
- You can, you should, and if you're brave enough to start, you will.
- Keep your face always toward the sunshine, and shadows will fall behind you.
- Life is like riding a bicycle. To keep your balance, you must keep moving.
- My mission in life is not merely to survive, but to thrive.

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Plant with herbal benefits

Madhuca longifolia

Synonyms: madhūka, madkam, mahuwa, Butter Tree, mahua, mahwa, mohulo, Iluppai, Mee or vippa chettu.

Madhuca longifolia is an Indian tropical tree found largely in the central, southern, north Indian plains and forests, Nepal, Myanmar and Sri Lanka.



Scientific classification

Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	Madhuca
Species:	<i>M. longifolia</i>

Nutrient value per 100g

Protein:	4.4 g
Fat:	0.6 g
Minerals:	2.7 g
Fiber:	1.7 g
Carbohydrate:	72 g
Energy:	311 Kcal
Calcium:	140 mg
Iron:	15 mg

Morphology: Mahua is a medium-sized deciduous tree, which grows to a height of 16-20 m. It has a short, stout trunk, 80 cm in diameter. The leaves are alternate and clustered at the end of branchlets. The leaf blade is simple, 10-25 cm long x 6-12 cm broad, Young leaves are pinkish or reddish-brown. Flowers are borne on green or pink, furry bunches, each bunch consisting of 12 fragrant cream-coloured flowers. The flowers live for only one night and then fall to the ground. Pollinated flowers develop into a fleshy, greenish ovoid fruit containing 1-4 shiny, oily brown seeds. The seeds are 3-5 cm long, elliptical and flattened on one side .

Chemical composition: The leaves of Mahua tree contain saponin, an alkaloid, and glucoside. Sapogenin and other basic acid are found in the seeds. Various Photochemical studies on Mahua include characterization of Sapogenin, triterpenoids, steroids, saponin, flavonoids and glycosides. In view of the aides and attributed medicinal properties new components including madhucic acid (penta cyclic triterpenoids), madhushazone, four new oleanane type triterpene glycosides and madhucosides A and B. The fresh flower of Mahua contains 2 acetyl 1 pyrroline, the aroma molecule. They also contain polysacheride which on hydrolysis give D-galactose, Dglucose, L-araninose, L-rhamose, D-xylose and D-glucuronic acid.

Uses: It is used as a biodiesel thus obtained from Mahua fruit oil is used in cooking, frying and manufacturing chocolates. The seed fat has emulsion property so it mostly used as an emulsifying agents in few pharmaceutical industries. it is very good to moisturize skin. The medicinal properties which are seen in this plant are stimulant, demulcent, emollient, heating. Skin disease, rheumatism, headache, laxative, piles, and sometimes as galactogogue astringent and many more.

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Less Known Facts About Traditional Food

Palak Halwa

Spinach is a source of inorganic nitrate and potassium, which helps keep your heart working right. They are a good source of vitamins, minerals which impart a healthy glow to your skin, boost the immune system, improve digestion, increase cardiovascular health, detoxify the body, and boost oral health in a variety of ways.

Recipe

Wash palak well and cut in small pieces and make puree. Heat a pan and add palak and 1 cup water to boil on high flame. When palak boil switch off the induction and keep aside for cool. Take cool palak add in mixer grind to make puree. Heat ghee in a pan and add cardamom powder and palak puree. Stir for 3 to 4 minutes. Add half quantity of sugar and 1 cup milk. Saute for 2 minutes. Add half quantity of mawa and 1 tbsp kewda water. Saute for 3 minutes. Once ghee starts floating on top, switch off. Add all dryfruits and mix well. Garnish with some mawa and nuts. Serve and enjoy the Palak Halwa.

Nutritional Value

Nutrients	Per Serving 100g
Carbohydrate	4.3 g
Protein	5.2 g
Fat	7 g
Energy	97 Cal
Fiber	1.2 g
Iron	1.5mg
Calcium	70 mg
sugar	7.2
Potassium	269 mg



1. Saturday Activities

- i. Guest lecture "Self Injury awareness"
- ii. Women's day celebration
- iii. Guest lecture & oral presentation
- iv. Holi Celebration
- v. PPT competition "Awareness of Tuberculosis"

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