

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 IV 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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2nd Virtual Lecture Series (IIYML 2023)

A webinar was organized by Columbia Institute of Pharmacy, in association with Indian Pharmacy Graduate Association, in virtual lecture series IIYML 2023, on 05/07/2023. The eminent speaker was Dr. R. K. Maheshwari from Department of Pharmacy, SGSITS, Indore (M.P.). He has delivered a talk on Economic and Eco-friendly techniques in various fields of Pharmacy utilizing solubilising properties of safe and economic solids (Mixed Solvency Concept). The management members, Principal, all the faculty members, and students were present during the program.

Campus Interview

A campus interview by Spectrum Biocides was organized by Columbia Institute of Pharmacy for the students of B. Pharm final year. 11 students were selected by the company and joined at various headquarters. We congratulate our students for their success. The details are as follows:

S.No	Spectrum Biocides, HQ	Student Name
1.	Raipur	Akash Lahiri
2.	Hyderabad	Ragunath Verma
3.	Bilaspur	Manjeet Bhardwaj
4.	Nanded (MH)	Yogendra Sahu
5.	Berhampur (Odisha)	Sanju Pal
6.	Jamshedpur (Jharkhand)	Sanjay Usendi
7.	Patna (Bihar)	Yadit Manhare
8.	Bhubaneshwar (Odisha)	Sandip Markande
9.	Hyderabad	Rohan Singh Sahu
10.	Kolkata	Shoaib Midda

GPAT 2023

GPAT, elaborated as Graduate Pharmacy Aptitude Test, organised by AICTE, and is a mandatory exam for post graduation studies in Pharmacy. 06 students of Columbia Institute of Pharmacy qualified GPAT exam. Students, Kush Patel, Preeti Yadav, Nikhil Sahu, Muskan Kurre, Sanjay Kumar, and Sonali Thakur secured 1694, 2701, 5323, 9999, 19558 & 21534 respectively. On behalf of Management, Principal, along with entire team of Columbia Institute of Pharmacy, we extend our heartiest congratulations for their exceptional performance. Their achievements have filled us with immense pride, joy and happiness. We wish them all the success in future for academic and personal pursuits.



**KUSH
PATEL**
1694



**PREETI
YADAV**
2701



**NIKHIL
SAHU**
5323



**MUSKAN
KURRE**
9999



**SANJAY
KUMAR**
19558



**SONALI
THAKUR**
21534

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Field Visits of Students

D. Pharm students from Columbia Institute of Pharmacy underwent field visit at Water Treatment Plant, Bhatagaon, Raipur, according to the PCI syllabus on 5th July 2023. The field visits help the students to understand the concepts learnt in the classroom and laboratory in a better way. It also, provides 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.



AERB sponsored National Seminar

Columbia Institute of Pharmacy organized two days National Seminar on **“Radiopharmaceuticals: Advances and applications in various fields of basic and allied science for the diagnosis and treatment of diseases”** sponsored by **Atomic Energy Regulatory Board (AERB), Mumbai, India** and Co-sponsored by **Jan Pragati Education Society (JPES), Raipur**, and **Association of Pharmaceutical Teachers of India (APTI), Chhattisgarh State Branch** on 27 & 28th July 2023. The seminar aim was to provide basic knowledge of radioactive drugs or radiopharmaceuticals that are used for the diagnosis and treatment of the diseases. Shri S. S. Bajaj, Director General, Chhattisgarh council of Science and Technology, Raipur was the chief guest of the program. The experts were Dr. Ashutosh Das Sharma, Kumar Arulraj, Dr. Amber Vyas and Dr. Vinita Singh from various esteemed departments. Poster presentation competition was also organized under the program. Dr. Shiv Shankar Shukla, Professor, CIP was the convener and Dr. Beena Gidwani, Associate professor, CIP; Raipur was organizing secretary of the workshop.



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Mega- Plantation

**“If you cut a tree, you kill a life,
If you save a tree, you save a life,
If you plant a tree, you plant a life”**

With this thought the Columbians including the students, Principal, Management members, staff, NSS unit of CIP and members of Sikh association planted trees to keep this earth green on 29th July. An awareness regarding plantation is also given to the students. The students planted saplings, and fenced them and watered the plants. The programme created a great stir among the villagers too.



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Details of funding agencies open for Projects and Conferences

S.No.	Funded by	Scheme	Amount	Deadline	Source of information
1	Department of Biotechnology, Government of India,	India-EU cooperation on research & innovation	40 Lakh	19/09/2023	www.dbt.gov.in
2	Council of Scientific & Industrial Research	Raman Research Fellowships for the year 2023-2024	2500 US Dollar	20/09/2023	www.csir.res.in
3	Department of Biotechnology, Government of India,	Indo-US Clinical Research Ethics Fellowship under the aegis of Indo-US Vaccine Action Programme (VAP) to be implemented by the National Biopharma Mission	30.60 Lakh per anum without permanent position	18/9/2023	www.dbt.gov.in
4	Department of science & Technology, Government of India,	WISE-KIRAN Fellowship Scope	55000 Rs. per month	Round the year	www.dst.gov.in
5	Chhattisgarh council of science & technology	National Seminar/International Seminar	50000 Rs. /100000 Rs	Round the year	cgcost.nic.in

Causerie

VEXAS SYNDROME

VEXAS syndrome is a rare autoimmune condition that can be fatal. VEXAS stands for Vacuoles E1 Enzyme X-Linked Autoimmune Somatic Syndrome. A genetic mutation that affects your cells' ability to heal them causes it. A healthcare provider will diagnose VEXAS syndrome with genetic testing. VEXAS syndrome can affect your blood, bone marrow, blood vessels, skin, cartilage, Joints, lungs, eyes testicles etc. A genetic mutation causes VEXAS syndrome. Specifically, a mutation happens on the UBA1 gene. The UBA1 gene is supposed to make an enzyme called E1 ubiquitin-activating enzyme (E1 enzyme). E1 enzyme helps your body clean up waste proteins and heals damage inside your cells. If you have VEXAS syndrome, the UBA1 gene produces E1 enzymes that don't work correctly. It can be fatal if it's not treated. Healthcare providers will suggest treatments to manage your symptoms. It's main symptoms include inflammation, fever, joint pain, headache, cough, swelling, skin rashes, low level of oxygen etc. It's more common among male people older than 50. The most common treatments of VEXAS syndrome include corticosteroids, immunosuppressants, and sometimes a bone marrow transplant.

Disha Kesharwani, Assistant Professor, CIP, Raipur

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ACHIEVEMENTS

Paper Publication

1. **Dr. Ravindra Kumar Pandey** published a paper titled "**Preparation, optimization and evaluation of dolutegravir nanosuspension: *In-vitro* and *in-vivo* characterization**" in Journal of Pharmaceutical Innovation. Vol. 14, Issue, 07 (A), July 2023, along with, Dr. Shiv Shankar Shukla, Dr. Beena Gidwani, and Ms. Monika Bhairam.
2. **Dr. Shiv Shankar Shukla** published a paper titled "**Analytical Method, Chemistry and Properties of Fructose, Sucrose and Ascorbic Acid in Pear Fruit Juice.**" in International Journal of Pharmaceutical Research & Allied Sciences. 2023, 12(3), along with Dr. Ravindra Kumar Pandey, Dr. Beena Gidwani, and Ms. Ramsheela Vishwakarma.
3. **Dr. Beena Gidwani** published a paper titled "**Validation of methyl prednisolone using Qbd approach through UV-spectroscopy**" in International Journal of Recent Scientific Research. Vol. 14, Issue, 07 (A), July 2023, along with Dr. Ravindra Kumar Pandey, Dr. Shiv Shankar Shukla, Ms. Neha Dubey, and Manjeet Bhardwaj.
4. **Dr. Beena Gidwani** published a paper titled "**Optimization and assessment of antimicrobial activity of electro crystals of levofloxacin**" in Journal of Xi'an University of Architecture & Technology. Vol. 15, Issue, 07, 2023, along with Ms. Neha Dubey.
5. **Dr. Beena Gidwani** published a paper titled "**A Panoptic Review on Improvement in Chemotherapeutic Properties of Cytotoxic Drugs through Calixarene**" in International Journal of Pharmaceutical Sciences and Nanotechnology (IJPSN). 2023, 16(3), along with Sanjay Kumar Gupta and Ms. Jyoti Sahu.
6. **Ms. Sandhya Mishra** published a paper titled "**Diagnosis and Treatment of Mucormycosis: An Intruder Post-Covid-19**" in Asian Journal of Pharmaceutical and Clinical Research. 2023, 16(8), along with Disha Kesharwani, Bhumika Verma, Kamini Verma and Suraj Banjare.
7. **Dr. Rajnikant Panik** published a paper titled "**COVID-19: Current landscape on global incidence of neurologic features and their restorative strategies**" in GSC Biological and Pharmaceutical Sciences. 2023, 21(1), 197- 207 along with Sulekha Khunte and Rajendra Kumar Jangde.

Book Publication

1. **Dr. Shiv Shankar Shukla** published a book entitled "**Plant-derived Hepatoprotective Drugs**", under **Benthan Science Publishers**, along with Dr. Sachin Kumar Jain, Dr. Ram Kumar Sahu, Dr. Priyanka Soni and Dr. Vishal Soni.

Book Chapter

1. **Dr. Beena Gidwani** published a book chapter entitled "**Herbal drug interaction and effects on phytopharmaceuticals**", **Phytopharmaceuticals and Herbal Drugs: Prospects and Safety Issues in the Delivery of Natural Products**, under **Elsevier, 2023**, along with Shakshi Tiwari, Vishal Jain, Veenu Joshi, Ravindra Kumar Pandey, Shiv Shankar Shukla, , Nagendra Singh Chauhan, and Amber Vyas page no. **249 - 264**.
2. **Dr. Beena Gidwani** published a book chapter entitled "**Screening of Natural Resources through High Performance Liquid Chromatography**", **New Avenues in Drug Discovery and Bioactive Natural Products**, under **Bentham Publishers 2023**, along with Ganesh Prasad Mishra, Manish Pathak, Sokindra Kumar, Lubhan Singh, Rupesh Kumar Pandey, Prasanjit Paul, Ravindra Kumar Pandey, Shiv Shankar Shukla, page no. **273 - 281**.

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ACHIEVEMENTS

Book Chapter

3. **Dr. Rajnikant Panik** published a book chapter entitled “**Nanoparticles for Targeted Drug Delivery Systems with Cancer Therapy in Perspective**”, **New Avenues in Drug Discovery and Bioactive Natural Products**, under **Springer Nature Publishers 2023**, along with Shweta Paroha, Vikash Jain, Laxmi Rani, Aarzoo Pannu, Bhumika Kumar, Phoolsingh Yaduvanshi and Pravat K. Sahoo.

Patent Publication

1. **Dr. S. Prakash Rao** has received, UK Design Patent grant, with Design number: 6301441 on 14 August 2023, entitled “Viscometer for predicting nanogel viscosity” along with Dr. T N K Suriyaprakash, Dr. A. Sumathi, Dr. K V Gaikwad, Dr. A. Y. Pawar, Dr. V Murthyunjaya, Dr. K. Nagasree, Dr. F F Mehta, MS. M S Chothave, Dr. U M Kumar.
2. **Mr. Rahul Kumar Goswami** and **Mr. Mahendra Kumar Sahu** have received, UK Design Patent grant, with Design number: 6293115 on 06 July 2023, entitled “Portable Spectrometer For Testing Of Semi Synthetic Derivatives” along with Dr. Achal Mishra, Dr. Alok Singh Thakur, Dr. Dhansay Dewangan, Dr. Rakesh Tirkey, Dr. Suman Shrivastava, Dr. Saurabh Shrivastava, Ms. Swapnil Deshmukh, Ms. Anju Daharia.

Award

1. **Ms. Disha Kesharwani** was awarded by “**Young Researcher Award**” in the **International Conference with the theme “ Importance and Awareness of Traditional and Alternative Medicine**” jointly organized by Skyline University, Kano, Nigeria, Africa and Shri Shankaracharya Professional University (SSPU), Bhilai, C.G., India on 25- 26 August 2023.

New Drug Approved in 2023

ZURZUVAE

Company: Sage Therapeutics, Inc.

Approval Status: Approved 04/08/2023

Specific Treatments: To treat postpartum depression

Dosage Form: Capsule

ZURZUVAE is a neuroactive steroid gamma-aminobutyric acid (GABA) A receptor positive modulator indicated for the treatment of postpartum depression (PPD) in adults.

Mechanism of Action

The mechanism of action of zuranolone in the treatment of PPD is not fully understood, but is thought to be related to its positive allosteric modulation of GABAA receptors. The GABA system is the major inhibitory signaling pathway of the brain and central nervous system and contributes to regulating brain function. Altered neurotransmission of GABA has been implicated in the pathogenesis of depression.

Side Effects

somnolence, dizziness, diarrhea, fatigue, nasopharyngitis, and urinary tract infection.

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Saturday Activities: Hareli Celebration

Columbia Institute of Pharmacy, Raipur celebrated Hareli festival of Chhattisgarh on 17 July 2023. On this occasion Gedi competition and Nariyal phake competition were conducted by Neha Dubey in which all the students of our institute took part enthusiastically. Prize money award was given by Ravinder Singh Hura, Director, Columbia Global School and Prof. Shiv Shankar Shukla to the students. The program was organized by Prof. Ravindra Kumar Pandey, Principal, Columbia Institute of Pharmacy and General Secretary of Indian Pharmacy Graduate Association & Professor, CIP. During the event Shri Harjeet Singh Hura, Secretary, Janpragati Education Society, and along with all faculty members were present. The members of IPGA Chhattisgarh; Dr. Beena Gidwani, Ms. Monika Bhairam, Mr. Gunjan Kalyani, Ms. Disha Kesharwani, Ms. Sandhya Mishra and all faculty members were present in the event.



Guru Purnima Celebration

Columbia Institute of Pharmacy celebrated Guru Purnima on 03 July 2023. The significance of the guru in life was discussed by Prof. Shiv Shankar Shukla and Dr. Beena Gidwani. The program was organized by Prof. Ravindra Kumar Pandey, Principal, Columbia Institute of Pharmacy and General Secretary of Indian Pharmacy Graduate Association & Professor, CIP. During the event Shri Harjeet Singh Hura, Secretary, Janpragati Education Society, and along with all faculty members were present. The members of IPGA Chhattisgarh; Dr. Beena Gidwani, Neha Dubey, Ms. Monika Bhairam, Mr. Gunjan Kalyani, Ms. Disha Kesharwani, Ms. Sandhya Mishra and all faculty members were present in the event and all faculty members were present in the event.

Women Health Camp

Women Redressal Cell of Columbia Institute of Pharmacy organized a guest lecture by Ms. Hardeep Kaur on 8th July 2023. Her topic of discussion was “Electro Acupressure, Acupuncture Therapy and Women Health”. She also discussed about the biodegradable sanitary pads. She gave a demo about an acupressure machine also. The beneficiaries of the program were the girl students of CIP, CCP, and nursing department along with management members, Principal and all the faculty members.

Paiso ki Pathshala

Columbia Institute of Pharmacy organized a guest lecture on Awareness about financial literacy and Investment by Mr. Rahul Patel on 12th August 2023. Mr. Rahul explained about money investment schemes. He told about various types of policies in which money should be invested for a better return. The lecture was very interesting.

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GPAT Quiz- 22

1. Crocin on hydrolysis yields---
a. Saframol + glucose b. Gentibiose + crocetin c. Picrocrocin d. None of the above
2. Which vitamin deficiency causes 4 D's?
a. Niacin
b. Thiamine
c. Biotin
d. Folic Acid
3. An example of N- glycoside is----
a. Adenosine
b. Sinigrin
c. Rhein-8 glucoside
d. Aloin
4. In the microbiological assay of Bacitracin IP test organism is—
a. S. aureus
b. S. epidermidis
c. M. leuteus
d. Bacillus pumulis
5. Which one of the following symptoms is associated with drug-induced Parkinsonism?
a. Dry mouth
b. Constipation
c. Muscular rigidity
d. Convulsions
6. An antibiotic which has a half-life of one day is formulated as a 200 mg tablet. How many milligrams of antibiotic would remain after three days?
a. 25
b. 50
c. 100
d. 150
7. Which one of the followings is NOT used in preparation of baby powders?
a. Stearic acid
b. Boric acid
c. Kaolin
d. Calcium carbonate
8. Choose the correct formula for the calculation of the retail price of a formulation, given by the Govt. of India.
a. $R.P. = (M.C. + E.D. + P.M. + P.C.) \times (1 + MAPE/100) + C.C.$
b. $R.P. = (M.C. + C.C. + P.M. + P.C.) \times (1 + MAPE/100) + E.D.$
c. $R.P. = (M.C. + C.C. + E.D. + P.C.) \times (1 + MAPE/100) + P.M.$
d. $R.P. = (M.C. + C.C. + P.M. + E.D.) \times (1 + MAPE/100) + P.C.$
9. Which drug causes malignant hyperthermia-
a. Halothane
b. Isoniazide
c. Quinidine
d. Diethyl ether
10. At equal concentrations which one of the following mucilages will possess maximum viscosity?
a. Maize starch
b. Rice starch
c. Wheat starch
d. Potato starch

Answer key Quiz 21: 1.(b) 2. (b) 3.(c) 4.(b) 5.(c) 6.(c) 7.(a) 8.(d) 9.(b) 10.(d)

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Students' Thought



Power of Knowledge

*I don't know
But I want to know
If you do know
Why don't I know
Is the knowing exclusive?
Knowledge is power
What worked in the Industrial age
Might not work in the technology age
But if you don't know
How will you know?*

*Ask relevant questions
That you may know better
Then, you will be illuminated
Because knowledge beautifies
But it is in the knowing
Therefore seek to know
Knowledge is power
Those that knows
Are seated in high places
That's where we are right now*

*Know the basics
Apply the principles
Practice the "Known"
And let the knowledge pay
In your primary school, you learn principles
In your secondary school, you learn practice
In your university, you learn management
And in reality, you face lifematics
Arm yourself with the latest
I will see you at the top!*

Ms. Ravneet Kaur
B. Pharm 2th Sem

Each Moment Is Precious

*Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.
Don't let your mind wander
To what's coming next.
Cherish this moment
And give it your best.
Don't let tomorrow
Make you rush through today,
Or too many great moments
Will just go to waste.
And the person you're with,
In that moment you share,
Give them all of your focus;
Be totally there.
Laugh till it hurts,
Let the tears drop.
Fill up each moment
With all that you've got.
Don't miss the details;
The lesson is there.
Don't get complacent;
Stay sharp and aware.
It can take but a moment
To change your life's path.
And once it ticks by,
There is no going back.
In just 60 seconds,
You may make a new friend.
Find your true love,
Or see a life start or end.
You become who you are
In those moments you live.
And the growth's not in taking
But in how much you give.
Life is just moments,
So precious and few.
Whether valued or squandered,
It's all up to you!*

Ms. Suman Sen, B. Pharm 2nd Sem

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Less Known Facts About Traditional Food

Beetroot Raita

Beetroot is of exceptional nutritional value; especially the greens, which are rich in calcium, iron and vitamins A and C. Beet roots are an excellent source of folic acid and a very good source of fiber, manganese and potassium. Beet root raita is high in fiber, which helps to maintain blood sugar levels. Apart from this, Beetroot is high in potassium, which counteracts the negative effects of salt and also maintains healthy blood pressure levels. It helps control cholesterol, contains no fat and loaded with iron, copper and magnesium as well. It is a treasure of essential vitamins and antioxidants too. Since it is replete with Vitamin C, beetroot can be a valuable addition to your diet for good skin and immunity.

Beetroot Raita Recipe

To begin making the Beetroot Raita Recipe, first get all the ingredients ready and finely grate the beetroot and keep aside. In a large mixing bowl, add the yogurt, salt, cumin powder, green chillies and grated beetroot. Whisk well to combine. Check the salt and spice levels and adjust to suit your taste. Transfer the raita to a serving bowl. The final step is to make the seasoning. Heat oil in a tadka pan; add the mustard seeds, urad dal and allow it to crackle and the dal to turn golden brown and crisp. Finally stir in the curry leaves and turn off the heat. Pour the seasoning onto the Beetroot Raita and serve.

Nutritional facts (per 100g)	
Energy	349.92kcal
carbohydrates	80.82g
Protein	6.66g
Sodium	19.75mg
Calcium	186.6mg
Iron	13.67
Dietary fibre	3.98g

Inspiring Quotes:-

- 1. Just one small positive thought in the morning can change your whole day.*
- 2. Be yourself; everyone else is already taken.*
- 3. Push yourself, because no one else is going to do it for you.*
- 4. Try not to become a man of success, but rather become a man of value.*
- 5. The most wasted of days is one without laughter.*

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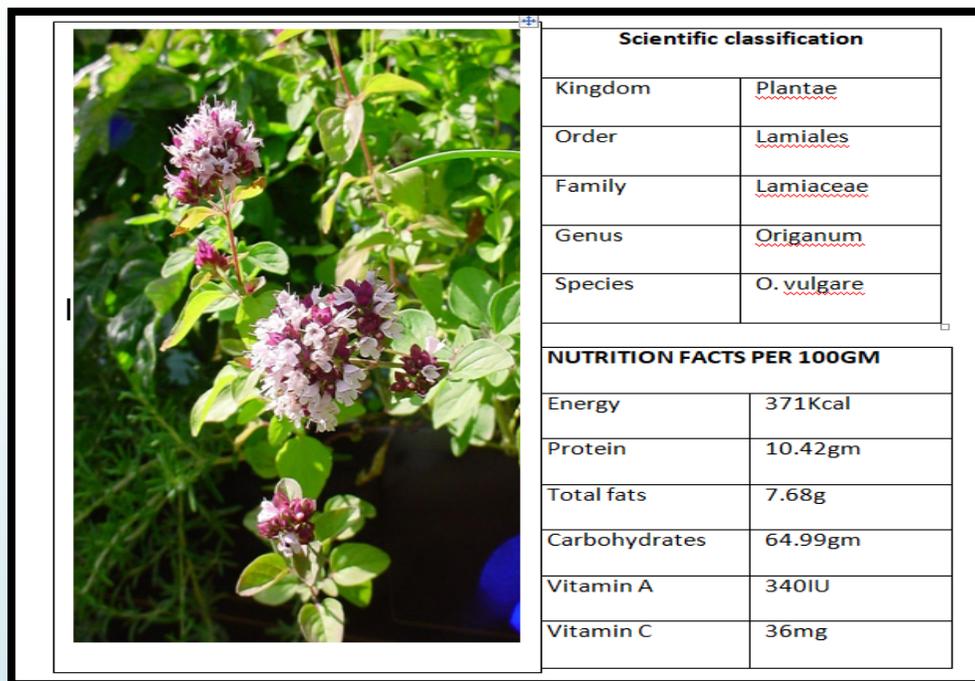
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Plants with Health Benefits

Oregano(*Origanum vulgare*)

Synonyms: marjoram, wild marjoram, winter sweet.

Oregano is a species of flowering plant in the mint family Lamiaceae.



Morphology: It has purple flowers and spade-shaped, olive-green leaves. It is a perennial, although it is grown as an annual in colder climates, as it often does not survive the winter. Oregano is planted in early spring, the plants being spaced 30 cm (12 in) apart in fairly dry soil, with full sun. It will grow in a pH range between 6.0 (mildly acidic) and 9.0 (strongly alkaline), with a preferred range between 6.0 and 8.0. It prefers a hot, relatively dry climate, but does well in other environments.

Chemical composition: the chemical compounds contributing to the flavour are carvacrol, thymol, limonene, pinene, ocimene, and caryophyllene.

Uses: oregano for centuries in herbal medicine to treat many ailments, including: skins sores, aching muscles, asthma, cramping, diarrhea, indigestion, colds to boost overall health.

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Upcoming **EVENTS**

1. Saturday Activities
2. Induction/Orientation program
3. World Pharmacy Day celebration

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