

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 12th edition of our bimonthly newsletter. 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 Kumar Pandey****Editorial Board**

1. Dr. Ravindra Kumar Pandey
Professor, CIP, Raipur
2. Dr. Disha Kesharwani
Assistant Professor, CIP
3. Mr. Gunjan Kalyani
Assistant Professor, CIP
4. Ms. Suman Sen
B. Pharm 7th Sem

Columbia Institute of Pharmacy

It is a great pleasure to introduce Columbia Institute of Pharmacy, a name synonymous with excellence 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 2003. Innovation, excellence, and quality are the driving forces behind the vision of the Columbia Institute of Pharmacy, which boasts a proud heritage of academic achievements. The campus is lavishly spread over acres of lush green land, located just 14 km away from the hustle and bustle of the city and 4 km from the Chhattisgarh State Assembly, offering an environment conducive to learning and growth. The institute continues to make relentless efforts to add value to pharmacy, engineering, and management education.



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Induction Program

A two week 'Induction Program' was organized to welcome the B. Pharm. first year students at the premises of Columbia Institute of Pharmacy, Raipur from July 14, 2025 to July 26, 2025. The objective of the programme was to make the parents and students aware of the academic aspects of the course, the rules and regulations of the Institute and ensuring parental participation in monitoring the performance and progress of the students. So on the very first day the parents were also invited. In the first week various introductory lectures, lab visit, and some fun activities were organized for the budding pharmacists.

On day one, Mr. Sagar Sahu welcomed the students, briefed them about the Institute and even shared his experiences of college.

Mr. Gunjan Kalyani made the students aware about Pharmacy and its scope by presentations on various topics like "General Introduction to Pharmacy", and "The evolving Role of Pharmacist in Health Care System". Mr. Swapnil Lal gave a lecture on topic "Communication Skills and Effective Communication". Sir also highlighted the Scheme of Examination. Dr Monika Bhairam gave lecture on topic "Time management and Team work" with some puzzles and quiz. Some videos were shown to the students which led them to know the legacy of Columbia Group and Columbia Institute of Pharmacy, which included some educational videos like tablet punching etc and Co-Curricular activity videos like Colours Programme, National Pharmacy Week 2024, Garba Celebrations, Lab decoration etc. These videos were played by Mr. Piyush Sahu. The students were also made aware about the NSS unit and Newsletter of the Institute.

Lab visits were ably done by Ms. Renuka Verma, Mr. Rahul Goswami, Mr. Mahendra Kumar Sahu, Ms. Vedika Vaishnav, Mr. Sagar Sahu, Mr. Bhishm kumar Sahu and Mr. Gunjan Kalyani, Mr. Shiv Bhardwaj, Mr. Piyush Sahu and Ms. Ayushi Gupta, and Ms. Sandhya Mishra. During the lab visits various demonstration like Bleeding time, Clotting time, Blood group determination and Demonstrations of pharmacology instruments and Animal Handling were also given to the students. The students also visited medicinal plant garden and library of the institute. Various fun activities were also organized for the students including quiz competition, housie, rapid fire number game, essay writing competition etc.

The induction program also gave an opportunity to the newly admitted students to witness a "Mega Plantation Drive" on 18/07/25 with NSS Unit of the Institution, Rotract club of Raipur Greater, Green Army, and CG SOWA.



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Shining Stars of the Institute



Ms. Anamika Dutta
M. Pharm 1st Sem
86.1%



Ms. Bhawana Kuswaha
B.Pharm 8th Sem
83.27%



Ms. Prachi Jaiswal
B.Pharm 5th Sem
76.46%



Mr. Lokesh Chainani
B.Pharm 3rd Sem
83%



Ms. Heenal Agrawal
B.Pharm 1st Sem
88.83%

Industrial Training

22 students of B. Pharm VI Sem from Columbia Institute of Pharmacy, Raipur, went for training to Bafna Biotech Pvt. Ltd. in Dhamtari, from 12/08/25 to 28/08/25. The training was guided by Ms. Priya Bafna and Mr. Lilesh Sahu. During the training, the students received a comprehensive briefing on the industry's rules, guidelines, raw materials, production activities, management processes, and operations. They witnessed various advanced machines, including tray dryers, automatic tablet punching machines, pan coating machines, hard gelatin capsule filling, blister packaging, sachet packaging, and syrup filling and labeling. Additionally, the students attended various demonstration sessions delivered by industry experts, gaining hands-on insights into the manufacturing process. The industrial training provided students with practical understanding and exposure to various principles, which will help them in making informed decisions about their career paths.



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Independence Day Celebration

Columbia Group of Institutions, Raipur, celebrated 79th Independence Day on 15/08/2025 at the premises of Columbia Institute of Pharmacy. The celebration was filled with the auspicious presence of Shri Kishore Jadwani, Chairman Janpragati Education Society, Shri Harjeet Singh Hura, Secretary, Janpragati Education Society, Dr. Ravindra Kumar Pandey, Principal, CIP, Dr. Surendra Saraf, Principal, CCP, Dr. Arun Dubey, Principal, CCE, Dr. Anita Dhagamwar, Principal, CCN, Mr. Anand Shrivastava, Principal, CCSC and all the faculty members of Columbia. As per the culture of Columbia's family the toppers of all the departments hosted the National flag. From Columbia Institute of Pharmacy, the toppers were Ms. Anamika Dutta for M. Pharm 1st Sem and Ms. Heenal Agrawal for B.Pharm 1st Sem. After the speeches of dignitaries various cultural programs were organized. The program ended with sweet distribution.



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Janmashtami Celebration

Columbia Institute of Pharmacy, Raipur, celebrated the auspicious occasion of Janmashtami on 14th August 2025 with great devotion, joy, and cultural fervor. The celebration began with a Matki Decoration Competition, where students showcased their creativity by designing beautifully adorned pots with vibrant colors, beads, and traditional motifs. Simultaneously, a Laddu Gopal Dress-Making Competition was organized, highlighting the students' artistic skills and devotion, as they designed elegant and colorful attires for the deity. The highlight of the event was the Dahi Handi celebration, symbolizing teamwork and the playful spirit of Lord Krishna. Students enthusiastically participated, forming human pyramids to break the handi, filling the atmosphere with cheers and excitement. The program concluded with devotional songs and distribution of prasad, leaving everyone with a sense of spiritual fulfillment and cultural pride. The event not only honored tradition but also fostered unity, creativity, and joy among the Columbia family. The program was organized by Prof. Ravindra Kumar Pandey, Principal, Columbia Institute of Pharmacy and General Secretary of Indian Pharmacy Graduate Association & Professor, CIP. The members of IPGA Chhattisgarh; Dr. Beena Gidwani, Ms. Shilpa Sahu and all faculty members were present in the event.



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IIC Calendar Activity

Poster Presentation on start up

"The Institutional Innovation Committee (IIC) and Entrepreneur Cell of Columbia Institute of Pharmacy, Raipur, successfully organized a poster presentation event on "Startup & Linkage with Experts for Mentorship Support" as part of the "Startup Summit" on August 6, 2025. The program featured esteemed entrepreneurs Shri Kishore Jadwani and Shri Harjeet Singh Hura as mentors, who guided students in developing innovative startup ideas.

Students enthusiastically participated in the event, showcasing posters on diverse topics such as sustainable products, eco-friendly startups, and medical waste management. Some notable projects included "Coconut Waste Bags," "E-Waste Recycling," "Bamboo-Based Eco-Friendly Startup," and "Mushroom Production."

The event was honored by the presence of dignitaries, including Shri Kishore Jadwani, Chairman, Janpragati Education Society; Shri Harjeet Singh Hura, Secretary, Janpragati Education Society; Dr. Ravindra Kumar Pandey, Principal, CIP; Dr. Shiv Shankar Shukla, Vice-Principal, CIP; and Dr. Beena Gidwani, Associate Professor, CIP. Faculty members from CIP also graced the occasion.

The program was expertly coordinated by Dr. Disha Kesharwani and Dr. Monika Bhairam, with Mr. Ameya Joshi serving as the student coordinator. The event provided a valuable platform for students to showcase their innovative ideas and interact with industry experts."



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Activities Organized by National Service Scheme (NSS) Unit

Mock Parliament July 02, 2025

- NSS Volunteers of CIP attended Mock parliament organized by BJYM, Raipur on July 02, 2025 to commemorate the completion of 50 years of emergency declaration in year 1975 at Agrasen Dham, Raipur.



C Certificate Examination 2025

Five NSS Volunteers of CIP were found eligible for C certificate examination which was held at CSVTU on July 16, 2025. The five volunteers were Piyush Verma, Devshree Sharma, Tushar Tripathi, Rahul Chandrakar and Khilesh Kumar Sahu.

All the volunteers were well trained under the supervision of Programme Officer Mr. Sagar Sahu.



Kargil Vijay Diwas 2025

Kargil Vijay Diwas is a day of immense national pride and remembrance in India, celebrated annually on July 26th. It commemorates the day in 1999 when India successfully concluded Operation Vijay, a military campaign that recaptured the high-altitude outposts in the Kargil district of Jammu and Kashmir.



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World Tribal Day August 09, 2025

World Tribal Day 2025, officially known as the International Day of the World's Indigenous Peoples, is celebrated annually on August 9th. This day was first proclaimed by the United Nations General Assembly in December 1994. The date, August 9th, was chosen to commemorate the first meeting of the UN Working Group on Indigenous Populations, which took place in Geneva in 1982. The purpose of this international observance is to raise awareness about the unique challenges faced by indigenous and tribal communities around the world and to celebrate their rich cultures, knowledge, and contributions to society.



World Organ Donation Day 2025

World Organ Donation Day was celebrated on 14/08/2025.

Significance: This day is observed globally to raise awareness about the importance of organ donation and to honor the selfless donors and their families who have given the gift of life. It also aims to dispel myths and misconceptions surrounding organ donation and encourage people to register as donors. **Theme:** The theme for World Organ Donation Day 2025 is "Answering The Call." This theme emphasizes the crucial role of all stakeholders, from healthcare professionals and policymakers to the general public, in supporting organ donation and transplantation.



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Saturday Activities/ Invited Lectures/Workshop held

Guru Purnima

Columbia Institute of Pharmacy celebrated the auspicious occasion of Guru Purnima on 10/07/25 with great enthusiasm and reverence. The event was organized to honor teachers and mentors for their invaluable contribution to the academic, professional, and personal growth of students. The celebration aimed to strengthen the bond between students and their gurus, fostering a culture of respect, gratitude, and lifelong learning. To mark the occasion, the Quiz and Extempore Competitions were organized, drawing enthusiastic participation from students across all semesters.



Origami Competition

Columbia Institute of Pharmacy, Raipur, organized an innovative and engaging event on 12/07/2025 — “Creatives by Paper Competition”, aimed at fostering creativity, innovation, and artistic expression among students. Students from various semesters participated enthusiastically, presenting an array of extraordinary creations that ranged from origami art, and innovative decorative pieces and paper sculptures. Judges evaluated the entries based on originality, creativity, presentation, and relevance to the theme, appreciating the effort and talent displayed by all participants.



Plantation drive

Columbia Institute of Pharmacy, Raipur, in association with Green Army, Raipur organized a plantation drive on 19/07/2025, with the aim of promoting environmental sustainability and spreading awareness about the importance of green cover. The event witnessed enthusiastic participation from students, faculty members, and staff, all united by a shared commitment to protecting and preserving the environment. The program commenced with a brief inaugural ceremony, where the Green army addressed the gathering, emphasizing the vital role of trees in maintaining ecological balance, improving air quality, and combating climate change. Participants planted a variety of saplings, including medicinal plants, flowering trees, and shade-giving species, across the campus premises.



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Hareli Celebration

Columbia Institute of Pharmacy, Raipur, celebrated the vibrant Hareli Festival on 17th July 2025 with great enthusiasm and cultural fervor. The event beautifully reflected the rich traditions of Chhattisgarh, bringing students and staff together to honor the spirit of agriculture and prosperity. The celebration began with a traditional puja to seek blessings for good health, prosperity, and a successful academic year. Students and faculty showcased the essence of rural culture through colorful decorations and traditional attire, adding to the festive spirit of the occasion. A highlight of the event was the “Gedi Competition”, where students displayed their creativity and skills in designing unique, eco-friendly carts. The excitement continued with the “Nariyal Fek (Coconut Throw) Competition,” which witnessed enthusiastic participation and friendly rivalry, filling the campus with cheer and laughter.



Rakhi Making Competition

Columbia Institute of Pharmacy, Raipur, celebrated the spirit of Raksha Bandhan by organizing a Rakhi Making Competition on 2nd August 2025. The event aimed to promote creativity, cultural values, and the significance of the sacred bond between brothers and sisters. Students from all semesters participated with great enthusiasm, showcasing their artistic talents through beautifully handcrafted rakhis made from eco-friendly and decorative materials. Each rakhi reflected innovation and tradition, combining vibrant colors, intricate designs, and thoughtful concepts.



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ACHIEVEMENTS

Paper Publications

1. **Dr. Trilochan Satapathy** published a review paper entitled **“Decoding inflammatory signaling networks: From molecular mechanisms to therapeutic targets”** in **Advances in Biomarker Sciences and Technology**, under Elsevier publication, 7, 2025, along with **Nikita Patel, Poonam Sahu, Abhisek Satapathy**.
2. **Dr. Trilochan Satapathy** published a review paper entitled **“Receptor Tyrosine Kinase (RTKs) Mediated Potent Bioactive Ligand Targeted to Autoimmune Arthritis”** in **Journal of Drug Delivery and Therapeutics**, 15(7), 2025, along with **Nikita Patel, Poonam Sahu, Pratibha Dhiwar, Kamaksha Tiwari, and Laxmi Sahu**.
3. **Dr. Trilochan Satapathy** published a review paper entitled **“Impact of conventional and advanced therapies in functional hair follicular regeneration in pesticide-induced hair loss: a Pharmacological perspective of review”**, in **Journal of Drug Delivery and Therapeutics**, 15(7), 2025, along with **Ms. Poonam Sahu, Pratibha Dhiwar, Arun Kumar Sahu & Nikita Patel**.
4. **Dr. Trilochan Satapathy** published a review paper entitled **“Recent Advancements in the Prevention and Treatment of Genetic and Non-Genetic Obesity: A Pharmacological Perspective of Review”**, in **Journal of Drug Delivery and Therapeutics**, 15(7), 2025, along with **Poonam Sahu, Pratibha Dhiwar, Nikita Patel, Kamaksha Tiwari, Laxmi Sahu**.
5. **Dr. Trilochan Satapathy** published a reserach paper entitled **“Phytochemical Investigation and Evaluation of Anti-microbial Activity of Leucas aspera extract”**, in **Technische Sicherheit** 25(7), 2025, along with **Kamini Verma, Niharika Dewangan**.
6. **Dr. Trilochan Satapathy** published a review paper entitled **“Psoriatic arthritis in transition: cytokine signaling, immune dysregulation, and therapeutic innovation, Inflammopharmacology**, under Springer Nature publisher, 25(7), 2025, along with **Dr. Parag Jain, Dr. Rohitas Deshmukh, Pradeep Kumar Samal, Sanjana Sahu, and Ajazuddin**.
7. **Dr. Trilochan Satapathy** published a review paper entitled **“Potential Neuroprotective effects of Berberis aristata in Neurodegenerative Disorders: A Comprehensive Review of Preclinical and Clinical Evidence**, in **Research Journal of Pharmacology and Pharmacodynamics**, 17(3), 2025, along with **Arun Kumar Sahu**.
8. **Dr. Trilochan Satapathy** published a review paper entitled **“Global national and rational burdens of female fertility via exposure to different alcohols”**, in **Journal of Drug Delivery & Therapeutics**, 15(7), 2025, along with **Nikita Patel, Pratibha Dhiwar, Kamaksha Tiwari, and Laxmi Sahu**.
9. **Dr. Bina Gidwani** published a review paper entitled **“Novel Insights into Peprazine- Oxadiazole Hybrids: Promising Pathways for Antidepressant Development”**, in **Journal of Heterocyclic Chemistry** under Wiley Publishers, 2025, along with **Dr. Shiv Shankar Shukla, Ms. Shailee Kesharwani & Mr. Rahul Goswami**.
10. **Ms. Poonam Sahu** published a review paper entitled **“A Comprehensive Review on the Interconnection of C-Reactive Protein, Cardiac Troponins, and Cytokine Storm in Cardiovascular Manifestations of COVID-19”** in **Advances in Biomarker Sciences and Technology**, under Elsevier publication, 2025, along with **Dr. Trilochan Satapathy and Abhisek Satapathy**.
11. **Ms. Poonam Sahu** published a review paper entitled **“Immunopharmacology of senescence: targeting the senescence-associated secretory phenotype (SASP)—a mechanishased review ”** in **Inflammopharmacology**, under Springer Nature 2025, along with **Dr. Trilochan Satapathy**.
12. **Ms. Poonam Sahu** published a review paper entitled **“Bioactive Herbs for Liver Disorders: A Phyto-Pharmacological Review”**, in **Current Drug Metabolism**, under Bentham Sciences publisher, 25(7), 2025, along with **Dr. Trilochan Satapathy**.

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ACHIEVEMENTS

Books

1. **Mr. Gunjan Kalyani & Mr. Sagar Sahu** published a book with title **“Insight on Professionalism, Professional Values & Ethics Including Bioethics”** in **Probcell Publisher** along with **Ms. Sonam Sahu**, 2025.
2. **Mr. Gunjan Kalyani & Mr. Sagar Sahu** published a book with title **“Basic Analytical Chemistry”** in **Probcell Publisher** along with **Mr. Teerath Sahu**, 2025.

Webinar

1. **Ms. Poonam Sahu** attended **56th SPSR International Webinar on “Expediting Drug Discovery and Development using AI: Opportunities and Challenges”** on **July 27, 2025**, organized by the Society of Pharmaceutical Sciences and Research (SPSR).
2. **Mr. Swapnil Lal** attended **International webinar entitled “AI for Pharma Educator: Harnessing Free Tools for Effective Teaching”** held on **August 4, 2025** organized by the Malla Reddy College of Pharmacy, Secunderabad.

Faculty Development Program

1. **Mr. Swapnil Lal** attended **Five days faculty development program Empowering Pharmacy Educators: Leveraging AI, Modern Tools and Techniques for Effective Teaching”** held from **July 28 to August 1, 2025** organized by the Malla Reddy College of Pharmacy, Secunderabad.

Causerie

Pharmaceutical Waste and Public Health

The presence of pharmaceutical residues in the environment, even at very low concentrations, can have serious public health consequences:

- **Water Contamination:** Pharmaceuticals have been detected in surface water (rivers, lakes), groundwater, and even drinking water sources. Conventional wastewater treatment plants are not designed to remove all pharmaceutical compounds, allowing them to persist in the environment.
- **Antimicrobial Resistance:** One of the most critical public health threats is the development of antimicrobial resistance (AMR). The release of antibiotics into the environment creates an "environmental reservoir" of drug-resistant bacteria. This can lead to the emergence of "superbugs" that are resistant to multiple drugs, making it difficult to treat common infections.
- **Endocrine Disruption:** Hormones and other endocrine-disrupting chemicals from pharmaceuticals (e.g., birth control pills) can affect the reproductive systems of aquatic organisms and, potentially, humans.
- **Accidental Poisoning and Misuse:** Improperly discarded medicines, particularly potent ones like opioids, can be retrieved from waste bins, posing a risk of accidental poisoning for children and pets, or intentional misuse and abuse.
- **Toxicity and Bioaccumulation:** Some pharmaceutical compounds can accumulate in the tissues of plants, fish, and other wildlife. When humans consume these affected organisms, there is a risk of exposure to these residues, though the long-term effects are still being studied.

Mr. Sagar Sahu
Assistant Professor, CIP

Columbia Institute of Pharmacy, Raipur

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GPAT Quiz- 26

1. According to the ICH guidelines for stability studies, Climatic Zone II temperature and relative humidity are respectively:

(A) 25°C and RH 60%

(B) 30°C and RH 65

(C) 40°C and RH 75

(D) 25°C and RH 75

2. How much volume of Raw spirit can an excise officer withdraw as sample?

(A) One sample of 200ml

(B) Two samples of 150ml each

(C)

Three samples of same batch, each not more than 100ml

(D) One sample of 500ml

3. Manufacturing Specification for tooling has been standardized by?

(A) USFDA

(B) CDSCO

(C) Indian Pharmacopoeial Commission

(D) WHO

4. Which of the following alkaloids are found as salts of meconic acid?

(A) Rauwolfia Alkaloid

(B) Tropane Alkaloid

(C) Ergot Alkaloid

(D) Opium Alkaloid

5. Glycogenic amino acids enter TCA cycle except:

(A) Alanine

(B) Glycine

(C) Glutamate

(D) Aspartate

6. Which of the following is used to evaluate disinfectant?

(A) Widal test

(B) VRDL test

(C) Chick Martindale test

(D) None of these

7. Oral vaccine such as Dukoral® and Shanchol™ is used for prevention of:

(A) Pneumonia

(B) Ebola virus

(C) Cholera

(D) Polio

8. Which parasitic worm is responsible for causing lymphatic filariasis?

(A) Wuchereria bancrofti

(B) Brugia malayi

(C) Onchocerca volvulus

(D) Ancylostoma duodenale

9. Which statistical test is used to compare mean of two identical groups?

(A) ANOVA

(B) Sample t test

(C) Paired t test

(D) Pooled t test

10. Which enzyme is responsible for albinism?

(A) Beta-hydroxylase

(B) Pyruvate dehydrogenase

(C) Hydroxylase

(D) Tyrosinase

Answer GPAT Quiz 25

1. (c) 2. (b), 3. (a), 4. (c) 5. (b), 6. (a), 7. (a) 8. (d), 9. (c), 10. (a)

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Students' Thought

The Real Meaning of Independence

15 August 1947, a day when Indians raised a question mark in front of the Britishers. But the real question is that did we really become independent on that day onwards.

Did we really get independence?

But my opinion is no. We Don't.

Even today we are not completely independent. Don't you think, we have just changed the levels.

Earlier we were slaves of the Britishers and today we are slaves of Democracy, Society and the so-called thinking of society.

Now the question arises why are we not independent?

You people might be thinking that we have the right to vote, we have the right to freedom of speech, we have the right to put our opinions.

We can live our lives as we wish, we have all types of rights, then why are we independent??

See, Independency is a word which has a very deep meaning.

Independency means to be free from any type of bond.

Today, we are celebrating Independence Day which is to be celebrated when we are truly independent.

But the question is Are We Really Independent??

Even today, our society has not been able to become independent from some beliefs, we have become modern, our country has become modern, but only to post pictures on Instagram, for updating status and for wearing costly outfits and everything else externally to show that we are adopting Western Culture.

We say that we are celebrating the 79th year of Independence, but still we are bonded with some negative thoughts.

We say that we are celebrating the 79th year of Independence, but still the birth of a girl is accepted but boys are celebrated.

We say that we are celebrating the 79th year of Independence, but still a girl being raped is more shameful than being a rapist.

We say that we are celebrating 79th year of Independence, but still the teachers and students are sent to jails for asking questions to government.

We say that we are celebrating the 79th year of Independence, but still there is no answer for leaking of a question paper.

We say that we are celebrating the 79th year of Independence, but still they ask our religion before killing us.

We say that we are celebrating the 79th year of Independence Day but still we murdered the people for sake of name and for sake of pain.

And Congratulations we are celebrating the 79th year of Independence Day!!

This 15th August is not just an Independence Day but a under-construction Independence Day.

Let this 15 August will actually really Independence Day then this celebration will actually worth it.

Freedom and Liberty are just a dictionary meaning of Independence Day.

Realization of its true meaning will be our first step towards real Independence.

"आजादी की कभी शाम नहीं होने देंगे। शहीदों की कुर्बानी बदनाम नहीं होने देंगे।

बची हो जो एक बूँद भी लहू की। तब तक भारतमाता का आँचल नीलाम नहीं होने देंगे।।

Jai Hind"

Ms. Prerna Sharma,

B.Pharm 2nd Sem

Columbia Institute of Pharmacy, Raipur

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Less Known Facts About Traditional Food

Walnut halwa

Akhrot (walnuts) offer numerous health benefits due to their rich content of omega-3 fatty acids, antioxidants, and fiber. They support heart health by improving blood vessel function and lowering cholesterol, and they enhance brain function and cognitive health. Walnuts also promote gut health by aiding digestion, can help with weight management by increasing fullness, and may improve blood sugar control and skin health.

Recipe: Firstly, in a pan dry roast 1 cup walnut on low flame. roast until the nuts turn crunchy and change colour slightly. cool completely, and transfer to a mixi blending to a coarse powder. Now in a large kadai heat $\frac{1}{4}$ cup ghee and add walnut powder. Saute on low flame until the ghee is completely absorbed. now add $\frac{3}{4}$ cup milk, $\frac{1}{2}$ cup sugar and few thread saffron. Mix continuously until everything is well combined. Continue to mix till it turns silky smooth texture. After 15 minutes, the mixture will thicken and the mixture will start to separate the pan oozing out the ghee. Now add $\frac{1}{4}$ tsp cardamom powder and mix well. Cook until the mixture will start to hold the shape and turns frothy. Transfer the mixture to a box lined with butter paper. Level it up and then top with chopped walnuts. Press gently and rest for 30 minutes or until the halwa is set. Cut into pieces of the desired shape. Finally, enjoy walnut halwa for a week when stored in an airtight container.

Nutritional value:

Nutrients	Per Serving 100g
Carbohydrate	13.7 g
Protein	15.2 g
Fat	65.2 g
Energy	654 Cal
Vitamin A	6.4 mg
Vitamin C	3.4mg
Fibers	6.7 g
Calcium	2.5 mg

Inspiring Quotes

1. "Success is the sum of small efforts, repeated day in and day out." – Robert Collier.
2. "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson.
3. "The future belongs to those who believe in the beauty of their study goals." – Eleanor Roosevelt.
4. "The only way to do great work is to love what you study." – Steve Jobs.
5. "Success is not the key to happiness. Happiness is the key to success. If you love what you are studying, you will be successful." – Albert Schweitzer.

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Plant with herbal benefits

Syzygium samarangense

Synonyms: Wax apple, Java apple, water apple, Semarang rose-apple, and wax jambu.

Syzygium samarangense is a species of flowering plant in the family Myrtaceae, native to an area that includes the Greater Sunda Islands, Malay Peninsula, and the Andaman and Nicobar Islands, but introduced in prehistoric times to a wider area and now widely cultivated in the tropics.



Scientific classification

Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	Syzygium
Species:	<i>S. samarangense</i>

Nutrient value per 100g

Carbohydrate	: 5.70 g
Fibre	: 5.4 g
Protein	: 0.60 g
Calcium	: 5 mg
Energy	: 105kJ

Morphology: *Syzygium samarangense* is a tropical tree growing to 12 metres (39 feet) tall, with evergreen leaves 10–25 cm (4–10 in) long and 5–10 cm (2–4 in) broad. The leaves are elliptical, but rounded at the base; they are aromatic when crushed. The trunk is relatively short, with a wide – yet open – crown starting low on the tree. The bark is pinkish-gray in color, and flakes readily. The flowers are white to yellowish-white, 2.5 cm (1 in) diameter, with four petals and numerous stamens. The resulting fruit is a bell-shaped, edible berry, with colors ranging from white, pale green, or green to red, purple, or crimson, to deep purple or even black. The fruit grows 4–6 cm (1.6–2.4 in) long in wild plants, and has four fleshy calyx lobes at the tip.

Chemical composition: The chemical composition includes diverse bioactive compounds such as phenolic compounds (including gallic acid), anthocyanins, and terpenoids, which contribute to their antioxidant, antimicrobial, and other potential health benefits. The fruit also contains other metabolites like alkaloids and tannins.

Uses: Java apples, offer various health benefits due to their high water and nutrient content, including hydration, improved digestion from fiber, antioxidant support for skin and overall health, regulated blood sugar due to a low glycemic index, and enhanced immunity from vitamins A and C. They also contribute to heart health by providing potassium, and their low-calorie nature makes them a healthy snack option.

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Details of Funding Agencies open for Seminars, Projects and Conferences

Title	Start Date	End Date
INDIA-JAPAN Cooperative Science Programme (IJCSP) Call for Proposals-2025	05/06/2025	03/09/2025
Call for Proposals under WISE-SCOPE Fellowship	16/08/2023	30/09/2025
India-Tunisia Call for proposals 2025	19/05/2025	30/09/2025
Chhattisgarh Council of Science & Technology (CCOST)	Round the year	



1. Teachers' Day Celebration
2. Vishwakarma Jayanti
3. World Pharmacist Day
4. Garba Competition
5. Saturday Activities
6. NSS Activities

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