

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 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 6th 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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Successful Completion of Industrial Tour

We are pleased to share that 48 students of B. Pharm 8th semester and 4 faculty members, including Mr. Rahul Kumar, Ms. Manisha Verma, Ms. Anjali Sinha, and Mr. Swapnil Lall, of Columbia Institute of Pharmacy have successfully completed a 10-day Industrial Tour covering Hyderabad, Bangalore, Mysore, Ooty, and Coimbatore. The tour commenced on 18th February 2025 and concluded on 27th February 2025. During this enriching journey, the students had the privilege of visiting Karnataka Antibiotics and Pharmaceuticals Ltd. (KAPL), a government-owned organization in Bangalore, where they gained valuable insights into pharmaceutical manufacturing and industry operations. Additionally, they visited Pasteur Institute of India in Ooty, Tamil Nadu, a prestigious 115-year-old institute known for vaccine production, particularly the DPT group of vaccines. This historic institute provided them with a unique opportunity to understand vaccine research, development, and manufacturing at one of the country's most renowned scientific establishments.



Prof. M. L. Schroff Day

Columbia institute of Pharmacy [CIP], Raipur organize a special event that brings together students, faculty, and professionals to celebrate 123rd birth anniversary of Professor M.L. Schroff and commemorate his vision on 06/03/2025. Today the Pharmacy Council of India declared this day as "National Pharmacy Education Day". Mr. Shailendra Kumar Sharma, Assistant Professor, Columbia institute of Pharmacy delivered a talk about the significant contributions of Prof. M.L. Schroff to pharmaceutical education and research. The event was further enriched with an educational program "extempore competition". Many students participated in the competition and expressed their thoughts on various topics of Pharmacy. During the event Shri Harjeet Singh Hura, Secretary, Janpragati Education Society. Professor Ravindra Kumar Pandey, Principal, Columbia Institute of Pharmacy and all faculty members were present.

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Alumni Meet 2025

Columbia Institute of Pharmacy, Raipur, hosted a grand Alumni Meet on March 8, 2025, which saw the convergence of around 250 esteemed alumni. The event was graced by distinguished dignitaries, including Shri Kishor Jadwani, Chairman, JPES; Shri Harjeet Singh Hura, Secretary, JPES; Prof. Ravindra Kumar Pandey, Principal, CIP; and other faculty members. The program commenced with a reverent Saraswati Pooja, followed by speeches from dignitaries, a mesmerizing welcome dance, and a nostalgic video showcasing memories of Columbians from 2006 to 2025. The event also featured inspiring success stories of alumni, engaging fun games, and a captivating musical drama presented by B. Pharm 6th semester students. As a token of appreciation, each alumnus received a beautiful gift from Columbia Institute of Pharmacy. The event concluded with a group photo and an energetic group dance. A notable highlight of the program was the recognition of Mr. Bhoj Sahu, an alumnus from the 2010 batch, who is working tirelessly as a "Paryawaran Sanrakshak" (Environmental Guardian). The Columbia Institute of Pharmacy Alumni Association donated him a cheque of Rs 10000/- and Jan Pragati Education Society donated a cheque of Rs. 15,000/- to support his noble endeavours. Furthermore, Mr. Suraj Pratap Singh and Mr. Gulab Sahu, proud alumni of Columbia Institute of Pharmacy and Directors of Valtin Health Care Ltd., generously donated Rs. 1 Lakh to Mr. Sahu's environmental initiatives. The Alumni Meet was a resounding success, filled with joyous and emotional moments, leaving an indelible mark on the hearts of all attendees.



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Graduate Pharmacy Aptitude Mock Test (GPAT 2025)

Columbia Institute of Pharmacy organized online mock tests for GPAT exam on May 03 and 15, 2025. The test was open for all the students of B. Pharm III and IV years. In these mock tests more than 52 students appeared. The results of these tests are declared on same day after the test.

Pre Holi Celebration 2025

Columbia Institute of Pharmacy, Raipur, was lively with vibrant colours and joyous revelry as students organized a Pre-Holi celebration on March 12, 2025. The festive atmosphere was infectious, with students from B. Pharm, M. Pharm, and D. Pharm programmes revelling in the spirit of Holi, armed with chemical-free, herbal gulal in a kaleidoscope of colours. The celebration was set to the lively beats of Indian music, drawing in faculty members who enthusiastically joined in the festivities. The event was graced by distinguished dignitaries, including Shri Kishore Jadwani, Chairman, JPES; Shri Harjeet Singh Hura, Secretary, JPES; Prof. Ravindra Kumar Pandey, Principal, CIP; and Prof. Shiv Shankar Shukla, Vice Principal, CIP. They extended their warmest wishes to the faculty and students, adding to the celebratory ambiance.

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National Service Scheme Activities Seven days Special Camp March -1-7, 2025

The NSS UNIT of Columbia Institute of Pharmacy Raipur organized Seven Days Special Camp at Adopted Village Chhapora from March 01 to March 07, 2025 with theme "Youth for My Bharat and Youth for Digital Literacy". The inaugural Function was chaired by guests Shri Harjeet Singh Hura, Secretary, JPES, Prof. Shiv Shankar Shukla, Vice Principal, Mr. Rajkumar Bharti (Sarpanch, Chhapora). The dignitaries encouraged the NSS unit for completing their tasks enthusiastically. 48 NSS volunteers participated in this camp under the supervision of Programme Officer Mr. Sagar Sahu. Prabhat Relly, Yoga, Meditation, Shramdan and Baudhik Satra were the daily routine of the participants. Health camp, cleanliness programme at school, health center, shikshadan, awareness rally on various topics like digital fraud, cybercrime and Women Empowerment etc. were different activities under Shramdan. For "Baudhik Satra" some respectable guests were invited for talk on various social topics on different dates. The guests were Mr. Gunjan Kalyani (Assistant Prof, CIP), Mr. Pranav Sahu (Ethical Hacker and Cyber Expert), Dr. Akhilesh Sahu (Oncologist, MMI Hospital), Mrs. Rajlaxmi Singh (Chairman, Women Empowerment Committee, Rotary Club Bhilai) and Prof. Anamika Singh (Vice Principal, Columbia College of Nursing, Raipur). The closing ceremony of the camp was ornamented with the special presence of Mr. Rajkumar Bharti (Sarpanch), Mr. Sukhnandan Sahu (Teacher, Govt Middle School, Chhapora), Panch and Other Villages. The guests appreciated the NSS team for their dedication and hard work.



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Other National Service Scheme Activities

Global Recycling Day was celebrated on March 18, 2025 at Columbia Institute of Pharmacy. Senior volunteers Devshree Sharma and Khilesh Sahu explain P2B preparation and about various products made by plastic waste.



NSS Volunteers of CIP **Visited Old Age Home** on March 21, 2025 located at Bhurkoni and spent some valuable time with residents.



Purple day, a global initiative to raise awareness about epilepsy was celebrated on March 26, 2025 at Columbia Institute of Pharmacy, Raipur by organizing rally at nearby village Tekari.



Volunteers of CIP, Raipur Participated in **Padyatra** organized by the Ministry of Youth Affairs and Sports, NKYS and NSS Chhattisgarh on the occasion of Ambedkar Jayanti at Marine Drive, Raipur



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NSS Volunteers, Rahul Chandrakar and Chandrkant Nishad **donated blood** as a noble cause. Blood Donation was done on March 27, 2025.



Shaheed Diwas was observed by NSS Volunteers of CIP, Raipur on March 23, 2025 marking martyrism of Bhagat Singh.



State Level Camp of NSS was organized at Ambikapur in 21-27 March 2025 where Volunteer of CIP Raipur, **Aastha Ware** secured First position in short video making competition



B Certificate Exam of 7 NSS Volunteers was held at CIP, Raipur on April 16, 2025, for those who qualified with required work hours as volunteers.



NSS Volunteers paid tribute to Pahalgam Attack Victims as mark of respect against the heinous attack at Pahalgam on April 26, 2025.



Saturday Activities/ Invited Lectures/Workshop held

Guest Lecture

Columbia Institute of Pharmacy, Raipur, hosted a captivating lecture on 'Aviation and Opportunities' on March 29, 2025. The esteemed guest speaker, Mr. Vikash Joshi, retired Station Manager of Air India, shared his enriching experiences and memories with the students. He regaled the audience with tales of his postings in Sri Lanka and Iraq, providing valuable insights into the aviation industry. Mr. Joshi graciously addressed queries from students and faculty members, fostering a spirit of curiosity and learning. The program culminated with a heartfelt memento presentation to the guest. The event was attended by distinguished dignitaries, including Shri Harjeet Singh Hura, Secretary, JPES; Dr. Shiv Shankar Shukla, Professor, CIP; Dr. Beena Gidwani, Associate Professor, CIP; and all faculty members of CIP."



One day Workshop was held at Columbia Institute of Pharmacy Raipur where Prof (Dr.) Neetesh Kumar Jain, Prof and Head, Department of Pharmacology and Toxicology, Modern Institute of Pharmaceutical Sciences enlightened students of CIP and CCP on "How to Plan for Startup & Legal and Ethical Steps". Lecture highlighted various essential steps for startups and their legal and ethical aspects.

The workshop was attended by B. Pharm. students of CIP and CCP. Prof Shiv Shankar Shukla, Dr. Beena Gidwani, Dr. Shashikant Chandrakar and other Faculty members of CIP and CCP were present.



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Columbia Institute of Pharmacy in association with sarvodaya hospital and public menopausal committee organized awareness program on 19th April 2025. The program initiated with lamp lighting followed by floral welcome of guests. Three sessions were delivered by gynecologist doctors from AIIMS, Raipur and Sarvodaya Hospital, Raipur. First session was delivered by Dr Sushma Verma madam on HPV infection. The symptoms, causes, types and preventive measures for HPV infection were discussed. It's Risk to health can led to various types of cancers. HPV vaccination and its dose and side-effects were told. Second session was delivered by Dr. Vinita Singh. She told about screening test and preventive measures for vaginal, colorectal and endometrial cancer. The third and last session was delivered by Dr. Himani punshi. She discussed about self-breast examination and its significance in women. The program ended with memento presentation and vote of thanks. The female faculty and students of all the department attended the programme.



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ACHIEVEMENTS

Paper Publications

1. Dr. Ravindra Kumar Pandey published a paper titled "**Herbal Bioenhancers in Pharmaceutical Drug Delivery: Mechanisms, Challenges, and Future Innovations**" in **Chemistry and Biodiversity**, April 2025; along with, Dr. Shiv Shankar Shukla, **Dr. Bina Gidwani**, Harsh Verma and Dr. Monika Bhairam.
2. **Dr. Trilochan Satapathy** published a review paper entitled "**A Comprehensive Review on Novel Therapies for Gastrointestinal Cancers using Translational Platforms**" in **Journal of Drug delivery and Therapeutics** 2025.
3. **Dr. Trilochan Satapathy** published a review paper entitled "**Recent Outbreaks of HMPV: Prevention, Diagnosis and Therapeutic insights**" along with **Shiv Bhardwaj** in **Curr. Pharm. Des.**, Mar 2025.
4. **Dr. Trilochan Satapathy** published a research paper entitled "**Dermal Safety Study and Antifungal Activity of Dhatrayadi lepa**" in **International Journal of Pharmaceutical Investigation** 2025.
5. **Dr. Trilochan Satapathy** published a research paper entitled "**Metabolic dysfunction associated Steatotic Liver Disease: Exploring Therapies and systemic impacts**" in **Clinics and Research in Hepatology and Gastroenterology** 2025.
6. **Dr. Trilochan Satapathy** published a review paper entitled "**Experimental animal models for urolithiasis (kidney stone): A comprehensive review**" in **Animals and Zoonoses**, 2025.
7. **Dr. Trilochan Satapathy** published a review paper entitled "**Janus Kinase Inhibitors (JAK) As Potential Candidate Targets to Rheumatoid Arthritis**" in **Current Research in Alternative Complementary & Integrative Medicine**, 2025 along with Darshana Rathi and Kamaksha Tiwari.
8. **Sagar Sahu** has published a review paper with **Khilesh Sahu, Devshree Sharma, Piyush Verma, Tushar Tripathi, Rahul Chandrakar, D. S. Raghuwanshi, and Gunjan Kalyani** on title "**Augmenting the National Service Scheme (NSS) in India as an approach for superior civic commitment and society improvement**" in **International Journal of Research and Analytical Reviews (IJRAR)** - UGC Approved Journal April 2025, Volume 12, Issue 2.
9. **Sagar Sahu** has published a review paper with **Khilesh Sahu, Devshree Sharma, Piyush Verma, Tushar Tripathi, Rahul Chandrakar, D. S. Raghuwanshi, and Gunjan Kalyani** on title "**Role Of National Service Scheme (NSS) In Skilling Social Precision Among Students Of Higher Education**" in **International Journal of Research and Analytical Reviews (IJRAR)** - UGC Approved Journal April 2025, Volume 12, Issue 2.
10. **Sagar Sahu** has published a review paper with **Khilesh Sahu, Devshree Sharma, Piyush Verma, Tushar Tripathi, Rahul Chandrakar, D. S. Raghuwanshi, and Gunjan Kalyani** on title "**The Role of National Service Scheme (NSS) in Nation's Edifice**" in **International Journal of Research and Analytical Reviews (IJRAR)** - UGC Approved Journal April 2025, Volume 12, Issue 2.
11. **Sagar Sahu** has published a research paper with **Khilesh Sahu, Devshree Sharma, Piyush Verma, Tushar Tripathi, Rahul Chandrakar, D. S. Raghuwanshi, and Gunjan Kalyani** on title "**A Study of the Impact of National Service Scheme on Empowering Youth & Progression**" in **International Journal of Innovative Research in Technology (IJIRT)** - UGC Approved Journal May 2025, Volume 11, Issue 12.

Books

1. **Sagar Sahu** Published a book on **National Service Scheme** with title "**Abridgement on National Service Scheme**" in **Chyren Publications, Palwal, Haryana** which will serve as Textbook for the Students of BA First and Second Semester in various Universities which is in accordance with NEP 2020.
2. **Sagar Sahu** Published a book title "**A Textbook on Pharmaceutical Marketing Management**" in **Chyren Publications, Palwal, Haryana** along with **Gunjan Kalyani** which will serve as Textbook for the Students of B. Pharm. VIII Semester as per PCI Syllabus.

ACHIEVEMENTS

Book Chapters

1. **Dr. Shiv Shankar Shukla** published a book chapter entitled “**Collaborative Approaches and Partnershi**”, under **Bentham Sciences**, April 2025, along with **Dr. Ravindra Kumar Pandey**.
2. **Dr. Shiv Shankar Shukla** published a book chapter entitled “**The Challenges of preserving indigenous herbs**”, under **Bentham Sciences**, April 2025, along with **Dr. Ravindra Kumar Pandey**.
3. **Mr. Sagar Sahu** published a book chapter entitled “**Role of Artificial Intelligence in accelerated Drug Discovery and Development under Sai College Publications**, April 2025, along with **Mr. Gunjan Kalyani**.
4. **Dr. Disha Kesharwani** published a book chapter entitled “**Theragnostic Approaches for Management of Tuberculosis**” under Elsevier, AP Publications, 2025.

Oral Presentation

1. **Mr. Sagar Sahu** gave oral presentation at National Seminar on March 10, 2025 with theme "**Role of Forest Resources in Sustainable Rural Development**" on title "**Forests are Nature's Pharmacy: To conserve them is to Replenish our supply**" held at Rani Durgawati College, Wadrafnagar, Dist - Balrampur, Chhattisgarh.
2. **Mr. Gunjan Kalyani** gave oral presentation at National Seminar on March 10, 2025 with theme "**Importance of Forest Medicines**" on title "**Forests are Nature's Pharmacy: To conserve them is to Replenish our supply**" held at Rani Durgawati College, Wadrafnagar, Dist - Balrampur, Chhattisgarh.
3. **Dr. Monika Bhairam** gave oral presentation at National Seminar on March 22, 2025 with Theme Sustainable Drug Chemistry on title “**Standardization and Formulation of garlic Extract for Nutraceutical and Pharmaceutical Use**”.

Seminar/Conference/FDP attended

1. **Ms. Sandhya Mishra** attended National Level Online e-FDP on "**Exploring AI for advancing education, research and scientific writing**" organized by Pravara Rural Education Society's College of Pharmacy (For Women), Nashik in association with APTI-central held during 17-21 March 2025.
2. **Dr. Disha Kesharwani** attended National Level Online e-FDP on "**Exploring AI for advancing education, research and scientific writing**" organized by Pravara Rural Education Society's College of Pharmacy (For Women), Nashik in association with APTI-central held during 17-21 March 2025.
3. **Mr. Sagar Sahu** attended National Workshop on “**Advances in Experimental Approaches: Cadveer and Ex vivo Studies in Pharmacological Research**” organized by Rungta Institute of Pharmaceutical Sciences, Bhilai in March 2025.
4. **Mr. Gunjan Kalyani** attended National Workshop on “**Advances in Experimental Approaches: Cadveer and Ex vivo Studies in Pharmacological Research**” organized by Rungta Institute of Pharmaceutical Sciences, Bhilai in March 2025.

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Causerie

Molecular Docking

Molecular docking is abundantly utilized compactization phenomenon in the field of computer aided drug design (CADD). It helpful in academic as well as pharmaceutical industry for innovation of a novel lead discovery. Molecular docking depends on the two phenomena: ligand and protein where protein is a target site and ligand gives attachment to that protein. This system gives study of affinity of ligand and protein, approach of drug towards the specific pharmacological activity for specific drug moiety. In this article explore the knowledge about molecular docking types, new systems of molecular docking, and various approaches of new docking systems, which helpful for the understand the concept of molecular docking. In the journey of drug discovery molecular docking gives major role for determine various pharmacological activity of newly synthesized or previously synthesized drug moiety. Also give numerical data for drug and its activity which helpful for the various novel drug discovery.

Mr. Sagar Sahu
Assistant Professor, CIP

Inspiring Quotes

- ❖ "Success usually comes to those who are too busy to be looking for it." - Henry David Thoreau
- ❖ "If you are not willing to risk the usual, you will have to settle for the ordinary." - Jim Rohn
- ❖ "Believe you can and you're halfway there." - Theodore Roosevelt
- ❖ "Great minds discuss ideas; average minds discuss events; small minds discuss people." - Eleanor Roosevelt
- ❖ "Do your thing and don't care if they like it." - Tina Fey

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GPAT Quiz- 24

1. All of the following are true regarding penicillins EXCEPT
 - a) Most penicillins only cross the blood brain barrier when the meninges are inflamed.
 - b) Penicillins don't require dosage adjustment in renal failure
 - c) Penicillins inhibit cross linkage of peptidoglycans in the cell wall
 - d) Piperacillin is a penicillin active against pseudomonas
2. Ciprofloxacin
 - a) Is a defluorinated analogue of nalidixic acid
 - b) Inhibits topoisomerases 2 and 3
 - c) Has no gram positive cover
 - d) Has a bioavailability of 30%
 - e) May cause an arthropathy
3. Resistance to B lactams
 - a) Can be due to an efflux pump
 - b) Is most commonly due to modification of the target PBPs
 - c) Does not involve penetration of drug to target PBPs
 - d) Infers resistance only to penicillin
 - e) Can involve up to 5 different B lactamases
4. Macrolides
 - a) Have enhanced activity at acidic pH
 - b) Have little activity against legionella
 - c) Have half lives which increase in patients with anuria
 - d) Induce cytochrome p450 enzymes
 - e) Are contraindicated in neonates
5. Flucloxacillin
 - a) Is ineffective against streptococci
 - b) Is active against enterococci and anaerobes
 - c) Blocks transpeptidation and inhibits peptidoglycan synthesis
 - d) Is poorly absorbed orally
 - e) Has excellent penetration into CNS and prostate

GPAT Quiz- 25

6. All of the following inhibit nucleic acid synthesis EXCEPT

- a) Norfloxacin
- b) Chloramphenicol
- c) Trimethoprim
- d) Rifampicin
- e) Sulfasalazine

7. Which of the following is a second-generation cephalosporin?

- a) Cefaclor
- b) Ceftazidime
- c) Cephalexin
- d) Cefotaxime
- e) Cephalothin

8. Regarding the pharmacokinetics of the tetracyclines

- a) Tetracyclines are 40 to 80 % bound by serum proteins
- b) Absorption is enhanced by coadministration of antacids
- c) Tetracyclines cross the blood brain barrier easily
- d) Doxycycline is excreted predominantly by the kidney
- e) Demeclocycline is a short acting tetracycline drug

9. All of the following are recognized adverse effects of isoniazid EXCEPT

- a) Hepatitis
- b) Peripheral neuropathy
- c) Retrobulbar neuritis
- d) Decreased phenytoin metabolism – increased phenytoin blood levels / toxicity
- e) CNS toxicity

10. Vancomycin

- a) 90% of vancomycin is excreted by glomerular filtration
- b) Inhibits proteinsynthesis in bacteria
- c) Is bactericidal against gram negative bacilli
- d) Is well absorbed from the GIT
- e) One adverse reaction to infusions of vancomycin is the “blue man” syndrome

Answer Key GPAT Quiz 24:

1. c, 2. C, 3. B, 4. D, 5. A, 6. C, 7. A, 8. A, 9. D, 10. c

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Students' Thought

Result or Roses

The man who wants a garden fair,
Or small or very big,

With flowers growing here and
there,
Must bend his back and dig.

The things are mighty few on earth
That wishes can attain.

Whate'er we want of any worth
We've got to work to gain.

It matters not what goal you seek
Its secret here reposes:

You've got to dig from week to
week
To get Results or Roses.

Nikhil Mishra
B. Pharm. VI Sem.

Success and Failure

I do not think all failure's undeserved,
And all success is merely someone's luck;

Some men are down because they were
unnerved,
And some are up because they kept their
pluck.

Some men are down because they chose to
shirk;
Some men are high because they did their
work.

I do not think that all the poor are good,
That riches are the uniform of shame;
The beggar might have conquered if he
would,

And that he begs, the world is not to blame.

Misfortune is not all that comes to mar;
Most men, themselves, have shaped the things
they are.

Mohit Singh Thakur
B. Pharm. VI Sem.

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New Drug Approved in 2025

Imaavy

Active Ingredient: Nipocalimab-aahu

Approval Status: Approved 29/04/2025

Specific Treatments: Myasthenia gravis

MAAVY is a neonatal Fc receptor blocker indicated for the treatment of generalized myasthenia gravis (gMG) in adult and pediatric patients 12 years of age and older who are anti-acetylcholine receptor (AChR) or anti-muscle-specific tyrosine kinase (MuSK) antibody positive. (1)

Mechanism of Action

The primary activity is by blocking Fc Receptor.

Side Effects

Angioedema, anaphylaxis, rash, urticaria, and eczema

Less Known Facts About Traditional Food

Salga Bada: Savory Fritters in Tangy Curry

- ✚ **Aids Digestion:** Kadhi is known to help with digestive issues due to its probiotic content from yogurt.
- ✚ **Boosts Immunity:** The ingredients in kadhi can enhance the immune system, helping to fight off infections.
- ✚ **Supports Heart Health:** Regular consumption of kadhi may contribute to better heart health.
- ✚ **Prevents Dehydration:** Kadhi can help prevent dehydration, especially in hot weather.
- ✚ **Rich in Nutrients:** Besan (gram flour) used in kadhi is a good source of plant-based protein and essential micronutrients.

Recipe

Making the Bada:

- Grind the soaked urad dal into a smooth paste.
- Mix in chopped ginger, green chilies, salt, and cumin seeds.
- Heat oil and deep fry small portions of the batter until golden brown.
- Soak the fried fritters in warm water for a few minutes, then squeeze out excess water.

Preparing the Curry:

- Whisk yogurt with water, turmeric, red chili powder, and salt.
- Heat oil and temper mustard seeds, dried red chilies, curry leaves, and garlic.
- Pour in the spiced yogurt mixture and let it simmer.
- Add the softened fritters into the curry and cook for a few minutes.
- Garnish with fresh coriander leaves.

Nutritional Value

Nutrients	Per Serving 100 g (%)	Nutrients	Per Serving 100 g (%)
Carbohydrate	39.2 g	Dietary Fibres	29 g
Protein	46.6 g	Calcium	200 mg
Fat	6.7 g	Iron	7.20 mg
Energy	341 KCal	Potassium	983 mg
Sodium	38 mg		

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Plant with herbal benefits

Dandelion (*Taraxacum Officinale*)

Synonyms: Dandelion

Recognized by its jagged leaves, Dandelion is a common yet often underappreciated plant. You might know it as a persistent weed in your garden. Despite this, dandelions offer many medicinal benefits. The entire plant is edible, with each part offering different health properties. The leaves support digestion. They are high in vitamins and can be used fresh in salads. The roots detoxify the liver and can be roasted to create a coffee substitute. Dandelion flowers make a soothing tea.

Scientific classification		
Kingdom:	Plantae	
Clade:	Tracheophytes	
Clade:	Angiosperms	
Clade:	Eudicots	
Clade:	Asterids	
Order:	Asterales	
Family:	Asteraceae	
Genus:	<i>Taraxacum</i>	
Species:	<i>T. officinale</i>	

Morphology: *Taraxacum officinale* grows from (generally unbranched) taproots and produces several hollow, leafless flower stems[17]:470 that are typically 5–40 centimetres (2–15+3/4 inches) tall, but sometimes up to 70 cm (28 in) tall. The stems can be tinted purplish, they are upright or lax, and produce flower heads that are held as tall or taller than the foliage. The foliage may be upright-growing or horizontally spreading; the leaves have petioles that are either unwinged or narrowly winged. The stems can be glabrous or sparsely covered with short hairs. Plants have milky latex and the leaves are all basal; each flowering stem lacks bracts and has one single flower head. The yellow flower heads lack receptacle bracts and all the flowers, which are called florets, are ligulate and bisexual. In many lineages, the seeds are mostly produced by apomixis, notwithstanding the flowers are visited by many types of insects. The leaves are 5–45 cm (2–17+3/4 in) long and 1–10 cm (1/2–4 in) wide, and are oblanceolate, oblong, or obovate in shape, with the bases gradually narrowing to the petiole. The leaf margins are typically shallowly lobed to deeply lobed and often lacerate or toothed with sharp or dull teeth.

Chemistry: Taraxalisin is a serine proteinase found in the latex of dandelion roots. Rudenskaya et al. (1998) found that taraxalisin hydrolyzes a chromogenic peptide substrate Glp-Ala-Ala-Leu-pNA optimally at pH 8.0.[23] Maximal activity of the proteinase in the roots is attained in April, at the beginning of plant development after the winter period.

Uses: The plant has several culinary uses: the flowers are used to make dandelion wine the greens are used in salads, the roots have been used to make a coffee substitute (when baked and ground into powder) and the plant was used by Native Americans as a food and medicine.

Title	End Date	Website
List of selected projects under Intramural Grant Research Proposals-2024	May 16, 2025	https://www.icmr.gov.in/call-for-proposals
Call for short-term and long-term fellowship abroad for the year 2025-26.	June 30, 2025	https://www.icmr.gov.in/call-for-proposals
Chhattisgarh Council of Science & Technology (CCOST) – Seminar, Conference, Worskhop	Round the year	https://ccost.cg.gov.in/

DST-FIST, GOI sponsored PG Programme

रायपुर। कोलंबिया फार्मसी संस्थान ने हाल ही में 2010 से 2024 तक के पासआउट छात्रों के लिए एक शानदार एलुमनी मीट का आयोजन किया। इस कार्यक्रम में विभिन्न सत्रों के पूर्व विद्यार्थियों ने एक साथ आकर अपने पुराने दिनों की यादों को ताजा किया और अपने अनुभवों को साझा किया। संस्था के अध्यक्ष किशोर जादवानी ने कहा कि इस मीटिंग का मुख्य उद्देश्य पुराने पलों को पुनर्जीवित करना और पुराने रिश्तों को फिर से जोड़ना है। उन्होंने यह भी कहा कि इस प्रकार के आयोजन से नए रिश्तों का आरंभ होता है और विद्यार्थी अपने कैरियर की उपलब्धियों को एक-दूसरे के साथ साझा करते हैं।

रायपुर। कोलंबिया इंस्टीट्यूट ऑफ फार्मेसी के बैचलर ऑफ फार्मेसी 7वें सेमेस्टर के विद्यार्थियों ने तकनीकी विश्वविद्यालय के पाठ्यक्रम के तहत 10 दिनों के औद्योगिक भ्रमण के दौरान बेंगलुरु और ऊटी स्थित कून्नूर के प्रमुख फार्मास्युटिकल संस्थानों का दौरा किया। इस भ्रमण ने विद्यार्थियों को औद्योगिक पहलुओं से अवगत कराने का अवसर प्रमुख आकर्षण कर्नाटका एंटीबायोटिक एक्सपोज़िशन का दौरा करना था। एक सरकारी स्वामित्व वाली कंपनी के उद्योग संचालन के महत्वपूर्ण पहलुओं, उत्पादन और गुणवत्ता नियंत्रण प्रणालियों



गार्थियों को फार्मास्युटिकल उद्योग के विभिन्न नमोल अवसर प्रदान किया। इस यात्रा का एक टिटक्स एंड फार्मास्युटिकल्स लिमिटेड था, जो है। यहां छात्रों को फार्मास्युटिकल निर्माण और ओ के बारे में जानकारी मिली, जिससे उन्हें दवा र्थियों को समझने का अवसर प्राप्त हुआ।

Raipur City Line | 2025-03-06 | Page-4
ehitavada.com

■ **Staff Reporter**
RAIPUR, Mar. 5

THE B Pharm 7th Semester students of Columbia Institute of Pharmacy were on 10-day industrial tour as per syllabus prescribed by Chhattisgarh Swami Vivekananda Technical University, Bilhaji.

A group consisting of 48 students accompanied by four faculty members Rahul Kumar, Manisha Verma, Anjali Sinha and Swapnil LL explored major pharmaceutical and research hubs across Hyderabad, Bangalore, Mysore, Ooty and Coimbatore. The tour offered students a unique opportunity to engage with some of India's leading pharmaceutical institutions. One of the standout experiences was a visit to Karnataka Antibiotics and Pharmaceuticals Limited (KAPL) in Bengaluru. As a government-owned entity, KAPL provided valuable insights



Students leaving on industrial tour at Raipur railway station

into pharmaceutical manufacturing and industry operations allowing students to witness first-hand the processes behind drug production and quality control. Students also visited the

Pasteur Institute of India in Ooty, a 115-year-old institution renowned for its vaccine research including the DPT vaccine. Pasteur Institute of India is an autonomous institute under the

Ministry of Health and Family Welfare (Govt.).

At this historical institute, students were exposed to cutting-edge vaccine manufacturing processes, deepening their understanding of the critical role vaccines play in global health.

The tour was made possible through the vision and support of the management of Columbia Group of Institutions Secretary JPES Harjeet Singh Hura and Principal Dr. Gajendra Kumar Pasha. Their unwavering commitment to providing students with real-world exposure continues to shape the future of the next generation of pharmaceutical professionals. This industrial tour has undoubtedly broadened the horizons of the students, equipping them with knowledge and experience that will prove essential as they take their next steps in the pharmaceutical industry.

नवेलिया प्रतिनिधि, रायपुर: नवेलीयवा
नवेलीयवा अन्तर्गत नवेलीयवा



बालेजय जी अतिथि इतने से हाजरी की भीड़ में अलग पहचान दी, बड़ी जगहों पर सम्प्रतिष्ठित हुए बहुराज्य के एक अवसर मिले। राजा प्रताप सिंह ने कहा कि यहाँ पर गहरी का बहुत अच्छा माहौल है। इतिहास की बहुत मदद करती हैं। यहाँ पर राजा का उत्साही निवास पर बहुत ही अच्छा है। गुलाम 'प्रेम' राजा ने कहा कि

बंगलेज में पछाड़ के सत्ता-सत्ता हमने
अन्य गतिविधियों में हिंसा शिथिल।
जिससे सम्बन्ध होता और जीवन जीने
की सोच मिलती।

क्रिश्नदत्त शर्मा ने कहा कि जीवन में
सबसे अच्छे दिन बंगलेज के होते हैं।

भीषण सुमार सङ्घु ने कहा कि जो मैं आगे यद्दने के लिए सार्द्ध-लिंग कर एक अलग सार्वभौम है। लेकिन अजडे सार्वभौमिक के लिए यद्दने अजडे मैं आगे सङ्घु आसमान पार है।



कठोरनिष्ठता का मतलब है आर्थोमिन एल्युमिनियम की मदद से कठोर पदार्थों का बनाना। •

Rajdhani - 21 Apr 2025 - 21raj
epaper.navabharat.news

प्रारंभिक पहचान से मृत्यु दर में आ सकती है 98 प्रतिशत तक की कमी. स्तन कैंसर और गर्भाशय ग्रीवा कैंसर के मामले बढ़ रहे

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मेनोपॉज सोसायटी का कैंसर जागरूकता कार्यक्रम कोलंबिया इंस्टिट्यूट ऑफ कॉमर्स में हुआ आयोजन गभराय ग्रीवा के कैंसर को 100 फीसदी रोका जा सकता है

[illegible]

घर पर मतनों की स्वयं जांच ऐसे करें

[illegible]

संयुक्त सत्यवादी डॉ. सुभाष चरण ने कहा कि भारत में लगभग 28 में से 1 व्यक्ति को अपने जीवनकाल में सन कैसर होने का शरणा होक है। उन्होंने इस बात पर जोर देते हुए कहा कि निर्धनता सन पोषण और स्वीनिंग के माध्यम से प्रारंभिक पहचान से मुक्त कर 98 प्रतिशत तक जो कमरे आ सकता है। पोषण प्रोश के कैसर को 100 प्रतिशत रोका जा सकता है और अगर मुरुआत कारण में ही इसका पता चला जरा हो तो 90 प्रतिशत तक रोका हो सकता है।

[illegible]

साल 2023 में कैसर से हुई 11031 मौतें

राज्य की हर 1 लाख की आबादी में 189 महिलाएं कैंसर पीड़ित

पञ्चमूर्ति (2015), सज्जु: श्रीलक्ष्मी (2015) जयन्त मनीष ने शक्तिरत्न श्रीलक्ष्मी जीत का आयोजन किया



प्रेमका काली।
 'प्रेम' में अतिशय दुःख में काली की पीड़ा है अतः प्रत्यक्ष में, यही लक्षणी पर लक्ष्यकण्ड उक्त वस्तु कहती है। अतः प्रेमिका काली प्रेम में काली कि वही पर प्रेम की वस्तु प्रकट करती है। प्रेमिका की प्रकृति प्रकट करती है। वही पर प्रेम की वस्तु प्रकट करती है। प्रेमिका की प्रकृति प्रकट करती है।

अमेरिका में पढ़ाई के बाद-बनाए हुयेने
आपके परिवारोंकी ये इच्छा होगी।
विशेषकर अमेरिका मेंआने और अमेरिका में
की पढ़ाई मिलेगी।
विशेषकर अमेरिका में पढ़ाई की इच्छा
की इच्छा होगी।



DST-FIST, GOI sponsored PG Programme

Upcoming **EVEN**T**S**

1. Invited Prolocution
2. Saturday Activities
3. World Environment Day
4. World Biodiversity Day
5. World Hypertension Day
6. World Tobacco Day

Columbia Institute of Pharmacy, Raipur

NBA Accredited UG Programme (B. Pharm.)

CPCSEA (New Delhi) approved lab for breeding & experimentation of small animals

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