Congratulations to all our faculty & student coordinators to bring out this new 5th edition of PharmaBuzz at Anand College of Pharmacy. I would like you to maintain this level of dedication and consistency for these efforts as it’s a reminder and culmination of what is achieved so far and still to be achieved towards our collective goal. I am also happy to note that the newsletter is reaching now to each and every student of Anand College of Pharmacy through emails collected semester wise by the student’s coordinators. Also, strive to keep checking our college website and related social media too, on daily basis and give regular feedbacks for the constant updates. This is required to be in sync with college happenings in this age of jet rapid media and changing times. One could not just lag behind in this aspect too. So, try to spread goodwill and good efforts of the college everywhere. It’s our combined efforts that will bring the desired results. And Wish you all the best for the upcoming university exams. A relaxed mind, concentrated focus and hard work are the keys to do well and succeed with flying colors.

Best Wishes
Thank you,

Dr. Kashmira J. Gohil
Dean, ACP
Anand College of Pharmacy has conducted a “HEALTH AWARENESS PROGRAMME” in selected schools of Agra to highlight the issues of national importance and general awareness regarding Health and Medicine which is necessary for the community, specially the students. Mrs. M. Shamshath Begum (Asst Professor) and Dr. Monika Singh (Lecturer) has organized this programme successfully in the various schools like M.D. Jain Boys Inter College, St. John Girls Inter College, Queen Victoria Girls Inter College, Sachdeva Millennium School, Shri H. R. Inter College, Govind Savitri Bai Phule Girls inter College, Holy Public School, Children Progressive Inter College, S. K. L. Inter College, Hillman Public School, Brij Public School and Shri R.S. Public School. They have started this program in Nov-2015 and continued it in Feb-2015. Under this Health Awareness Program they conducted Seminar and “SCIENTIFIC QUIZ COMPETITION-2015-16”. Quiz comprises of 50 Questions from physics, chemistry, mathematics and Biology. They had also honored the winners of Quiz 2015-16 by awarding trophies and certificates.

In this regard, Dr. Monika Singh delivered seminar on “SAFETY WITH MEDICINE”. She conveyed all the students of 11th and 12th class of various schools about pharmacist’s role in the community. After that Mrs. Shamshath Fazul and Dr. Monika Singh also did students’ “CAREER COUNSELLING” by clarifying their doubts regarding pharmacy profession. They told that not only medical students but non-medical students can also opt for this noble profession. They also explained the importance and need of Pharmacy, a noble profession, which can only provide cost effective drugs and medicines to the people. Their speech highlighted how a pharma person might maximize the ability of every citizen to create better personal and community health by challenging traditional thinking in the world that is ever changing.
Queen Victoria Girls Inter College

Hillman Public School

St. John Girls Inter College

Children Progressive Inter College

Holy Public School

M. D. Jain Inter College

Braj Public School

Winning isn’t everything, but wanting to win is. – Vince Lombardi
Mr. NITANK AGARWAL, a B.Pharm 2nd Year student of Anand College of Pharmacy, Agra has won FIRST PRIZE at state level Fest (Technical, Literary and Management) in English Debate Competition held on 4th and 5th March, 2016 at ABES Engineering College, Ghaziabad after getting selected at Anand Engineering College Technical Campus, Agra as a winner of first prize for AKTU Fest-2016 (Technical Literary & Management Fest) in similar category. Dr. K.J. Gohil (Dean, Anand College of Pharmacy), Agra heartily congratulated Mr. Nitank Agarwal for making our college SGI group immensely proud. Dr. Monika Singh (Cultural Coordinator) also motivated the student for participating in the debate competition. Executive vice president of SGI group Shri Pradeep Mahtha also conveyed his good wishes and praised the effort of the student and team for the win.

The topic of Debate was “Should juveniles be treated as Adults”. Mr. Nitank spoke of many prevalent facts. Violent crimes are committed in the world everyday. Almost one-half of them are committed by teenagers ages 13 through 17. Legally speaking, juvenile can be defined as those children who have not attained a certain age at which they can be held liable for their criminal acts like as an adults. Petty crimes and heinous crimes are being regularly committed by children in India. Crimes such as theft, snatching and heinous crimes such as robbery, murder and rapes are committed by these children. Juvenile between the age of 16-18 years are found to be more involved in brutal criminal cases. According to the National Crime Research Bureau out of 45306 cases registered against juvenile in the year 2013, almost 28000 were committed by those between the age of 16-18 years. According to the statistics out of all the rapes committed in India in the year 2014, 28% were committed by the so called juvenile. The most recent examples are Nirbhaya case & Shakti mill rape case. Now to conclude, I would say that this is 21st century and a child grows mentally at a very alarming rate & if he commits crime and is not punished for the same he may become threat for whole nation as well as humanity. If Kasab would have been stopped at a very young age by his parents we would not have witnessed terrifying 26/11 attacks on Mumbai.

ACP and SGI heartily applaud the victory of Mr. Nitank Agarwal and proud of his achievement as a glorious example to all potential students.

I attribute my success to this: I never gave or took any excuse. – Florence Nightingale
Anand College of Pharmacy has secured ‘first position’ in the non working model category, in the Innovation day competition held on 27 & 28 of October 2015 for the project of “Herbal Tea” preparation. The Herbal tea prepared was a wonderful beverage made from the infusion or decoction of various herbs, spices, or other plant material in hot water and does not contains caffeine. The preparation consisted of Tulsi extract, Ginger powder, Cumin powder, Fennel extract, Lemon zest, Black salt, Cardamom powder and Sugar which was measured in respective quantities, mixed and packed to be sampled by various people.

The tea is helpful in reducing blood pressure, cholesterol levels, and glucose levels; where by increases blood circulation and aids digestion; show anti-carcinogenic, antioxidant properties and relieves cold and flu.

Herbs have been used for centuries to treat a variety of medical illnesses. Many of the uses have come from folklore or cultural traditions. Scientific evaluation of herbals has only recently begun, but, for many herbals and many ailments, is still lacking or has inconsistent results. This formulation evaluates the scientific evidence for 8 common herbal tea preparations and their effectiveness. There are many other common herbal teas used medicinally; these 8 were chosen as the focus of there medicinal uses and for their good safety profiles, lower drug-herb interaction rates, better side effect profiles, and better evidence ratings. Herbal teas can be a good alternative or addition to pharmaceuticals for some patients. If patients don’t care for tea, many of these herbs come in extract pill or powder form.

Two Students of Anand College of Pharmacy, Pankaj Garg (B.Pharm. 2nd Year) and Kartik Singhal (B.Pharm. 1st Year) participated in SPARK 2016 PHARMA FEST which was held on 09th April 2016 organized by Institute of Pharmaceutical Research GLA University, Mathura. Many students participated in different events from various colleges of Uttar Pradesh. Kartik Singhal and Pankaj Garg participated in WITTY MIND QUIZ. Written Quiz questions were related to pharmacy and general knowledge. Kartik Singhal also participated in a poster presentation competition. The topic of poster presentation was “Pathophysiology of Ebola Virus”. Poster contains its etiology, symptoms, disease transmission etc. The objective of making this poster was that thousands of people died because of Ebola virus in Africa and various parts of the world but still people don’t aware of Ebola virus.
Students of B.Pharm 3rd Year have undergone winter training for one month in various Pharmaceutical Industries and analyzed various manufacturing sections like tablet manufacturing, capsule manufacturing, syrup and ointment production, parenteral and quality control department.

Abhijeet Biswas, Rajat Pathak, Neha Sinha, Shivam Chak, Vineet Singh, IndRAPRAKASH Singh, Mohan Kushwah and Arjun Sonwal have undergone training in labelling and Packaging section at Osper Formulation in Baddi, Himachal Pradesh.

Naina Verma and Monika Sharma have undergone training in Production and Quality control section section at Shrinivas Laboratories Pvt Ltd, Gujarat and CMG Biotech, Laxmi Nagar, Delhi respectively.

Komal Gurnani and Anju Bhati have undergone training in Quality control section at Indica Laboratories, Bapunagar, Gujarat and Starmek formulations, SGM nagar, Faridabad respectively.

SonIya Gupta and Chetan Chaudhary have undergone training in QC department at IPCA laboratories and Unimedicolabs, Selaqui, Dehradun respectively.

Siddharth Chaurasia, Manika Kulshrestha, Kalpana Yadav and Chamma Nishad have undergone training in Production, Quality control, Packaging and labeling and Parenteral section at Taurus Parenterals at Sidcul, Rudrapurdist, Uttrakhand.
It was our great honour for us to host a session on entrepreneurship by Mr. Shabd Mishra, CEO Renaissance E Services Pvt.Ltd, UK. He was absolutely simple in explaining our students about Entrepreneurship. Tikling the funny bone, he gave real life examples to motivate the students to ignite “Fire in the Belly attitude” towards entrepreneurship. At an Institute such as ours at Anand College of Pharmacy, we encourage our students to THINK, ACT AND REFLECT – in an OUT OF THE BOX manner, innovate and stretch beyond the boundaries as there are so many entrepreneurial opportunities offered by the Pharma Sector. Mr. Shabd Mishra gave Lively and charging examples , with the wonders in business happening all around! A spine tickling example was that of products such as GoN! How to conceptualise markets? How to prospect needs? What brings in consumer delight ? What is it about the product mix that generates unquenchable demand? With so much of buzz about START UP INDIA, we learnt from our real life -local yet global hero Mr. Shabd Mishra, about how to start business with ZERO CAPITAL and on what it takes, to taste the success in entrepreneurship. We extend our heartfelt thanks to Dr. Kashmira J.Gohil (Dean, Anand college of Pharmacy) and Mr. Ritesh Batra for their efforts and vision in making this program successful.
Dr. Monika Singh
Lecturer, ACP

The pharmaceutical sector as a part of the healthcare industry, is undergoing dramatic change. Primarily caused by reduced output of new medicines from research and development (R&D) laboratories. While other causes are drug pricing pressures, stricter regulatory environments and the overall current economic downturn. This makes demands of all pharmaceutical companies to find better ways to increase their output of new drugs, through innovation for the benefit of patients and for their business survival. In fact, just 12 percent of drugs entering clinical trials ever make it to patients and thousands won’t even reach past the early discovery and pre-clinical testing stages. Furthermore, to bring one medicine to market alone costs the pharmaceutical industry on average of $2.6 billion (including failure) and takes 10-15 years. Many are dropped because a competitor dropped a similar drug, targeting the same target, while others are found to be unsafe or not efficacious.

The traditional approach to drug development is expensive, time consuming and prone to failure. Pharmaceutical industry observers that cutting the time and costs involved in drug discovery and development will be essential to ensuring continued productivity and profitability of drug companies in this industry. Today, the process of drug discovery has been revolutionized with the advent of bioinformatics and efficient technologies like, combinatorial chemistry, high throughput screening (HTS), virtual screening, de novo design, in vitro, in silico ADMET screening and structure-based drug design.

Drug Designing (Drug Discovery) has the potential to hugely decrease the risk, cost and expertise required for the early stages of drug development, target selection and validation. By fully integrating Drug Designing in the drug discovery process, pharmaceutical companies could cut the cost of creating a new drug in half and remove two to three years off the development. They then look for a lead compound, meaning a promising candidate that could influence the target and potentially become a medicine. Drug Discovery in R&D in different companies will continue to be developing innovative, lifesaving medicines to help patients live longer and healthier lives.

"Behind my work was ambition, behind my love was personality, behind my purity was fear"
- Swami Vivekananda
Papaya in elevating Platelets Count

With the recent dengue outbreak, the use of papaya leaves as natural cure for dengue has received much interest among the public, and in the lay press. Being easily available and affordable, the use of papaya leaves occurs indiscriminately. The physician however remains unclear of his or her stand on the issue. The therapeutic effects of aqueous extract of papaya (Carica papaya) leaves are presumed to be due to several active components such as papain, chymopapain, cystatin, L-tocopherol, ascorbic acid, flavonoids, cyanogenicglucosides and glucosinolates. These are antioxidants that reduce lipid peroxidation, exhibit anti-tumor activity and immune modulatory effects. Animal studies suggest that papaya leaf extracts have potential therapeutic effect on disease processes causing destabilization of biological membranes as they inhibit hemolysis \textit{in vitro} and may cause increased platelet and red blood cell counts. A recent open-labelled trial from Malaysia demonstrated significantly higher platelet count after 40-48 hours of first dose of papaya leaves’ juice. Others have also reported encouraging findings. In spite of these small scale studies, the fact remains that dengue is a mostly a self-limiting disease with spontaneous increase in platelets during recovery.

MY BESTIES

Dimple Parashar
B.Pharm 2nd year

Their love ,their care ,never stands beneath.
Together they all, comprises my heartbeat.

My life my ways ,changed their trends,
These special persons ,are my friends.
They abuse ,they poke ,they irritate me.
Life without them ,is a waterless sea.
Whenever I quail ,they hold my hand
Forgetting everything ,makes me feel fervent.
As I enter ,they fanfare me,
Many a times, makes work away.

Some are fat ,some are weak
One of them is stature as peak.
Never feel any spite of something
Rather stay merry ,and happy with everything.
We never fawn upon the teachers,
Makes other jealous ,and have salutary features.
They always occupy the whole of my heart,
And will stay there ,until my beats are apart.

First they ignore you, then they laugh at you, then they fight you, then you win. -Mahatma Gandhi
If life is a Poem, and WRITE IT
If life is a Cricket Match, Be STEVE and WIN IT
If life is a Score, Be SACHIN and BREAK IT
If life is a Song, Be LATA MANGESHKAR and SING IT
If life is a Struggle, Be GANDHI and FIGHT IT
If life is a Play, Be AN ACTOR and ENJOY IT
If life is a n Invention, Be COLUMBOUS and ACHIEVE IT
If life is a n EXAMINATION, Be a STUDENT and SUCCEED IN IT
If life is a n AIM, Keep on TRYING and GET IT

Fatma Zehra
B.Pharm 1st Year

FACTS ABOUT HUMAN BODY

1 out of 5 adults urinate in public swimming pools, this is what causes the redness of the eyes, not chlorine.
Crying releases extra stress hormones, which is why you feel better after doing so.
The brain itself doesn’t have any pain receptors, so doesn’t feel anything which is why surgeons can perform open brain procedures on patients while they are awake.
A human body can bear only upto 45 del (units) of pain. Yet at time of giving birth, a mother feels upto 57 del (units) of pain. This is similar to 20 bones getting fractured at a time.
Hugging someone for more than 20 sec releases Oxytocin which is also known as the “love hormone”.
If you got gum stick in your hair, soak it in coke for 5 mins, it will get release off easily.
Hearing your name when no one is actually calling you is a sign of healthy mind.
Lip biting triggers a rush of chemicals to the brain which reduce anxiety, stress and increases mood.
Continuously awake for 2 weeks can kill you.

Karishma
B.Pharm 2nd Year

If life is a Poem, and WRITE IT
If life is a Cricket Match, Be STEVE and WIN IT
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If life is a n AIM, Keep on TRYING and GET IT

"मुश्किलें वो चीज़ें होती हैं, जो हमें तब दिखती हैं जब हमारा ध्यान लक्ष्य पर नहीं होता." - हेनरी फोर्ड

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# Meritorious Students of B.Pharm Odd Sem (2015-16)

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<th>Year</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
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<tbody>
<tr>
<td>1st Year (B.Pharm.)</td>
<td>Samar Shahid 81.2%</td>
<td>Prachi Shukla 81.2%</td>
<td>Fatma Zehra 80.2%</td>
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<tr>
<td>2nd Year (B.Pharm.)</td>
<td>Mr. Pankaj Garg 83.5%</td>
<td>Mr. Nitank Agarwal 82.5%</td>
<td>Ms. Karishma 79.30%</td>
</tr>
<tr>
<td>3rd Year (B.Pharm.)</td>
<td>Ms. Anju Bhati 84.5%</td>
<td>Ms. Manika Kulshreshta 80.1%</td>
<td>Mr. Mohan Prakash 75.8%</td>
</tr>
<tr>
<td>4th Year (B.Pharm.)</td>
<td>Ms. Nandini Pathak 83.0%</td>
<td>Sanchita Kanjilal 82%</td>
<td>Bhavna Nohwar 79.8%</td>
</tr>
</tbody>
</table>

**Publications**

नितांक के तरक ने दिलाई जीत

आर्आ: किजोगो की आरामकृष्ण की लेकर खात्र नितांक द्वारा गए तरक ने होल में मोर्टूर अंतरालों को सोचने पर मजबूर कर दिया। प्रचारित है निर्णयक महत्त्व ने प्रथम पुरस्कार प्रदान किया। अनंद कलेज और फार्मेसी के खात्र नितांक के प्रदेश टूर्नामेंट में बाद-विवाद प्रतियोगिता में प्रथम स्थान प्राप्त करते दिखते।

अनंद कलेज के बाद-विवाद प्रतियोगिता का विजेता, मुहूर्तनाल बी.ट्रेड एंड एड्युकेशन के प्रदेश टूर्नामेंट में एक खातर नितांक ने प्लेस में सीट की हुई कहते कि विजेता पुर्ख तरक पहले ही तेजी से मुक्त में हो गए बदलावों को साबित कर दिया है, जब 2014 में भी रेत्विक में से 28 फीसद के बीच में विजेता शामिल थे।

कलेज का उदाहरण देते हुए कहा कि यह आयामकारी करता है कि तपास-प्रतियोगिता में ध्यानदायक होता है तो मूबाइ समय में बचा जा सकता है। संपन्न की निर्देशिका यो. कलेज बी गोयल और साक्षरता समन्वयक मौनिका शिख ने इस उपलब्धि के लिए बधाई दी। प्रतियोगिता अनंद कलेज की सामान्य पुरस्कार प्राप्त करते गई थी।

प्रमाण: एक बांसुरी से राजस्थान में प्रयोगिता करते कार ने "जनर 2016 में समायोजन करते नितांक।"

काेलेज फेस्ट में नितांक बने निर्माण

स्टेट लेबल फेस्ट में नितांक बने निर्माण

आर्आ। एक बांसुरी अनुसन्धान कलाम टूर्नामेंट यूनिवर्सिटी में आयोजित फेस्ट किर्तिती एंड एडुकेशन फेस्ट 2016 का आयोजन किया गया। इसमें अनंद कलेज के बीमार प्रदेश द्वारा जस्ते जो नितांक आयोजन ने प्रथम स्थान हासिल किया। फेस्ट में 41 जलिएं के करीब 231 जर्नल ने भाग लिया था। उन्हें नितांक में बाद-विवाद प्रतियोगिता में अनंद में निर्माण की गैर-पुष्टि के पावर में अनेक बदलाव कर दिया। संपन्न के निर्माण ड. बी.ए जी मोहित, ड. जी.लोकस्थल में उन्हें बधाई दी।

"साथ आता शुभान्त होती हैं; साथ रहने से प्रगति होती हैं; और साथ कम करने से सफलता भिड ली होती हैं।” - हेनरी फोर्ड
"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." - David Brinkley
Placements of B.Pharm final year Students (till Mar. 2016)

<table>
<thead>
<tr>
<th>Company</th>
<th>Ms.</th>
<th>Ms.</th>
<th>Mr.</th>
<th>Mr.</th>
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<tbody>
<tr>
<td>SANYOG PHARMA</td>
<td>Nandini Pathak</td>
<td>Kavita Rathor</td>
<td>Hariom Tomar</td>
<td>Sadanand</td>
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<td>GELNA BIOTECH</td>
<td>Akshat Bhatnagar</td>
<td>Ashini Singh</td>
<td>Dhananjay Sharma</td>
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<td>LIFE CELL</td>
<td>Ayush Shrotiya</td>
<td>Bhavna Nohwar</td>
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<td>Parul Yadav</td>
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<td>E4E HEALTHCARE SERVICES</td>
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<tr>
<td>PAKSON PHARMA--EUTICAL PVT. LTD.</td>
<td>Anirudh Pratap Singh</td>
<td>Rahul Tyagi</td>
<td>Udit Kumar</td>
<td></td>
</tr>
</tbody>
</table>
“ACP is our good experience for one of our children and we have been reassured, updated and assisted where necessary, all of this has taken place with great sensitivity and professionalism. The staff are caring and considerate, we consider ourselves fortunate to have placed our daughter in such a wonderful and caring learning environment. Thank you very much ACP”
Mr. Manik Chandra Das
Manisha Das’s Father, (Alumni)

Excellent. Teaching was interesting and very valuable. Includes books in the book banks to use at home.”
Mr. Duagar Singh
Mohan Prakash’s Father, B.Pharm 3rd Year

“This course Exceeded my expectations. Hundreds of tips and practical demonstrations by teachers for drastically improving my daughter’s performance.”
Mr. Barendra Nath Kanjilal
Sanchita’s Father, B.Pharm, 4th Year

Very well experienced team of teachers. The teachers are very good and thorough.”
Mr. Neeraj Kumar Agrawal
Pankaj’s Father, B.Pharm, 2nd Year

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It is a thousand times better to have common sense without education than to have education without common sense.  - Robert Green Ingersoll