

Pharma-Buzz

Edition - 4 (Oct 15 - Dec 15)



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ANAND COLLEGE OF PHARMACY
AGRA





Dean's Message

I am glad to see our new 4th edition of PharmaBuzz, ushering in the New Year 2016. As we bid goodbye to last year 2015 on a good note with a grand, successful completion of a DBT sponsored 2nd national conference on this 06-07, November, 2015, I congratulate all and positively endorse the good efforts put in by all of us. At the same time, I see this as a very good experience for everyone to learn from and keep improvising for all future events at Anand College of Pharmacy.



The e-newsletter of ACP has been published consistently since last year 2014-15 with a good endeavor on part of faculty coordinators and all staff to bring out the latest editions with new improvisations. I urge to get more students to get involved in these activities with their articles and views being presented as 'student corner' and similarly the participation by all faculties and staff at Anand College of Pharmacy, in the similar manner. As the 'change' can only be 'constant' in life, we have to constantly improvise and be adaptive to the latest updates. Keeping this in mind, embracing the new trends and focusing the collective efforts to reach towards strong academic results and better career graph are what all need to try and look forward to this new year, 2016.

Wish you all, a very Happy New Year and new energy, health and charisma to live up to these resolutions.

Best Wishes

Thank you,

Dr. Kashmiri J. Gohil

Dean, ACP



HEALTH AWARENESS CAMP AND SCHOOL CONNECT PROGRAMME

Anand College of Pharmacy has started “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 who are an army of smart, committed and idealistic to give voice to the voiceless and produce tangible change in our Health Care society. Under the guidance of Dr. K.J.Gohil (Dean), Mrs. M. Shamshad Begum (Asst Professor) and Dr. Monika Singh (Lecturer) has organized the programme successfully in various schools like M.D. Jain Boys Inter College, St. John Girls Inter College, Queen Victoria Girls Inter College, Holy Public Senior Secondary School, Hillman Public School, Children Progressive Inter College, Shri. H.R. Inter College, Shri R.S. Public School etc. They have started this program in Oct-2015. Under this Health Awareness Program they conducted Seminar and “SCIENTIFIC QUIZ COMPETITION 2015-16”. Last year M.D Jain Boys Inter College Principal Dr. Rajeev Jain has honored Mrs. M. Shamshad Begum & Dr. Monika Singh for conducting awareness in health and safety.

In this regard, Dr. Monika Singh has delivered seminar on “SAFETY WITH MEDICINE”. She addressed all the students of 11th and 12th class of various schools about pharmacist’s role in the community. Finally Mrs. M. Shamshad Begum along with Dr. Monika Singh has done students “CAREER COUNSELLING” by clarifying their doubts regarding pharmacy profession. They insisted 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.



Strive not to be a success, but rather to be of value. –Albert Einstein



DBT sponsored 2nd National Conference on 6th & 7th Nov, 2015

The DBT sponsored 02-DAY, 2nd National Conference was organized at ANAND COLLEGE OF PHARMACY, Agra, Sharda Group of Institutions on 6th & 7th November, 2015 on “EMERGING TRENDS IN PHARMACEUTICAL & BIOTECHNOLOGICAL RESEARCH” (Theme: Latest updates on advancing research and safety concerns).

The Event was inaugurated by the lighting of the lamp by **Dr. C. K. Kokate, Vice-Chancellor, KLE University, Belagavi, Karnataka (Ex President, Pharmacy council of India)**, **Dr. R. K. Goyal, Executive Director (Research & Strategies) V Clin. Bio. Labs. Sri Ramachandra Medical Center & Research Institute, Chennai (Former Vice Chancellor, The M. S. University of Baroda)** as the ‘Chief Guest’ along with **Dr. A. K. Saxena, Director (AEC) and Shri. P. Mahtha, Executive Vice-president, SGI.**

Dr. Kashmira J. Gohil, Dean, Anand Pharmacy college, welcomed and addressed the delegate audience introducing the goals and targets of conference. She also emphasized the need to organize such events at college and advocated students as well as faculties to take maximum interest and benefits of conference by asking relevant questions, interacting with the speakers and implementing the solutions gained in research to advance their career. Finally chief guests released the conference souvenir-2015, after an inspiring talks from all the chief guests & hosts of the institution. In the end, **Dr. J. S. Yadav, Dean (F), Anand Engg. College,** gave a **Vote of Thanks.**

Many eminent speakers in Pharmaceutical fraternity delivered talks on various fields in Pharmaceutical sciences. On 1st day of Scientific session Plenary Lecture-I, **Prof. Ramesh K. Goyal,** spoke on the topic ‘**Emerging trends in Drug Discovery: Transnational research through personalized medicine**’, the session chaired by Dr. C. K. Kokate. Dr. Goyal focused on the concept of personalized medicine and suggested the same to be utilized for the translational drug discovery approach by the industry in the premise of precision medicine. Precision medicine aims to integrate both clinical and molecular information in order to better understand the biological basis of disease and therefore select better disease targets. This is one of the most important, unexplored hidden potentials for India for new drug discovery.

This lecture was followed by the Plenary Lecture-II of **Dr. Devendra Pathak (Dean, Faculty of Pharmacy, Dr. APJ Abdul Kalam Technical University, Lucknow and Director, Rajeev Academy for Pharmacy, Mathura, Uttar Pradesh)** on the topic ‘**Quality Education: Current Status and Futuristic Approach**’. He told Pharmacy Colleges need to adopt a new quality policy: Excellent buildings, excellent teaching and training infrastructures and best faculties to commit to bring out highest quality students. For quality education we require quality students through effectively designed policies, curriculum and teaching/training program incorporating continuous evaluation because today student want education where curriculum and teaching methods are up-to-date. PCI and AICTE have to mandate all rules strictly. Third Plenary Lecture was by **Noohu Abdulla Khan (Asst. Prof, Department of Clinical Pharmacy, King Khalid University, Abha, Kingdom of Saudi Arabia)** on the topic ‘**Challenges and Upcoming Trends in Type-2 Diabetes Mellitus Research in Kingdom of Saudi Arabia**’, session chaired by Dr. R. K. Goyal. He stated that Type 2 diabetes mellitus (T2DM) has reached pandemic levels, affecting more than 198 million people worldwide and increasing at a rate of 3% each year. He also told non-compliance, lack of awareness is believed to be the most common cause of treatment failures. Obesity is one of the most common factors playing important role in glycemic control. This was followed by the selected oral presentations from delegates. In the evening there was **Poster presentations competition** in various fields of Pharmacy i.e. Pharmaceutics, Pharmacology, Pharmaceutical chemistry, Pharmacognosy, Biotechnology, Quality Assurance by delegates in Anand College of Pharmacy.

On 2nd day, of Scientific session Plenary Lecture-I, **Dr. C. K. Kokate (Vice-Chancellor, KLE University)** delivered a talk on the topic ‘**Critical Considerations in Herbal Drug Utility: Indian Perspective**’. He highlighted the fact that the quality control and quality assurance parameters related to herbal medicines are required to be strictly adhered to in order to make our ayurvedic medicines globally acceptable. The second speaker of the day, **Dr. U. D. Gupta (Officiating Director, National JALMA Institute of Leprosy and Other Mycobacterial Diseases, ICMR, Tajganj, Agra)** delivered a talk on ‘**Modelling of Cerebral Tuberculosis in BALB/c Mice using Clinical Strain from Patients with CNS -TB Infection**’. Our present study describes development of murine model of CNS-TB using strain (C3) isolated from cerebrospinal fluid (CSF) of TBM patients. The developed model will help us to rationalize our efforts in understanding the pathogenesis of TBM disease for development of effective vaccines against TBM infection in near future.

 *I attribute my success to this: I never gave or took any excuse. –Florence Nightingale*



Third Plenary Lecture was by **Prof. B. D. Kaushik (Former Prof. & Head Microbiology New Delhi/Biotechnology AEC and presently Director R&D, Shri Ram Solvent & Extraction P Ltd. Jaspur, Uttarakhand)**. He spoke on the topic '**Biotechnology in the growth of pharmaceutical sciences**'. He told that Pharmaceutical Biotechnology is an increasingly important area of science and technology, and contributes to design and delivery of new therapeutic drugs, the development of diagnostic agents for medical tests, and the beginnings of gene therapy for correcting the medical symptoms of hereditary diseases. Forth Plenary Lecture was by **Dr. Ravindra Kumar Jain (Head of Department of Biotechnology, Anand Engineering College, Agra)** on topic 'Emerging trends in biotechnology research and patenting issues in india'. He told that India being one of the bio-diversity rich countries, it necessary to protect biotechnological inventions and help Indian scientist to compete globally. Indian IPR law with respect to the patenting of biological materials needs to be improved. Fifth Plenary Lecture was by **Dr. K. C. Gupta** on topic '**Emerging trends in biotechnology research and patenting issues in india**'. He throw lights on use of various essential oils and explained that the same have been used for various types of cancer, from traditional times. Many essential oils such as myrcene, citral, limonene exhibit chemopreventive activity against hepatocarcinoma. Essential oils consist of monoterpenes such as menthol, geraniol, limonene and perillyl alcohol present in essential oils exhibited chemotherapeutic properties. Research on essential oil could open up new era in cancer prevention with multiple anticancer characteristics.

In Valedictory function, Prize and Certificate distribution was done by **Dr. Kashmira Gohil** along with **Dr. R. K. Goyal & Dr. K. C. Gupta**. The faculties **Mr. Pankaj Verma (Asst. Prof.)**, **Dr. Rekha T. Rajput (Asst. Prof.)** and **Mr. Mukesh Kumawat (Asst. Prof.)** coordinated the event. Dr. Kashmira Gohil expressed her satisfaction on successful completion of workshop. Feedbacks were invited from the delegates and the function ended on a good note & grand scale. The Conference was attended and sessions were enjoyed by more than 200 delegates including the Faculties and students in the campus as well as professionals from outside the campus. The event was very informative to all the students of Pharmacy, Biotechnology & other branches related to Health Sciences.

BHARTIYA SANSKRITI GYANPARIKSHA 2015-16

Twenty one students of B. Pharm. participated in written test for "**BHARTIYA SANSKRITI GYAN PARIKSHA-2015**", which was held on held on 20th November 2015 at Anand College of Pharmacy, Agra. Cultural Coordinator Dr. Monika Singh has organized the whole event. Kartik Singhal, B.Pharm 2nd Sem. and Indra Prakash from B.Pharm 6th sem. got 1st prize. Komal Gurnani from B.Pharm 6th sem. got the second position and Uma Bhardwaj and Vandana Rai from B.Pharm 2nd sem. got the third position. All the five winners got trophies and other the students participated got the certificates by the Dean mam Dr. Kashmira J. Gohil.



 *Life is 10% what happens to me and 90% of how I react to it. – Charles Swindoll*



INNOVATION DAY 2015 PARTICIPATION

Sharda Group of Institutions celebrated two Days Event “**INNOVATION DAY-2015**” on 27-Oct-2015 to 28-Oct-2015 at Hindustan College of Science & Technology, Farah, Mathura. In this event, Various Teams of Students of all the three colleges (Hindustan College of Science & Technology, Anand Engineering College and Hindustan Institute and Technology Management) along with various reputed schools of Agra and Mathura participated. They presented different working/Non-working models in the Competition. Cultural Coordinators Dr. Monika Singh and Mrs. Priyanka Srivastava supported the Teams. Five models from Anand College of Pharmacy were presented in the innovation Day.

First model was presented by **Karishma** of B.Pharm 2nd year (3rd semester) on “**A satellite pharmacy program in a community hospital**”. A satellite (decentralized) pharmacy program in a medium-size community hospital is described. The hospital is a private institution consisting of three divisions: an acute-care division, a psychiatric division, and a long-term care division. Pharmacy services are provided on an around-the-clock basis, and the satellites are operational 16 hours daily. Pharmacy services include unit dose distribution, I.V. admixture services, and clinical pharmacy programs. Structurally, the department is divided into four satellite units and a central pharmacy unit to provide care to all areas of the health center. The professional staff is divided into several categories as a means to overcome the difficulties and take full advantage of all of the benefits of the satellite system. The Associate Director and the Assistant Director perform primarily administrative functions in order to maintain overall control, coordination, and quality assurance of the department. The Education Coordinator helps maintain the level of basic competence of the staff and coordinates the development and implementation of new departmental programs. Staff Pharmacists II provide both administrative and professional functions in their roles as team leaders of individual satellite units. Staff Pharmacists I serve the traditional staff functions in a satellite unit or in the central pharmacy.

Second model was presented by **Pankaj garg** of B.Pharm 2nd year (3rd semester) on “**Working of Aerosol**”. An aerosol is defined as a colloidal system of solid or liquid particles in a gas. An aerosol includes both the particles and the suspending gas. In medicine, a nebulizer or nebuliser is a drug delivery device used to administer medication in the form of a mist inhaled into the lungs. Inhalation and exhalation are the processes by which the body brings in oxygen and expels carbon dioxide. When you breathe in, the diaphragm contracts, creating a vacuum that causes a rush of fresh air into the lungs. The opposite occurs with exhalation, where the diaphragm relaxes and the lungs deflate. By this process drug/medicament from aerosol goes in whole body. Nebulizers are commonly used for the treatment of cystic fibrosis, asthma, COPD and other respiratory diseases. Nebulizers use oxygen, compressed air or ultrasonic power to break up medical solutions and suspensions into small aerosol droplets that can be directly inhaled from the mouthpiece of the device, when small vaporized water particles mixed with hot ambient air are cooled down and condense into a fine cloud of visible airborne water droplets.

Third model was presented by **Abhijeet Biswas, Manika Kulshreshtha, Naina Verma, Siddharth Chaurasia** of B.Pharm 3rd year (5th semester) on “**Conservation of Resources in a Society**”.

Management of the human use of natural resources to provide the maximum benefit to current generation while maintaining capacity to meet the needs of future generations is necessary. Conservation includes both the protection and rational use of natural resources. Rain water harvesting and sewage treatment plants are the most used techniques to conserve resources. Rain water harvesting includes accumulation and deposition of surface runoff and water on building roofs. This water is stored in tanks and diverted to fall on turbine-generator assembly to generate electricity. Similarly water from household, waste liquid from toilets, bath and kitchen is treated in primary, secondary and tertiary treatment of sewage treatment plant which can provide water for irrigation purpose in a garden and for household use to conserve water in an area having inadequate water resources.





Fourth model was presented by **Shweta Sharma, Gyanendra Singh, Rani Kumari** of B.Pharm 2nd year (3rd semester) on “**Herbal Mosquito Repellent**”. A mosquito repellent doesn't actually kill mosquitoes but a substance that deters mosquitoes from approaching or settling. Repellents work by making people less attractive to mosquitoes, so they're less likely to bite you. The Environmental Protection Agency (EPA) says mosquito repellents that contain DEET or picaridin are safe for adults and children over the age of 2 months, when used correctly. But there are other options that are deemed “**natural**” because they are derived from natural materials such as plants **Lavender** essential oil smells great and is a commonly used and effective mosquito repellent. It's best diluted in a carrier oil like apricot kernel, sweet almond, or coconut oil. If you can find organic soy oil, it is also a good option since it also keeps mosquitoes at bay. **Oil of Mentha piperita L.** (Peppermint oil), a widely used essential oil, was evaluated for larvicidal activity against different mosquito species: *Aedes aegypti*, *Anophele*. **Lemongrass** This grass-like plant smells wonderful and contains natural citronella oil. You can also cut off the blades and roll them around your fingers; this will extract the oil from the plant which you can place on your skin as an effective repellent. **Fresh basil** is one of the many ingredients you can use to make an **insect repellent**. Basil insect repellent not only keeps stinging bugs away, but it has a pleasant aroma as well. Making this type of mosquito natural repellent requires only a basic few steps and can be done quickly. Rather than cover your skin with chemically anti-insect products that must be reapplied frequently, make your own natural mixture. You will save money and smell better while wearing the spray.

Fifth model was presented by **Yashi Gupta, Neeraj Kumar** of B.Pharm 2nd year (3rd semester) on “**Medicinal Uses for Herbal Teas: Herbal remedies**”. 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 their 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.

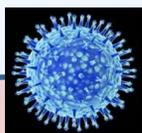
EXTRA CURRICULAR ACTIVITIES

Sports

The Sharda University organized a Cricket Tournament on **Foundation day of sharda group of institutions** on 16 Dec 2015 at Sharda Stadium which was won by a combined team of Anand College, HCST & HITM against Sharda University Team. **Mr. Arun Kumar**, Asst. Prof., Anand College of Pharmacy was declared **Man of the Match & Man of the tournament**. Mr. Pradeep Mahtha (**Executive Vice President**), Prof. V.K. Sharma (Exe. Director), Prof. Rajeev Kumar Upadhyay (Director HCST) appreciated the winners.



Whatever the mind of man can conceive and believe, it can achieve. -Napoleon Hill



Zika Virus

Mukesh Kumar Kumawat
Assistant Professor, ACP

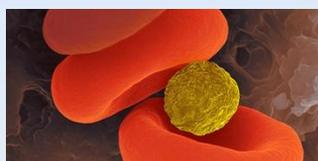
Zika is a disease caused by the Zika virus that is primarily transmitted through the bite of infected *Aedes* mosquitoes, the same mosquitoes that spread Chikungunya and dengue. These mosquitoes are aggressive daytime biters and they can also bite at night. Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. It can be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. Spreads of the virus through blood transfusion and sexual contact also have been reported. Zika virus is a single-stranded RNA virus of the *Flaviviridae* family, genus *Flavivirus*. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week. Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito. The Zika virus was first isolated in 1947 from a monkey in the Zika forest of Uganda. As of today, cases have been reported in 23 countries and territories in the world. The level of alarm is extremely high. The arrival of the virus in some places has been associated with a steep increase in the birth of babies with abnormally small heads and in cases of Guillain-Barre syndrome. Guillain-Barré syndrome (GBS) is a rare disorder where a person's own immune system damages the nerve cells, causing muscle weakness and sometimes, paralysis. There are no commercially available tests for Zika virus disease. It can often be diagnosed by performing reverse transcriptase-polymerase chain reaction (RT-PCR) on serum. No vaccine or medications are available to prevent or treat Zika infections. Only symptomatic treatment is taken into the consideration as follows:

Get plenty of rest

- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen or paracetamol to relieve fever and pain
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen. If patients are taking medicine for another medical condition, ask to the healthcare provider before taking additional medication.

WHO is deeply concerned about this disease due to the following four main reasons:-

- The possible association of infection with birth malformations and neurological syndromes.
- The potential for further international spread given the wide geographical distribution of the mosquito vector.
- The lack of population immunity in newly affected areas.
- The absence of vaccines, specific treatments, and rapid diagnostic tests.



Lipid Based Oxygen Microparticles- A Novel Approach For Future Hypoxia Threat

M. Shamshath Begum,
Assistant Professor, ACP

Hypoxia, or oxygen starvation, over-stimulates the sympathetic nervous system causing heart rate increases and invites eventual cardiac arrests. In future hypoxia is going to be a global threat and oxygen substitute for the threat has to be developed for convenient delivery of oxygen. A novel Micro particulate **drug** delivery systems have been studied for several years for various applications including targeted drug delivery, reduced drug toxicity and enhanced bioavailability of drug molecules. These microparticles can range from 1-200 μm for most of these applications. These micron sized drug delivery systems can be prepared using different techniques, such as, spray drying, emulsion method, jet milling, adsorption and solvent evaporation, fluidization/ solvent precipitation, phase separation and interfacial polymerization methods. Self-assembling, concentrated, **lipid-based oxygen microparticles (LOMs)** have been developed to administer oxygen gas, and this when injected intravenously, prevents organ injury and death from systemic hypoxemia in animal models. Distinct from blood substitutes, LOMs are a one-way oxygen carrier designed to rescue patients who



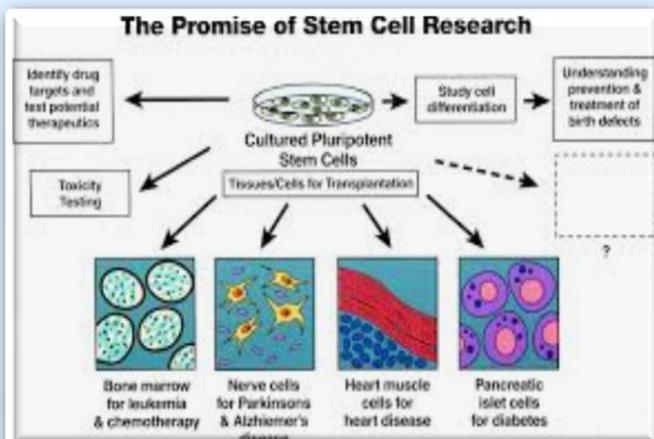
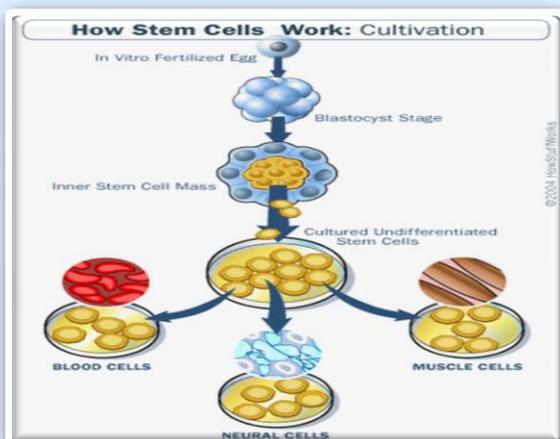
experience life-threatening hypoxemia, as caused by airway obstruction or severe lung injury. Recent novel approaches developed injectable foam suspension containing self-assembling, lipid-based microparticles encapsulating a core of pure oxygen gas for intravenous injection. Prototype suspensions were manufactured to contain between 50 and 90 ml of oxygen gas per deciliter of suspension. Particle size was polydisperse, with a mean particle diameter between 2 and 4 μm . When mixed with human blood *ex vivo*, oxygen transfer from 70 volume % microparticles was complete within 4 s. When the microparticles were infused by intravenous injection into hypoxemic rabbits, arterial saturations increased within seconds to near-normal levels; this was followed by a decrease in oxygen tensions after stopping the infusions. The particles were also infused into rabbits undergoing 15 min of complete tracheal occlusion. Oxygen microparticles significantly decreased the degree of hypoxemia in these rabbits, and the incidence of cardiac arrest and organ injury was reduced compared to controls. The ability to administer oxygen and other gases directly to the bloodstream may represent a technique for short-term rescue of profoundly hypoxemic patients, to selectively augment oxygen delivery to at-risk organs, or for novel diagnostic techniques. Furthermore, the ability to titrate gas infusions rapidly may minimize oxygen-related toxicity.

STEM CELL THERAPY: THE FUTURE TO REGENERATIVE MEDICINES

Renu Singh

Assistant Professor, ACP

The sojourn of science has unraveled and understood that secret of life lies in exploring the biological processes. Stem cell therapy is one of the emerging revolution-ary concept to treat disease and injury, with wide-ranging medical benefits. Stem cells are unspecialized cells with an extraordinary ability to self-renew, capable of differentiating into one or more specialized cell that have characteristic shapes and specialized functions, such as heart cells, skin cells, or nerve cells types playing crucial role in homeostasis and tissue repair. The basics types of stem cells are:



1. **Totipotent stem cells** – These generate all types of cells such as brain, liver, blood including germ cells and form an entire functional organism.
2. **Pluripotent stem cells**- These generate all types of cells but cannot give rise to an entire organism
3. **Multipotent stem cells**- These are more differentiated and can only produce a limited range of cells.

Advances in stem cell research also referred as reparative medicines and regenerative medicines have explored many therapeutic avenues. Scientists basically derive stem cells from two sources: **Embryonic stem cells (ESC)** - Derived from embryos (blastocyst) that develop from eggs that have been fertilized in vitro. **Adult stem cells** - An adult stem cell is an undifferentiated cell found among differentiated cells in a tissue or organ, can renew itself and can differentiate to yield the major specialized cell types of the tissue or organ. The primary roles of adult stem cells in a living organism are to maintain and repair the tissue in which they are found.

Potential to Cure Disease: Truly speaking stem cells are no less than “aladdin’s lamp” which promises to cure most of the diseases that plague the mankind today. Stem cells are being explored for a variety of chronic debilitating diseases like autoimmune disorders, spinal cord injury, heart failure, cancer, hematological disease, HIV, diabetes and peripheral vascular disease. Interim results from pilot studies are encouraging which increased the pace of ongoing clinical trials and a lot has to be explored. Thus stem cell therapy generates hope and offer possibility to replace or repair damaged cells and poses a bright future for the therapeutic world by promising treatment options for the diseases which are considered as noncurable now a days.



You miss 100% of the shots you don't take.

Wayne Gretzky



STRESS



Pankaj Garg
B.Pharm 2nd year

Nowday's ,Stress is more common disorder amongst college student .Stress provides the means to express talents and energies and pursue happiness . Many students experience stress as they combine busy lives and the demands of study and or work while trying to also saving the time for friends and family .The continuing stress may cause the physical and emotional things .Many common stressors in college life includes Greater academic demands ,financial responsibilities ,heavy course load exposure to new ideas and temptations and making decision on a higher level and preparing for life after graduation and so many stressors in college life.

For many young adults ,college is the best time of life .These critical years of adjustment can also be undermined by depression and anxiety .College students are feeling more overwhelmed and stressed than 15 year ago .According to UCLA survey college freshman more than 30%of all college freshman report feeling overwhelmed.

Depression affects over 19 million students in the US annually .Large percentage of college students are feeling sad ,overwhelmed and hopeless .Anxiety also affects millions of students .It is rises since1950s.In 2000, 7% of college students reported anxiety disorders.

Suicide is the leading cause of death of the college students due to more stress .Students who are stressed are more likely to have an accidents-including those involving motor vehicles and to be more careless with seatbelt use .According to centers for disease control and prevention 7.8% of boys and 12.3% of girl ages 18-24 report frequently mental disorder.

For reducing the stress we should go to class daily and get involved with campus activities ,talk to someone about your problems and get to know your professors ,go to walk and get a least 7 hours of sleep at night .Finally the 2 techniques to loose the stress is launch the day positive and touch a friend.

A VISION OF EARTH

Nitank Agarwal
B.Pharm 2nd Year (C.R)



I sat beside the window
Observing the clouds
I observed the blue skies
With my soul thinking about things which I wasn't proud
I observed the breeze swinging the trees
I observed the beautiful movement of seas
My constant staring pumped up my thoughts
I imagined how our human hearts and souls are rot
My thoughts took me in the dreams
Where I saw the bloody streams
I saw people fighting for lands
I saw there bloodstained hands
I saw people killing each other in the name of faith
My heart and soul sinked down in wraith
I saw the air corrupted with greed
In this atmosphere our civilization breed
There seemed no end in the people's need
They were living in false creed

I saw my mother earth broken apart
I saw the terrifying aftermath of the war
I didn't understand what we humans are fighting for
These horrid images broke down my dream
I wished the heavens for the efflugant beam
The beam which could light up the human brain
Let the heavens produce peaceful showers of rain
So that our surroundings become beauteous and pearled
So that we could live in a peaceful world
A world which would be free from fights
Where there will be silent and angelic nights
A world where air will be surrounded with love
A world where people will change ravens for dove
I wish a world where people will remain together
Where they will be surrounded with peaceful weather
I wish a world not divided in the name of god
Where people will thrive without any fraud
I wish that in the heart of humans humanity takes birth
So that we can live in a prosperous 'Earth'.



Either you run the day, or the day runs you.

-Jim Rohn



FACTS ABOUT HUMAN BODY

Fatma Zehra
B.Pharm 1st year

- ❖ 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 min's, it will get release off easily.
- ❖ Hearing your name when no one is actually calling you is a sign of healthy mind.
- ❖ "Father Christmas" is a pill that makes your farts smell like chocolate.
- ❖ Lip biting triggers a rush of chemicals to the brain which reduce anxiety, stress and increases mood.

MY MOTHER

IMRAN UL-HAQ
B.Pharm 1st YEAR

My mother is the most important person in my life

Not only did she carry me for NINE months but she continues to Support & love me regardless of what I put her through to bring me Up. So far my mother has the greatest impact i n my life. Many people have come & passed but she keeps by my side helping & a divising me all important values of good life. My mother taught me a lot & has helped me become a better a s well a s successful per son i n life. My mother is always there for me & always pushes me to go with my dreams , she walks with me i n every step to ensure that I a m in the right path towards achieving MY GOALS



RESERVATION-A GREAT BANE TO SOCIETY

Yashi Gupta
B.Pharm 2nd Year

"It is against the fundamental principle of humanity it is against the dictates of reason that a man should, by reason of birth is denied or given privilege" ... Reservation is a great bane to society. The very concept of reservation is against the essence of the preamble to the constitution of India which promises 'equality of states & opportunity'. The constitution of India does not provide certain special privileges in the form of reservation to the downtrodden section of the society called scheduled caste were & scheduled tribes. But the point is that they were for a limited period, of ten years from there date of application i.e. 26th January 1950... There is no special provision for the constitution of these privileges. Moreover ,they were meant for the upliftment of the lower castes, but have become a gross abuse in the hands of self-centered politicians and the so called Dalit leaders . Supporters say that they are merely trying to make the system fairer and accord social justice to the oppressed sections at the cost of gross injustice to the rest... Evidently logic has been overruled by politics. All parties are fighting for their survival and they are using reservation as a tool for their vote bank. No thought is being given to end this reckless extension of reservation.

Our policy makers need to be more pragmatic. Reservation if necessary should be given on the basis of financial & economical status & the benefits should reach the grass root levels, to the real needy ones. Then only can we hope for a more just society.....



A person who never made a mistake never tried anything new. - Albert Einstein



Meritorious Students of B.Pharm (2014-15)

	1 ST	2 nd	3 rd
4 th Year (B.Pharm.)	 Ms. Preeti Sikarwar 80.52 %	 Ms. Suruchi Rai 78.82 %	 Mr. Arun Kumar 76.88 %
3 rd Year (B.Pharm.)	 Ms. Nandani Pathak 74.95 %	 Ms. Sanchita Kanjilal 74.70 %	 Ms. Bhawna Nohwar 73.20 %
2 nd Year (B.Pharm.)	 Ms. Anju Bhati 81.95 %	 Ms. Manika Kulshreshtha 79.50 %	 Mr. Mohan Prakash 79.10 %
1 st Year (B.Pharm.)	 Ms. Yashi Gupta 83.40 %	 Mr. Nitank Agarwal 81.15 %	 Mr. Hemant Sharma 79.30 %

Publication

Kumawat MK and Chetia D. Synthesis, Antimalarial Activity Evaluation and Molecular Docking Studies of Some Novel Dispiro-1,2,4,5-tetraoxanes. *Bangladesh Journal of Pharmacology* 2015, 10, 917-923 (Impact Factor-1.052).



काक चेष्टा, बको ध्यानं,
स्वान निद्रा तथैव च
अल्पहारी, गृहत्यागी,
विद्यार्थी पंच लक्षणं।



आनंद कॉलेज के छात्रों ने बुधवार को डेगू के प्रति जागरूकता अभियान चलाया।

डेगू, तंबाकू रोकथाम को चलाया अभियान

आगरा। आनंद कॉलेज आफ फार्मेसी के छात्रों ने डेगू और तंबाकू की रोकथाम के लिए दो दिनी अभियान चलाया। इसके तहत रंगोली, स्लोगन, पोस्टर प्रदर्शित किए गए। कैंपस में मेडिकल कैंप

लगाया गया। इसमें ब्लड प्रेशर, बाडी मास इंडेक्स का परीक्षण किया गया। रतन समाज इंटर कॉलेज से प्राइमरी स्कूल पनवारी तक रैली निकाली गई। निर्देशन डीन डॉ. मीरा गोहिल ने किया।

फ़ेशर्स का हुआ शानदार स्वागत

आगरा। आनंद कॉलेज ऑफ फार्मेसी में गुरुवार को नवगत छात्रों का स्वागत किया गया। बीफार्म प्रथम वर्ष के छात्रों के लिए सीनियर्स ने फ़ेशर पार्टी दी। कार्यक्रम का शुभारंभ डायरेक्टर डॉ. मीरा जे. गोहिल ने किया। कार्यक्रम के दौरान रितुराज और मनाली गुप्ता ने अपने डॉस से सभी का मनमोह लिया। रितुराज को मिस्टर फ़ेशर और मनाली को मिस फ़ेशर का खिताब दिया गया। कार्यक्रम के दौरान पंकज वर्मा, अरुण कुमार, मुकेश कुमार, गुरविंदर पाल सिंह, रेखा रातपूत, प्रियंका श्रीवास्तव, रुपा राजपूत प्रमुख रूप से मौजूद रहे।

छात्रों ने दी डेगू से बचाव की जानकारी

आगरा: आनंद कॉलेज ऑफ फार्मेसी के छात्रों ने डेगू व तंबाकू रोकथाम के लिए दो दिवसीय अभियान चलाया। छात्रों ने रंगोली, स्लोगन, पोस्टर प्रदर्शित किए। कॉलेज प्रांगण में निश्चुल्क स्वास्थ्य जांच शिविर का आयोजन किया गया। सांस्कृतिक समारोह का शुभारंभ कॉलेज की डीन कश्मीरा जे गोहिल ने किया। उन्होंने प्रतियोगिताओं के विजेताओं को पुरस्कृत किया। रैली का आयोजन प्रियंका श्रीवास्तव तथा रेनु सिंह ने किया।

आनंद इंजीनियरिंग ऑफ फार्मेसी में फ़ेशर पार्टी

आगरा: आनंद इंजीनियरिंग कॉलेज ऑफ फार्मेसी के प्रथम वर्ष के छात्रों की फ़ेशर पार्टी गुरुवार को आयोजित की गई। शुभारंभ कॉलेज की निदेशिका डॉ. कश्मीरा जे गोहिल ने किया। उन्होंने छात्रों को आगे बढ़ने के लिए प्रोत्साहित किया। छात्रों ने मां शारदा का आशीर्वाद ले पुष्प अर्पित किए। प्रथम वर्ष के छात्र रितुराज को मिस्टर फ़ेशर, छात्रा मनाली गुप्ता को मिस फ़ेशर घोषित किया गया। पंकज वर्मा, अरुण कुमार, मुकेश, गुरविंदर, शमशाद, रेखा राजपूत, प्रियंका आदि मौजूद रहे।



पेटेंट प्रक्रिया को समझा फार्मेसी स्टूडेंट्स ने

DLA News

आगरा। फार्मेसी स्टूडेंट्स ने पेटेंट प्रक्रिया को चर्चित छात्रों को समझा। नई खोज, खोज का वे कैसे पेटेंट कर सकते हैं, यह जानकारी विशेषज्ञों से ली।

आनंद कॉलेज ऑफ फार्मेसी में दो दिवसीय कार्यक्रम का कार्यक्रम शुरू हुआ। कार्यक्रम का उद्देश्य छात्रों को पेटेंट प्रक्रिया के बारे में जानकारी देना है। कार्यक्रम में डॉ. अरुण कुमार, डॉ. मुकेश कुमार, डॉ. गुरविंदर पाल सिंह, डॉ. रेखा रातपूत, डॉ. प्रियंका श्रीवास्तव, डॉ. रुपा राजपूत, डॉ. अरुण कुमार, डॉ. मुकेश, डॉ. गुरविंदर, डॉ. शमशाद, डॉ. रेखा राजपूत, डॉ. प्रियंका आदि मौजूद रहे।

टेक्नोलॉजिकल रिसर्च' विश्व पर कार्यशाला में लेटेस्ट अपडेट ऑन एडवॉन्सिंग रिसर्च एण्ड रेसपेंडि कन्सर्न पर चर्चा हुई। कल्लेन के डीन डा. कश्मीरा जे. गोहिल कार्यक्रम के उद्देश्यों पर प्रकाश डाला। डा. गोहिल ने सॉर्टिफिकेशन सेसन में अपने विचार रखे। उन्होंने फार्मोकोविनोमिक्स पर आधारित मेडिसिन के बारे में प्रतिनिधियों को जानकारी दी। उन्होंने बताया कि हर मनुष्य के संरक्षण के लिए यह आवश्यक है। डा. डी. फाउंड ने फार्मेसी कलेजों के संकलन में आ रही समस्याएं उठाईं। प्रोफेसर डा. नूतु अच्युत खान (किंग खालिद विवि, सऊदी अरब) ने

दार्शनिक विचारों के बारे में बताया।

कार्यशाला के दौरान ओरल और पोस्टर प्रेजेंटेशन भी हुए। डा. कोकटे ने हार्बल औषधियों के बारे में विस्तार से बताया और कहा कि इनके सही इस्तेमाल से असाध्य रोगों का निदान हो सकता है। विशेषज्ञों का कहना यह कि शोध व गुणवत्ता को धरने के लिए ग्रेड बनाने की जरूरत है। कार्यशाला में डा. नूती शुभा (ऑफिशियल डायरेक्टर, नेशनल जलिया टैन्सिट्यूट), डा. श्रीदी कौशिक (बीएम सोलवेंट), डा. रविन्द्र जैन, डा. केशी शुभा आदि ने भी विचार रखे। कार्यशाला में तीन सौ से अधिक शोधकर्ता मौजूद रहे।



"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." - David Brinkley

दो दिवसीय सम्मेलन का समापन



आगरा। आनंद कालेज ऑफ फार्मसी में आयोजित दो दिवसीय राष्ट्रीय सम्मेलन का सोमवार को समापन हो गया। इसमें देशभर से आए दर्जनों वैज्ञानिकों ने व्याख्यान दिए। उद्घाटन डा. सीके कोकाटे (केएलई यूनिवर्सिटी, कर्नाटक) के वाइस चांसलर व फार्मसी काउंसिल ऑफ इंडिया के भूतपूर्व प्रेसीडेंट) और डा. आरके गोयल (द एम. एस. यूनिवर्सिटी ऑफ बड़ोदा, गुजरात के भूतपूर्व वाइस चांसलर व क्लिन बायो के एक्सीक्यूटिव डायरेक्टर) व प्रदीप महाता ने किया। यह सम्मेलन एमरजिंग ट्रेड इन फार्मास्यूटिकल एण्ड बायोटेक्नोलॉजिकल रिसर्च पर आधारित था। इसकी थीम थी लेटेस्ट अपडेट ऑन एडवॉसिंग रिसर्च एंड सेफ्टी कंसर्न। पहले दिन डा. आरके गोयल, डा. डी. पाठक (डीन, फार्मसी, डा. ए.पी.जे. टेक्नीकल यूनिवर्सिटी एवं डायरेक्टर राजीव एकेडमी फार फार्मसी, मथुरा), प्रोफेसर डा. नूह अब्दुल्ला खान (किंग खालिद यूनिवर्सिटी, सऊदी अरब) ने व्याख्यान दिए। दूसरे दिन डा. सीके कोकाटे, डा. यू.डी. गुप्ता (ऑफिशियेटिंग डायरेक्टर, नेशनल जालिमा इंस्टीट्यूट ऑफ लैप्रोसी एंड अदर माइक्रो बेक्टेरियल डिजीजीज, आई. सी. एम. आर., आगरा), डा. बी. डी. कौशिक (डायरेक्टर आर. एण्ड डी., श्रीराम सोलवेन्ट एण्ड एक्सट्रैक्शन प्रा. लि.), डा. रविन्द्र जैन (हेड ऑफ डिपार्टमेंट, बायोटेक, आनन्द इंजीनियरिंग कॉलेज), डा. के. सी. गुप्ता (भूतपूर्व डायरेक्टर, आनन्द कालेज ऑफ फार्मसी) ने व्याख्यान दिए। डा. कश्मीरा जे. गोहिल, डीन, आनन्द कालेज ऑफ फार्मसी ने विजेताओं को सर्टिफिकेट व ट्रॉफी प्रदान की।

हर्बल मेडिसिन कर सकती है रोगों का निदान

आगरा। आनंद कॉलेज ऑफ फॉर्मसी में दो दिवसीय कॉन्फ्रेंस का आयोजन एमरजिंग ट्रेड इन फार्मास्यूटिकल एंड बायोटेक्नोलॉजिकल रिसर्च विषय पर हुआ। शुभारंभ डॉ. सीके कोकाटे और डॉ. आरके गोयल ने किया। द एमएस यूनिवर्सिटी ऑफ बड़ोदा के पूर्व वाइस चांसलर डॉ. आरके गोयल व केएलई यूनिवर्सिटी कर्नाटका के वाइस चांसलर डॉ. सीके कोकाटे ने कहा कि हर्बल मेडिसिन असाध्य रोगों का सफलता पूर्वक निदान कर सकती है। इस मौके पर डॉ. एके सक्सेना, एसजीआई के वाइस प्रेसीडेंट प्रदीप माहता, डीन डॉ. मीरा जे गोहिल, डॉ. डी पाठक, डॉ. नूह अब्दुल्ला खान, डॉ. यूडी गुप्ता ने व्याख्यान दिए।

वंशानुक्रम के अनुसार तैयार की जा सकेंगी दवाएं

♦ आनंद इंजीनियरिंग कॉलेज ऑफ फार्मसी में दो दिवसीय सम्मेलन

जागरण संवाददाता, आगरा: दवाओं के क्षेत्र में चल रहा शोध अगर सफल रहा तो भविष्य में व्यक्ति के वंशानुक्रम के हिसाब से दवाएं दी जाएंगी। यह दवाएं सिर्फ व्यक्ति विशेष के लिए होंगी। आनंद कॉलेज ऑफ फार्मसी में आयोजित दो दिवसीय राष्ट्रीय सम्मेलन में दवाओं के क्षेत्र में चल रहे शोध पर चर्चा हुई साथ ही हर्बल औषधियों के प्रयोग को बढ़ावा देने पर सहमति बनी।

शारदा ग्रुप के आनंद कॉलेज ऑफ फार्मसी में एमरजिंग ट्रेड इन फार्मास्यूटिकल एंड बायोटेक्निकल रिसर्च विषय पर सेमिनार आयोजित की गई। थीम थी लेटेस्ट अपडेट ऑन एडवॉसिंग रिसर्च एंड सेफ्टी कंसर्न। सेमिनार का उद्घाटन मुख्य अतिथि फार्मसी काउंसिल ऑफ इंडिया के पूर्व अध्यक्ष डॉ.



आनंद कॉलेज ऑफ फार्मसी में आयोजित राष्ट्रीय सम्मेलन में मौजूद अतिथि व विशेषज्ञ।

सीके कोकाटे तथा क्लिन बायो के एक्जीक्यूटिव डायरेक्टर आरके गोयल तथा एसजीआई के प्रदीप महाता ने दीप प्रज्वलित कर किया।

स्वागत भाषण कॉलेज की डीन कश्मीरा गोहिल ने दिया। आनंद इंजीनियरिंग कॉलेज टेक्नीकल कैम्पस के डायरेक्टर डॉ. एके सक्सेना ने इस क्षेत्र में संभावनाओं की

जानकारी दी। डॉ. डी.पाठक ने फार्मसी कॉलेज की समस्याओं के बारे में बताया। प्रो. डॉ. नूह अब्दुल्ला खान ने डायबिटीज मेलाइटस के कारण व उपचार के बारे में बताया।

डॉ.सीके कोकाटे ने हर्बल औषधियों के प्रयोग की विधि बताते हुए कहा कि अगर सही मात्रा में इनका सेवन किया जाए तो यह

असाध्य रोगों का निदान कर सकती है। डॉ. यूडी गुप्ता ने टीबी के उपचार की जानकारी दी। डॉ. बीडी कौशिक ने जैव प्रौद्योगिकी के फार्मसी में प्रयोग की जानकारी दी। डॉ. रविन्द्र जैन ने पेटेंट के बारे में बताया।

डॉ.केसी गुप्ता ने कैंसर के उपचार की जानकारी दी। इस दौरान कॉलेज के सभी शिक्षक मौजूद रहे।



"Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down when reasoning is destroyed." -

Bhagavad Gita



Photo Gallery



DBT sponsored 2nd National Conference on 6th & 7th Nov, 2015 “EMERGING TRENDS IN PHARMACEUTICAL & BIOTECHNOLOGICAL RESEARCH” (Theme: Latest updates on advancing research and safety concerns)

Lamp lighting by Chief Guests -
Dr. C. K. Kokate Vice-Chancellor, KLE University (Ex President, PCI) and
Dr. R. K. Goyal, Executive Director, V Clin. Bio. Labs. (Former Vice Chancellor, The M. S. University of Baroda)



Souvenir release by Chief Guests - **Dr. C. K. Kokate**, **Dr. R. K. Goyal** along with **Mr. P. Mahtha** (Executive Vice-president - SGI) **Dr. A. K. Saxena** (Director - AEC), **Dr. Kashmira J. Gohil** (Dean -ACP) and **Dr. J. S. Yadav** [Dean (F) – AEC]



Dr. Kashmira J. Gohil (Dean –ACP) welcoming the audience



Dr. Monika Singh (Lecturer) anchoring the Inaugural function





Poster presentations competition by delegates



The mind is everything. What you think you become. – Buddha



Valedictory function, Prize and Certificate distribution



Dr. Kashmira Gohil congratulates all the Faculty members on successful completion of workshop.



Everything has beauty, but not everyone can see. –Confucius



Word of Mouth (Parent's Corner)



I have sent my son to the college which has highly dedicated and dynamic research oriented faculty members, beautiful environment and I believe my son's talents will flourish at it's fullest under the constant guidance of the nonpareil faculty members.

Nitank Agarwal (C.R. 2nd topper) parents

My daughter may grow up to find the cure for cancer or build a satellite (it's entirely possible) as well she will be great person and world citizen being with Anand college of Pharmacy.

Nandini Pathak's (topper) parents

I think of the women that I always wanted to be, I look at you, Oh my daughter to be a proud today's learned pharmacist placed in MNC. I am proud to see you not only living with your dreams, but mine too, I proud of you to be a part of ACP.

Bhavna's (3rd topper) parents

I have experienced eminent faculty members, healthy environment and culture of college which has become the Source of Inspiration for my daughter, which helps in enhancing & developing my daughter's personality and also built my daughter's career in a right pathway.

Karishma's (C.R) parents

Believe in yourself and all that you are the quote has been moulded in ACP campus which has developed confidence and personality in my son to know that there is something inside him that is greater than any challenges...

Hemant Sharma's parents

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"One gradually attains tranquillity of mind by keeping the mind fully absorbed in the Self by means of a well-trained intellect, and thinking of nothing else."

– Bhagavad Gita