



# PHARMAVOICE

College Newsletter...

VOL 5 ISSUE 2

OCT-DEC 2019

## VISION

- To be amongst the top ten Pharmacy colleges in India by imparting excellence in Pharmacy education.
- Instilling research temperament in Pharmacy students.
- Continuous up gradation of infrastructure to maintain high standards of education

## MISSION

- Inculcating timeless values of caliber, competence, confidence and conscience in budding pharmacists.
- Indoctrinate quality in all aspects of Pharmacy education thereby enabling provision of better healthcare services.

## QUALITY POLICY

- The AISSMS College of Pharmacy is committed to empower our students to meet global challenges in Pharmacy profession through excellence in education.
- Our highly qualified and committed faculty is constantly exploring newer frontiers of knowledge with the intention to build quality pharmacist.
- We believe in honing the overall persona of our students through excellence in academics, co curricular and extracurricular activities.
- We strive to develop a sense of social obligation and discipline among our students not only to make a better technocrat but also a better human being.

## OBJECTIVES

- To provide sufficient understanding of scientific principles and techniques of pharmaceutical sciences.
- To develop commitment for the quest of science.
- To provide comprehensive knowledge and experience.
- To provide exposure to latest techniques and technologies.
- To teach pharmacy ethics to students.
- To cater to manpower for globally growing pharmaceutical industry and for implementation of drug laws for compliance to regulatory norms.

All India Shri Shivaji Memorial Society's  
**College of Pharmacy**  
Kennedy Road, Pune-411 001

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**EDITORIAL**

*"Leadership and learning are indispensable to each other." -John F. Kennedy*

This is the belief that keeps AISSMSCOP forward. Every opportunity is a chance to learn something new, to lead something new! Welcome to the second issue of the newsletter Pharmavoice!

The last 3 months have given us a path to comprehend something new from understanding and motivating how to achieve our goals by **Conqueror of Destiny** to wining third in the SPPU General Knowledge Quiz Competition!

These months not only taught us the quality of being a LEADER but also to note the worth of KNOWLEDGE and LEARNING.

We love to share such experiences and knowledge with everyone and here we present you this Pharmavoice!

Keep scrolling for insights of happenings and also to update your knowledge.

Happy reading!

Team Pharmavoice.



**TEAM PHARMAVOICE**

( Sitting From L to R )

**Mr. Vaibhav Raut (M. Pharm. I year)**

**Dr. Santosh Gandhi (Faculty Member)**

**Dr. Ashwini R. Madgulkar (Principal)**

**Mrs. Shital Patil (Faculty Member)**

**Ms. Sayali Sheth (M. Pharm. II year)**

( Standing From L to R )

**Ms. Purva Kalel (B. Pharm. I Year)**

**Ms. Kshitija Abhang (B. Pharm. II Year)**

**Ms. Samruddhi Pande (B. Pharm. III Year)**

**Mr. Saurabh Rohom (B. Pharm. IV Year)**

**NEWS & EVENTS**



**1. Educational Tour:** Educational tour was arranged to Delhi –Manali-Manikarn-McLeod Ganj-Dharamshala-Chandigarh-Pune (30<sup>th</sup> Sept 2019 – 06<sup>th</sup> Oct 2019) for Final yr B Pharm students. Total 46 students enjoyed the tour. Students were accompanied by staff Mrs. Vidya Wable, Dr. Monika Rao, Dr. Mithun Bandiwadekar and Dr. Sachin Tembhone.

**2. AVISHKAR 2019:** Total 05 entries from UG level, 11 entries from PG level and 01 entry from



*The whole secret of a successful life is to find out what is one's destiny to do, and then do it. ~Henry Ford*

post PG level (PhD) from AISSMS College of Pharmacy have been selected for DISCTRICT LEVEL (Level 2) round of Avishkar 2019-2020 (interuniversity research competition) by Savitribai Phule Pune University. From this UG – 03 (BAKHLE BHAIRAVI DHANANJAY, KHATER AYUSH MUKESH, PANWALKAR ANISH KETAN), PG – 01 (KEDAR GANGADHAR SHESHRAO) and PhD - 01 (TEJINDER KAUR MARWAHA) selected for UNIVERSITY LEVEL (Level 3) and 01 entry of PANWALKAR ANISH KETAN finally went to Interuniversity Level.

this period the students collected waste paper, plastic bags, plastic bottles and other dry garbage and disposed it simultaneously. All the students pledged " I WILL NOT THROW AND NOT LET OTHERS THROW GARBAGE". This cleanliness drive concluded at 10 am and later students attended the program organized by 'We Punekar' an NGO at Shaniwar Wada. At this program, the message of making the city garbage and plastic-free and minimizing plastic use was conveyed to all. This cleanliness drive was co-ordinated by Program Officer Mr. Rahul Padalkar and Dr Sachin Tembhurne under the guidance of Principal Dr. Ashwini Madgulkar.



**3. Swacha Bharat Abhiyan:** It has been initiated by the Honourable Prime Minister Shri Narendra Modiji. On 2<sup>nd</sup> October 2019, the 150<sup>th</sup> birth anniversary of Mahatma Gandhi the students of A.I.S.S.M.S College of Pharmacy under the National Service Scheme of S.P.P.U performed a cleanliness drive at Sangam Ghat, Pune from 7 to 10 am. During

**4. Career Guidance** lecture was organized for Third year Students on 3<sup>rd</sup> Oct 2019. Prof. Dinesh Tathe sir was invited as a career counsellor of Unique academy. Prof. Dinesh Tathe sir delivered lecture on Competitive Exam preparation. During his

lecture sir has given the information about civil service examination and explore his experience for preparation of various Competitive Exam such as UPSC, MPSC and ACIO. In his talk he gave special emphasis on reading books, language, hobbies and interview.



He guided the students regarding preparation of interview by giving various examples and cases. After his session sir along with two people from Unique academy displayed various book of different subject in premises and explain their importance for preparation of competitive exam. Students actively participated in the sessions and found the session to be of great value addition. The Guest lecture was organized by Mr. Jitendra Gajbe and Mr. Om Devade of Guest Lecture Committee under the guidance of Principal Dr. Ashwini Madgulkar.

**5. Motivational Session:** Another motivational guest lecture was coordinated by Guest lecture committee for FY B pharm students on 11<sup>th</sup> October 2019. The speaker was Mr. Raghavan Koli, an author and motivational speaker. Mr. Om Devade introduced the speaker.



**6. Visit to Central Instrumentation Facility Center (SPPU):** Students of M. Pharmacy (Sem I) visited Central Instrumentation Facility Center at Savitribai Phule Pune University on 11/10/2019. The students were accompanied by faculty Dr. M. C. Damle and Dr. S. V. Gandhi. The visit was arranged for demonstration of the highly sophisticated instruments which are part of their theoretical syllabus of Modern Pharmaceutical Analytical Techniques. The demonstration of instruments like GC-MS, LC-MS, Single Crystal XRD, FE-SEM and NMR-500 MHZ. The demonstrative explanation was provided by Mrs. Archana Patil and Mr. Umesh Kasabe from CIF center.



**7. Participation in International Conference:** Sayali Sheth, Kajal Kabra, Snehal Dalvi under guidance of Dr. Mrinalini Damle presented individual posters and participated in international conference on "Emerging trends in delivery of phytoconstituents and Ethnopharmacology- Validation of traditional medicines" at Bharati Vidyapeeth (Deemed to be University), Poona College of Pharmacy on 29-30th November 2019.



**8. Faculty Development Programme:** A one day workshop was organised on **6<sup>th</sup> December 2019** by in charge of Faculty Development Programme, **Dr. Monica RP Rao and Mr. Rahul Padalkar.** Trainers **Dr. Pooja Joshi and Dr. Makarand Thombare of Institute for Holistic Healing India, Pune (IHHI)** highlighted the importance of self realisation and work life balance. The sessions included number of activities in which the faculty participated enthusiastically and which highlighted the importance of self awareness in professional and personal life.



**9. Train the Trainers:** Mrs K D Asgaonkar and Mrs S.M Patil attended a three-day National level programme “A contemporary approach towards teaching and learning medicinal chemistry” from 19<sup>th</sup> Dec 2019-21<sup>st</sup> Dec 2019. The seminar was organized by Bharatiya Jain Sanghatana’s Arts, Science and Commerce College, Wagholi, Pune. The Programme was sponsored by Teaching Learning centre SPPU, Pune under the TLC funding scheme for teachers. The programme provided insight to teaching and learning of medicinal chemistry, CADD, Drug discovery, Clinical trials. Lectures were delivered by Dr Evans Cutinho, Dr Vijay Khanna, Dr Rishikesh Narayan, Dr Shrinivas Reddy, Dr Girija Singh, Dr Ramesh Kale and Dr K S Jain.

**10. Guest Lectures:** Guest lecture committee comprising Dr. Monica RP Rao, Mr. Jitendra Gajbe and Mr Omkar Devade organized the lecture for Second Yr B pharm students on 19<sup>th</sup> Nov 2019. Students interacted with the guests enthusiastically and clarified their doubts regarding overseas education and opportunities after B pharm in US and Canada. Lecture by Mr.M.M.Dangre, Branch manager, FC Road and Ms Kanchan Agarwal, Advisor, CANAM Consultants was very informative for students.



**11. Parent Teacher Initiatives:** Dr. Prasad Kulkarni, Scientist “E”, Bioprospecting Group, Agharkar Research Institute, Pune was invited through Dr. Ashwini Misar, parent of Final year B.Pharm. student Ms. Aditi Misar. He delivered session on **Monday 9<sup>th</sup> Dec. 2019** on “Copper metabolism in Neurological Disorders”. He covered importance of Copper as micronutrient in our diet.

He elaborated upon various outcomes of deficiency or toxicity from excess of Copper intake and defective metabolism (due to defective enzymes). He discussed Menkes disease, Wilson's and Alzheimer's disease. It was an interesting and inspiring session.



### UPCOMING EVENTS



1. Training session for dissolution test apparatus by expert from LabIndia instruments.
2. Animal Handling workshop for students of Pharmaceutics who will be doing animal experiments by Dr.S.V.Tembhurne.
3. Forthcoming Guest lectures: Mr. Amal Gadkari- Pharma consultant, Mr. Sachin Kamble- Drug Inspector.
4. Forthcoming events by Training and Placement Cell: Campus interview, Personality development workshop.
5. NSS camp to be held in Second week of January 2020.
6. Spandan-Cultural programme to be held in the month of February 2020.
7. Alumni meet is planned in the second week of February 2020.

### STUDENTS' ACHIEVEMENTS



1. Inter-college youth festival arranged by SPPU at S.M.Joshi College on Tuesday 15<sup>th</sup> October has been very fascinating and even though a continuous raining occurred it did not drench the unexplainable confidence and enthusiasm out of the students. Gargi Nikam of first year B. Pharm won third price in clay modeling. On the topic 'labor' they were given 2 hours and 30 minutes, after which they were supposed to explain idea and intentions behind their sculpture to the juries.



2. A team comprising of Rushikesh Shinde, Nishant represented our college for District -level Inter-Kolhe and Aniket Kalskar of Final Year B. Pharm College Youth Festival. General Knowledge Quiz

Competition held at S.M. Joshi College, Hadapsar and secured first prize in it.



3. **Rushikesh Shinde** student of Final year B. Pharm, represented Savitribai University of Pune, at

17<sup>th</sup> State of Maharashtra inter University general knowledge quiz competition- Intradhanushya 2019-20. Venue for state level youth festival was Gondwana University, Gadchiroli Maharashtra. He bagged third place at the competition.



## DID YOU KNOW: "GREEN TEA: THE MAGIC POTION"



Tea is consumed since ages all over the world on larger basis in different flavors and tastes and makes you feel fresh instantly. But have we ever given a thought to its health benefits?

.... **Green Tea is the solution!**

Green tea is made out of unoxidized leaves of *Camellia sinensis* which is boiled with water and can be taken on daily basis. Due to unoxidized property it has most antioxidants and beneficial polyphenols.

The most important polyphenol which has health-promoting effects is catechin. Not only this but it also has proteins, amino acids, pectins, glucose, and trace elements like calcium, magnesium, chromium, iron, copper, zinc, nickel, etc.

**Green tea aids in –**

### 1. Cancer prevention

The polyphenols in tea have been shown to decrease tumor growth in laboratory and animal studies and may protect against damage caused by ultraviolet UV B radiation and help prevent several types of

cancer like bladder cancer, ovarian cancer, colorectal (bowel) cancer, esophageal (throat), lung cancer, skin cancer, stomach cancer.

### 2. Lower cholesterol

Consuming green tea, either as a beverage or in capsule form, was linked to significant reductions in total and LDL or "bad cholesterol" and burns excessive body fat.

### 3. Reduce inflammation

Useful in decreasing skin diseases like psoriasis, patches of red and dry flaky skin and makes the skin glow. Also used to reduce swelling in arthritis.

### 4. In Alzheimer's disease

There was cognitive enhancement and daily intake was associated with improvement in memory due to the catechin and gallicacid in dementia.

### 5. Antioxidant

It acts as the best scavenger for reactive oxygen radicals as it flushes out the toxins from the body and prevent cell damage.

In diabetes and stroke risk

*The distance between insanity and genius is measured only by success. ~Bruce Feirstein*

Those consuming green tea are at lower risk of developing type 2 diabetes and fatal strokes when added to daily diet.

This show how effective is a cup of green tea, and its daily consumption saves us from inheriting various diseases and maintains a healthy lifestyle. Truly a magical remedy!



## SCOPE OF PHARMACY-CLINICAL RESEARCH



New trials and experiments aren't offered to the public as soon as they're produced. They need to be analyzed and confirmed first. A clinical trial is a type of investigation or experimentation that examines a test or treatment given to individuals. Clinical trials include various studies like how shielded and beneficial tests and treatments are. When they passed the trials and found to be safe and helpful, they may become tomorrow's standard of care.

Clinical Research includes various trials and experiments, such as:

Different usage of drugs already approved by the FDA,

Drugs not yet accepted by the U.S. FDA (Food and Drug Administration),

New methods of drug intake, such as in pill form,

Use of other possible medicines, such as herbs and vitamins,

Innovative tests to detect and track disease, and

Drugs or methods that relieve symptoms and much more!

### What exactly Clinical Research Is?

Clinical research is a field that deals with the study & analysis of health & illness in Humans. It is the means through which scientists analyze how to prevent, diagnose and treat illness. Clinical research describes many different elements of scientific

investigation. It involves human participants and helps translate basic research into new treatments and information to be beneficial for patients.

Clinical Trials or Clinical Studies involves human volunteers. These types of research or experimental studies enables various groups of researchers and investigators to search for new and more effective ways to understand, discover, regulate as well as deal with different types of human disorders/diseases/ abnormalities. In other words, we can say that these trials are the best way to get answers to any difficult scientific / health-related queries.

### Goals of Clinical Research:

All clinical trials should meet certain goals to fulfill their design or use of conduct. It must:

Enhance therapeutic understanding

Be implemented by adroit persons,

Take all important steps/actions to protect those who accommodate themselves to research,

Acquire regulatory acceptance and take all the obligatory legal and ethical steps.

Gather the assent of those involved in research

### Types of Clinical Research:

Basically, clinical trials conducted for clinical research studies are of various types. The two main types are:

Observational Studies: These clinical research studies do not examine any drugs or their effects on

human illness. Examiners are involved in observing participants of the trials by monitoring their health over a period of time and collect relevant data. time molecules are inserted in patients. It is confined to a limited number of patients over a short duration of treatment.

Examiners enhance their medical knowledge by continuous follow-up of the patients in the reference centers. Phase III- Therapeutic Efficacy: This phase is considered a Pivotal Study as it is the last and final step followed before the drug is marketed. It is used

Interventional Studies: These studies furnish scientific verification of the efficacy and welfare of an innovative drug, a new caution device or a new organization in the context of a disease or illness. to measure the medicinal efficiency of the molecule as well as its tolerance level close to real-life circumstances.

These clinical trials or interventional studies are obligatory steps for the conversion of a new molecule into an innovative drug or any newly discovered device to be noticed. Phase IV- The Marketing Authorization: Based on the data collected through various phases (1-3), submission of the Marketing Authorization Application is allowed to the National Agency of Medicines & Health Products. Once authorization is

Apart from the above-mentioned types of Clinical Studies, there are different types of clinical research and finally, it is marketed.

that are used in a different way depending on what Phase V- Monitoring and Evaluation of side Effects: Also called as Surveillance Phase in which various the examiners or investigators are studying. Some of side effects are monitored, recorded and examined to them are Treatment Research, Prevention Research, assess patient safety.

Diagnostic Research, Screening Research, Quality of Life Science, Genetic Studies, and Epidemiological In today's scenario, Clinical Research is one of the Studies. Researchers require different types of most upcoming and demanding fields of Science that participants for their study. They can have requires highly dedicated and determined 'outpatient' or 'inpatient'; participants do not stay at individuals.

the hospital overnight or stay for at least one night More about Clinical Research Courses, Eligibility, respectively. Scope, Salary, and Companies hiring, are discussed

### Phases of Clinical Trials:

During the development of new drugs, clinical trials are conducted in basically 5 steps:

Phase I- Administration in Humans: Performed in healthy individuals. Its main objective is to examine Clinical and Biological tolerance. With this phase of the trial, various effects on the models are determined as well as this trail allows examination of the fate of different molecules in the body depending on its route of administration.

Phase II- Administration in Patients: For the first-

below:

### Diploma in Clinical research:

This course is usually annual having term examinations conducted every year by concerned universities. Enrolled candidates learn basic bioethics related to clinic or hospital. The course includes presentations, manuscripts preparations of various scientific meetings and journals of technical medicine. Students enrolled in this course will be modulated and trained to transform them into quality clinical research analysts having all the set of skills

required to work in any hospital or clinic. Science, Life Sciences, Pharmacy, Pharmacology, Biotechnology, etc. from a recognized university.

Candidates having Diploma in this field can have a wide array of career options. Be it a Medical department (hospital/ clinic) or working as a lecturer/teacher, candidates can choose any options according to their wishes. You can be absorbed as a Clinical research Analyst, Clinical Research Associates, Clinical Research Coordinator, Clinical Research Physicians, Biostatistician, etc.

Duration: 1-year full-time course.

Eligibility: 55 % score in graduation in any Medical science courses (MBBS, BDS, etc.) or Degree in Average Salary: INR 2,50,000 – INR 5,00,000.

### SCIENTIFIC CONTENTS: PHARMACY INDUSTRY – PFIZER INC.

**Pfizer Inc.** is an American multinational pharmaceutical corporation headquartered in New York City. Pfizer was founded in New York City in 1849 by German-American Charles Pfizer and his cousin Charles F. Erhart from Ludwigsburg, Germany.

◆ Pfizer Inc. (Pfizer) is a research-based global biopharmaceutical company. The Company is engaged in the discovery, development and manufacture of healthcare products.

◆ Its global portfolio includes medicines and vaccines.

#### Product Range:

- The Company manages its commercial operations through two business segments: Pfizer Innovative Health (IH) and Pfizer Essential Health (EH).
- IH focuses on developing and commercializing medicines and vaccines. IH therapeutic areas include internal medicine, vaccines, oncology, inflammation and immunology, rare diseases and consumer healthcare.
- EH includes legacy brands, branded generics, generic sterile injectable products, biosimilars and infusion systems. EH also includes a research and development (R&D) organization, as well as its contract manufacturing business. Its brands include Prevnar 13, Xeljanz, Eliquis, Lipitor, Celebrex, Pristiq and Viagra.

#### Contact Details:

##### **Pfizer Limited**

The Capital, 1802, 18th Floor Plot No. C-70, 'G' Block  
Bandra Kurla Complex, Bandra East Mumbai – 400051.

Tel : +91 - 022 - 6693 2000



## LEADING EDGE



Mr. Nilesh Sharadchandra Mirajkar  
Designation: Project Manager  
Organization: Serum Institute of India Pvt. Ltd.

**1. Could you kindly provide glimpse of your organization? What role do you play in the organization?**

We are the World Leader in Vaccine Manufacturing in terms of number of doses manufactured. I worked in R&D department as Project Manager in Vaccine development and coordinate with cross functional viz: QC, QA, RA, Clinical, Packaging, Packing development and International development teams to adhere to timelines.

**2. Could you brief us about your educational details? Both school life and University life.**

Entire education is completed in Pune. B-Pharm from AISSMS COP (2000 batch), Certified Business Analyst.

**3. How did you break into the field you are in today?**

Due to experience in Product Management Team experience and launch of various products in varied segments viz: Asthma, Neuro- psychiatry, Critical Care, Nutraceuticals.

**4. What are the most interesting and/or current developments in your field?**

Classified information cannot be shared.

**5. Given the current circumstances, what do you feel about pursuing higher studies in the Healthcare field in a foreign country i.e. USA, Canada etc?**

PG should be persuaded whether in India or abroad to stay ahead in competition. More R&D work is happening abroad in varied fields.

**6. What kind of opportunities does the Indian market promise as compared to foreign markets e.g. North America/Europe?**

Enormous opportunity is currently available in India as population is on the rise and acceptance to

new products and concepts are welcomed.

**7. Do you believe it is a good time to start up on your own- here in India? Or do you suggest the job security of a conventional 9-5 job?**

It depends on the individual.

**8. What do you see lacking in young recruits today? What improvements would you suggest?**

Basics in their own field is missing and they are not aware of their subject

**9. We would love to hear what you think about the Pharmacy course in India. Kindly express your views.**

It should be industry oriented

**10. What is your message to young graduates/postgraduates in Pharmacy ...?**

Stay focused and have a clear goal in life

**11. Is there anything else you would like to share with us?**

Train the trainers i.e. teachers need more exposure on world forum in their fields, so teachers should attend a greater number of symposia and interactions at National and International levels.

Theme : "Suicide Prevention"



MIND CONTROL

**10<sup>th</sup> October**  
**WORLD MENTAL HEALTH DAY**

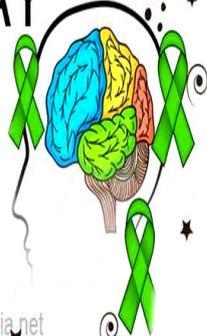


World Federation for Mental Health

Mental Health : A state of emotional & psychological wellbeing.

<p><b>Reasons :</b></p> <ul style="list-style-type: none"> <li>* Uncontrollable Waste &amp; Negative Thoughts</li> <li>* Stress, Depression, Fear, Anger &amp; Anxiety</li> <li>* Chronic diseases of the body</li> <li>* Failures, Family conflicts</li> <li>* Addictions</li> <li>* Imbalanced Food Habits</li> </ul>	<p><b>Preventions :</b></p> <ul style="list-style-type: none"> <li>* Controlling emotions by Positive Thoughts</li> <li>* Self-Management &amp; Self-Esteem</li> <li>* Harmony in Relationships</li> <li>* Happiness-Relaxation-Inner Peace Experience</li> <li>* Balanced Healthy Diet &amp; Good Habits</li> <li>* Daily practice of Rajayoga Meditation</li> </ul>
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**WORLD Mental Health DAY**



- Observed on 10<sup>th</sup> October every year
- Aims to create awareness about the importance of mental health
- Theme for 2019 focuses on 'Suicide Prevention'
- Timely treatment & care could prevent many suicides

Promote Mental Health to Prevent Suicides

© www.medindia.net

DEPRESSION

MAKES YOU FEEL LONELY BUT

YOU'RE NOT ALONE

#WORLDMENTALHEALTHDAY



*Blessed are those who can give without remembering and take without forgetting. ~Anonymous*