





PHARMAVOICE

College Newsletter...

VOL6 ISSUE1

JULY-SEPT 2020

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

<u>CONTENTS</u>	
Editorial	2
News and Events	2
Upcoming Events	6
Achievements	6
Did you Know	8
Scope of Pharmacy	1
Scientific Contents	1

• To be amongst the top ten Pharmacy colleges in India by imparting excellence in Pharmacy education.

VISION

- 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.



EDITORIAL

"It's Okay, not to be Okay."

The year of 2020 is nothing, but like a Rollercoaster. Everyday there's something new which does not even surprise us anymore! It keeps us wondering, what next?! But as Oogway (Kung Fu Panda) said,

"Your mind is like water. When it's agitated, it becomes difficult to see, but when you let it settle, the answer becomes clear."

This year won't last long and so won't the chaos.

Here, we at AISSMSCOP try our best to let settle our thoughts not only by engaging ourselves **TEAM PH** into various activities, hobbies, competitions but (Sitting From L to R) also by taking a break to recharge one's battery. **Mr. Vaibhav Raut(M.**

And with this, hoping everyone is safe and healthyDr. Santosh Gandhi (Faculty Member)we present you Volume 6 Issue 1 of TheDr. Ashwini R. Madgulkar (Principal)PharmaVoice!Mrs. Shital Patil (Faculty Member)

Keep scrolling for insights of happenings and also Ms. Sayali Sheth (Ex-member) to update your knowledge and also don't miss the Nobel Prize Winners 2020! (Standing From L to R) Ms. Purve Kalal(R. Pharm, U.X.

Positive reading!

Team PharmaVoice.

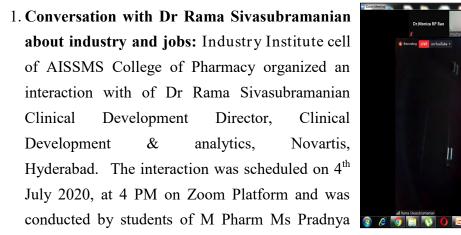


TEAM PHARMAVOICE

(Sitting From L to R) Mr. Vaibhav Raut(M. Pharm. II year) Dr. Santosh Gandhi (Faculty Member) Dr. Ashwini R. Madgulkar (Principal) Mrs. Shital Patil (Faculty Member) Ms. Sayali Sheth (Ex-member)

(Standing From L to R) Ms. Purva Kalel(B. Pharm. II Year) Ms. Kshitija Abhang (B. Pharm. III Year) Ms. Samruddhi Pande(B. Pharm. IV Year) Mr. Saurabh Rohom (Ex-member)

NEWS & EVENTS





"Either you run the day or the day runs you." - Jim Rohn

AISSMS COLLEGE OF PHARMACY

3

Shirude, Ms Kajal Kabra, Mr Pradip Chavan and Mr Gautam Gundecha, under supervision of IIPC members Dr Mangesh Bhalekar, Dr Monica RP Rao and Mr Rahul Padalkar. The conversation 4. Resource covered professional journey of Dr Rama, opportunities and educational emerging job scenario, life cycle management, clinical development through the question sessions. The session was attended by 85 participants, Dr Rama having had brief stint at AISSMS College of Pharmacy, shared some memories in candid conversation with Principal Dr Ashwini Madgulkar.

- 2. Faculty Development Program: Dr. Mithun Bandivadekar Assistant Professor, Department of Pharmaceutics, attended One Week Faculty Development Program on "Higher Education 2020: Requirements and Expectations". Organized by Internal Quality Assurance Cell, TPCT's College of Engineering, Osmanabad from 8th July to 12th July. 8th July.
- 3. Innovative teaching aids- "In-house study of products: A Chemistry outlook". During the lock down period of Covid Pandemic, students of SY B. Pharm carried out a study of different household products with respect to the chemical composition, structure and use. This activity was done strictly in the respective homes in July 2020 under the guidance of Mrs. K. D. Asgaonkar. Hundred different products were studied such as Dettol, Lizol, Shampoos, nasal sprays, mouth wash, deodorants etc. It was done with the intention of creating awareness and interest in Organic chemistry. It has made the students realize the importance of this subject in our day to day life. This activity also helped the students in better understanding of properties and applications of

different chemical class of compounds studied in theory such as alcohols, ester, salts present in different commodities.

- 4. Resource Person: Dr. Santosh Gandhi delivered Lecture at Yashoda College of Pharmacy, Satara on topic "Instrumental Methods of Analysis" on 01/08/2020
- answer 5. Innovative teaching aids- MINDathon Rallyby 85 Quiz rally: To break the monotony of teaching learning and to make learning process more enjoyable a quiz rally "MINDathon Rally" was conducted by Mrs. K.D Asgaonkar along with student coordinators Ms. Namrata Rathod and Mr. Luv Kumar on 5th Sept 2020. This online quiz comprised of topics from Pharmaceutical Organic Faculty Chemistry of Semester III. Two teams of 10 students each i.e. Girls team (Shooting stars) and Boys team (Trouble shooters) competed against each other. Winners were declared in different tategories like best scorer and fastest finger for every round along with Man of the match. Girls team were the final winners of the quiz rally.

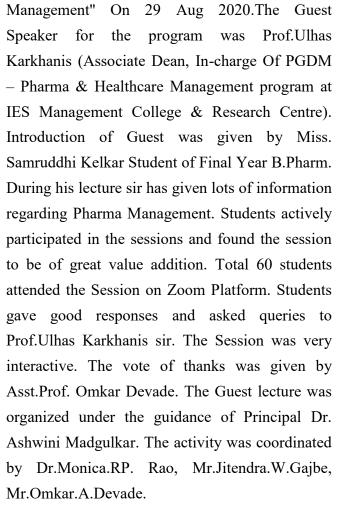


I'm a greater believer in luck, and I find the harder I work the more I have of³ it." - Thomas Jefferson

- 6. Pharmacy news and Pharmaceutical Industry information is shared by SY B. Pharm students on Google classroom on a regular basis. This activity helped to increase student's awareness about Pharmaceutical Industry and would prepare them for placement after their graduation. This activity was guided by Mrs. K.D. Asgaonkar.
- 7. "Parent Teacher Initiative" (PTI): First activity was conducted on 5th Sept. 2020. A guidance session by Dr. Neeta Nargundkar, Biosphere Clinical Research, was organised for Teaching staff, students of M.Pharm Sem-III and Final Year B.Pharm on Platform Microsoft Teams on: "Entrepreneurship Development and opportunities in Clinical Research" Dr. Neeta explained various career options in the field of clinical research. Various positions are CRA (Clinical research associate), CSM (Clinical Site managers), statisticians etc. She highlighted the various skills essential and desirable for a job in this industry. She mentioned that there is no substitute for hard work. Students interacted and asked queries.



 8. Guest lecture Report: Dr. Ulhas Karkhanis -On 29 Aug 2020- AISSMS College of Pharmacy, Pune organized an Online Guest lecture for Final Year Students. Topic was "Careers in Pharma





9. National Webinar on Quality Improvement: IQAC of our college had organized a national webinar titled "Quality Improvement in Higher Education through Up-skilling" on Wednesday 23rd Sept. 2020. The webinar received overwhelming response with more than 900 registrations by faculty from various states of India. The recorded webinar is available on

When we strive to become better than we are, everything around us becomes 4 better too." - Paulo Coelho

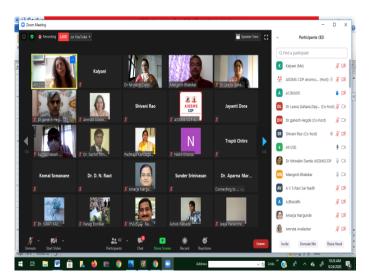




YouTube channel of college. The link is <u>https://</u> www.youtube.com/watch?v=pW4WTMUPmms



10.National Webinar on NAAC: IQAC of our college had organised webinar titled "Assessment NAAC: and accreditation by Improvement in subsequent cycles" on 24^{th} Sept. 2020, Wednesday in academic collaboration with NAAC, Bangalore. The webinar started with welcome address by the Principal, Dr. Ashwini Madgulkar. The best wishes sent by Hon. Secretary, AISSMS, Shri Malojiraje Chhatrapati, set the positive tone of the webinars. IQAC coordinator Dr. Mrinalini C. Damle, presented the objectives of this webinar. NAAC adviser, Dr. Ganesh Hegde, deliberated on criteria wise details of SSR. Dr. Leena Gahane, Deputy Adviser, NAAC, highlighted "Role of



IQAC", Dr. A.V. Prasad explained the process of "Data validation and verification as well as Students Satisfaction survey", Dr. N.R. Mohan, Assistant Adviser, NAAC explained how to prepare Annual Quality Assurance Report to be submitted to NAAC, every year. The webinar was attended by more than 300 faculty members from across all states of India. All the speakers' were very informative. presentations The delegates at the webinar have given excellent feedback. The recorded webinar is available on college YouTube channel. The link is as follows https://www.youtube.com/watch?

v=Qxn8yi2PHgw

Perpetual 11.APGA News: AISSMS Pharma graduate association is established in 2003 and the committee is now working under Advisor, Dr. Shashikant Bhandari. APGA conducts various activities towards the benefits of students and society. Considering to increase the opportunities as well as to update with the global scenario in terms of career opportunities, APGA organized various National and International session with Alumni of AISSMS College of Pharmacy under banner of "Coffee and Conversation with Alumni". The first session was organized with Dr. Medha Joshi (Alumni of AISSMS College of Pharmacy and currently working as Associate Professor. Midwestern Uni. Dept. of Pharmaceutical Sciences, USA) on June 12, 2020 on zoom platform at 7.30 pm. The second session was organized with Alumni, Dr. Vivek Dave (Alumni of AISSMS College of Pharmacy and currently working as Associate Professor, Dept. of Pharmaceutical Sciences, USA) on 15 June 2020 at 6.00 pm. The third session was organized with Dr. Geetanjali Patwardhan (Alumni of AISSMS

Opportunity is missed by most people because it is dressed in overalls and looks⁵ like work." - Thomas Edison



College of Pharmacy and currently working as Academic Tutor, UK & STEM facilitator, UK) on 18 July 2020 at 3.30 pm. The forth session was organized with Mr. Akshay Joshi (Alumni of AISSMS College of Pharmacy) on 8th August 2020 at 4.00 pm. The fifth Session was organized with Mr. Atul Gupta (Alumni of AISSMS College of Pharmacy and currently working in Sales and Marketing (International Business) Advanced MedTech Solution Pvt. Ltd.) on 29th August 2020 at 4.00 pm. The sixth session organized with Ms. Snehal Gorey (Alumni of AISSMS College of Pharmacy and currently working as commercial operations professional in Australia) on 26th Sept 2020 at 4.00 pm. Students asked various questions and clear their doubts. The alumni have given information on various opportunities available for students at National and Internal level. Students of

B.Pharm, M.Pharm and staff were participated in all session.



UPCOMING EVENTS

- Session on "Success and You" on 02nd Oct 2020 on occasion of Mahatma Gandhi Jayanti and Shri Lal Bahadur Shastri Jayanti
- Online Farewell to the B. Pharm batch of 2016-2020 is planned in First week of October 2020
- Virtual Farewell organised by M Pharm. 2018-2020 batch on 22nd Oct 2020.
- A talk by our alumni Mr. Tripathi on opportunities in Insurance sector for Pharmacy students organised on 23rd Oct 2020by Industry Interaction committee.
- Parent -Teacher Initiative: Mr. Krishnakumar from Novartis Pharmaceuticals will discuss various aspects of "Biosimilars" in a session on 24th Oct. 2020 for staff and students.

STUDENTS' ACHIEVEMENTS

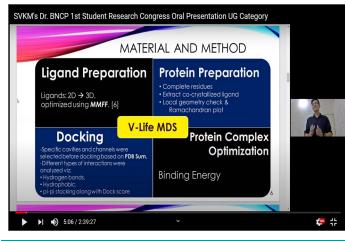
 Mr Ayush Khater, Ms Kshitija Abhang and Ms Bhairavi Bakhle of T. Y B.Pharm presented (oral) a paper on "In-silico assessment of Thiazolidinone derivatives as HIV entry Inhibitors to assist AIDS management" at the 1st Student Research Congress organized by SVKM's Dr. Bhanuben Nanavati College of Pharmacy, Mumbai in association with University of Mumbai from 28^{th} Sept – 30^{th} Sept 2020.

Students presented their In-house project work done under the guidance of Ms. Shital M Patil and Mrs. K.D Asgaonkar. Team won second prize and

You've got to get up every morníng with determination if you're going to go to⁶ bed with satisfaction." - George Lorimer



were awarded with cash prize of Rs 3000/- and 2. Mr. Yash Malu and Miss Komal Lahoti of T. Y certificates. B. Pharm won Runner up prize in video making



- B. Pharm won Runner up prize in video making competition in Pharmanecia 2 organized by Operant Pharmacy Federation. The competition was guided by Mrs. Vidya Wable and Mrs. Komal Chandhere.
- 3. Vaibhavi Muley of S. Y B. Pharm won Runner up prize in e-blog writing competition in Pharmanecia 2 organized by Operant Pharmacy Federation. The competition was guided by Mrs. Vidya Wable and Mrs. Komal Chandhere.

STAFF ACHIEVEMENTS



- Dr. Mrinalini Damle completed FDP on "Virtual Vidya: Online Teaching Tools" organized by Indira Institute of Management during 29th June to 3rd July 2020.
- Miss. Priyanka Kandhare has participated in a One Week Online International Webinar on "Role of Pharmacist in Healthcare" organized by the Department of Pharmacy Practice from 29th June 2020 to 04th July 2020 covering various aspects of Clinical, Hospital and Community Pharmacists roles and responsibilities.
- Mrs. Vidya Wable, Assistant Professor, Department of Pharma. Chemistry, AISSMS college of Pharmacy attended AICTE sponsored short term training program "Orientation and Pedagogy for curriculum -good teaching practices' ' organized by Smt. Kishoritai Bhoyer college of Pharmacy from 18 -22 July 2020.
- Miss. Priyanka Kandhare completed One Week Virtual International FDP on "Advances in Pharmaceutical Sciences: Research and Practice" Organized by IQAC Cell, KVSR SCOPS, Vijayawada from July 27, 2020 to August 01, 2020
- Dr. Padmanabh Deshpande completed one-week AICTE sponsored STTP on "Orientation and Pedagogy for Curriculum: Good Teaching Practices" organized by Smt. Kishoritai Bhoyar College of Pharmacy, Kamptee, Nagpur between 3-8 August 2020.
- Miss. Priyanka Kandhare has successfully completed Drug Development an online non-credit course authorized by University of California San Diego and offered through Coursera on 4th August 2020
- Dr. Trupti S. Chitre completed one-week online AICTE-STTP on 'Digital Pedagogy' organized by Dr. Bhanuben Nanavati College of Pharmacy, Mumbai from 14th to 19th September 2020.
- Dr. Padmanabh Deshpande, Dr. Mangesh Bhalekar completed AICTE Training and Learning (ATAL) Academy Online FDP on "Leadership & Excellence" at Faculty of Engineering & Technology from 14-18 September 2020.

Don't judge each day by the harvest you reap but by the seeds that you plant."¹ Robert Louis Stevenson



- Miss. Priyanka Kandhare completed the faculty development program on the theme "Emerging Tools & Trends in Pharmaceutical Research" being organized by Amity Institute of Pharmacy, AUUP Lucknow during 21st-25th September 2020.
- Miss. Priyanka Kandhare has completed one-week AICTE Incorporating Universal Human Values in Education workshop from 28sept to 2 oct 2020.
- Mrs. Vidya Wable has participated in a One Week Online FDP on "Emerging tools and trends in pharmaceutical research" Organized by AMITY University, UP on 21-25th Sept.2020
- Mr. Omkar Devade completed successfully AICTE Training and Learning (ATAL) Academy Online FDP on "Stress-management" from 21-09-20 to 25-09-20 at Gauhati University Institute of Science and Technology.
- Dr. Santosh Gandhi Attended AICTE sponsored e-conference on "Quality Analysis in Herbal Drug Research" organized by Rajarambapu College of Pharmacy, Kasegaon on 3rd August & 4th August 2020)
- Dr. Santosh Gandhi attended webinar on "Addressing Gender Inequity Challenges during the Pandemic" by Dr. Bhojraj Suresh, President, Pharmacy council of India, on 17th August 2020 organized by Centre for Pharmaceutical Sciences, IST, JNTUH, HYDERABAD.
- Dr. Santosh v. Gandhi Participated in the 03 days National E-Workshop on 'Advanced Pharmaceutical Instrumentation' organized by Poona College of Pharmacy, Pune between 01/09/2020 to 03/09/2020

COLLEGE ACHIEVEMENTS

AISSMS COLLEGE OF PHARMACY, PUNE is now recognized as Swachhta Action Plan Institution. The Institution has successfully formed the Swachhta Action Plan Committee and constituted the working groups Post COVID-19 for Sanitation & Hygiene, Waste Management, Water Management, Energy Management and Greenery along with the observation of two environment related days to inculcate in faculty, students and community, the practices of Swachhta and Reduction, Reuse and Recycling of Resources.

DID YOU KNOW: PROTEIN INTAKE: MYTHS AND FACTS



We all certainly have heard, read or come across the word **"protein intake"** many times. Nowadays with hype around it, has confused us as to how we should regulate the intake daily in the right way.

Proteins are macronutrients which are essential building blocks of the body and present strength, repair and build new tissues, and maintain the posture. It comes from a variety of food sources while some are naturally present in the body. (e.g. keratin).

Following are the myths and reality associated with protein intake:

Just one small posítíve thought ín the morníng can change your whole day."- 8 Dalaí Lama



Myth 1: Animal protein is easier to digest than foods like beans. Plus, beans contain harmful lectins. For all those who are vegetarians, are worried about the amount of protein they consume isn't sufficient as compared to meat eaters. And in turn they start looking for multiple options to reach the level.

<u>Fact</u>: Food such legumes, beans and lentils have high amount than else in terms of fiber, carbs and also a good source for healthy gut.

Myth 2: "Complete Proteins" are the best.

Proteins are made up of amino acids—20 of them total, each with specific, important functions. Some your body can make on its own, but there are essential amino acids that it can't, and these must be consumed through your diet.

Fact: Complete proteins are foods that contain all nine of those essential amino acids, including animal proteins, like fish, poultry, eggs and dairy—although there are some vegetarian sources, including soy, quinoa and chia seeds, as per you can just vary and plan your diet accordingly.

Myth 3: High protein means higher muscle mass

Higher protein diets may lead to a greater decline in kidney functioning in those with impaired renal functioning or chronic kidney disease. In addition, a high protein diet may increase risk of developing gout in some people.

Fact: According to the *Dietary Guidelines for Americans* recommend that between 10 and 35 percent of an adult's daily calories should come from protein. For children, it is 10 to 30 percent.

Myth 4: It is unsafe to use protein shakes and whey protein in weight loss diet

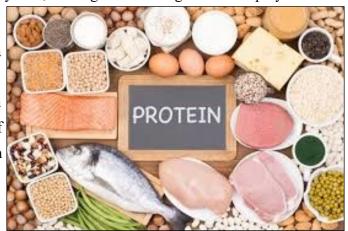
Fact: Protein shakes and whey protein are acceptable to incorporate a healthy weight loss balancing the amount of protein in the body to avoid fatigue and weakness if taken within daily limits and consistency. But opting for natural supplements like bananas, kale, dry fruits related shakes/smoothies is helpful for multiple benefits

Myth 5: Protein's main role is in muscle development.

Fact: As an essential nutrient composed of amino acids, protein is not only a component of muscle, but also of bone, joint, tendons, ligaments, hair, antibodies, hormones, enzymes and LDL and HDL cholesterol. The nutrient supports a healthy immune system, can regulate blood glucose and plays a role in body composition.

Myth 6: Only a protein rich diet is enough for a healthier body.

Fact: Supporting proteins with fiber and calcium to reduce the problems of stomach and risk of osteoporosis as protein may tend to leach calcium hence diversifying is the key.



Whether you thínk you can, or you thínk you can't - you're ríght." - Henry Ford

SCOPE OF PHARMACY-CAREERS IN INFORMATION TECHNOLOGY (IT)

Information technology has entered and benefited all sectors of industry. IT

professionals design, support, and maintain computer hardware and software for various industrial and individual applications and are much sought after for their expertise and experience in various pharma fields.

Educational qualifications for IT jobs: -

Hiring managers of companies in India look for a bachelor's degree either in information technology in computer science or in pharmacy which are the two basic qualifications for an IT job.

A person can also pursue Certification, diploma, and PG diploma programmes from reputed institutions are also available.

There are hundreds of pharmacy and engineering colleges in India, and obviously, a degree from a reputed college carries more weight. The Indian Institutes of Technology, the National Institutes of Technology, and the Birla Institute of Technology and Science, Pilani, are the most sought-after institutions.

There are many other reputed government and private colleges with accreditation from the All India Council for Technical Education, the National Assessment and Accreditation Council, and the University Grants Commission.

Besides these degree colleges, there are institutions offering certification and diploma courses, including the National Institute of Electronics and Information Technology (NIELIT), which is under the central government.

Along with a formal degree or diploma, you will need such individual attributes as a willingness to learn, an ability to work hard, an analytical mind, good and communication skills.

After graduation, the question of whether to go in for an advanced degree abroad would occupy the minds of most bright students, howsoever briefly.

Some industry insiders are of the view that job experience in a particular specialization rather than a foreign degree might be handy if an IT graduate wants to build a career in India.

Career paths in Information Technology jobs: -

Career paths in the IT industry can be broadly classified into the two main fields of hardware and software. Under hardware, you have manufacturing, maintenance, research and development, and management.

Under software, you have manufacturing, development, programming, software testing, and maintenance and support. Among related areas are computer operations, database administration, sales/marketing, and data-centre management.

Popular job designations include ADL officer, Data analyst, Medical writer, Clinical research analyst, Data entry operator, Clinical assistant etc.

However, as mentioned before, most companies use information technology widely and IT professionals

Don't wish it were easier. Wish you were better." - Jim Rohn

10





continue to be in great demand, especially those with good skills, talent, and aptitude.

Depending on your work and the skills you develop, you can become a project leader in about three years. If you are selected to work onsite at a customer's organization abroad, you may be considered for a manager's role directly, and promoted, without your having been a project lead.

Many IT professionals working in Indian companies get a chance to work at customers' work sites abroad, and this gives them exposure to international working conditions and work culture.

The individuals who want to continue to be a core part of technology development are identified as "individual contributors" and allowed to continue in that stream without being pressured to shift to the management stream for promotion to senior positions.

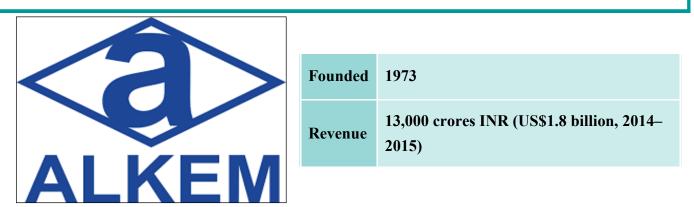
Information Technology Salaries:

The average salaries in the IT industry depend on your job profile, your place of posting, and your knowledge, experience, and skills.

A junior data analyst (as a fresher) can expect to earn between Rs. 1.2 lakh and Rs. 3.6 lakh annually, an associate data analyst about Rs. 2 lakhs to Rs. 7.5 lakh, a senior or experienced data analyst Rs. 4 lakhs to Rs. 12 lakhs, and a lead software engineer Rs. 5.5 lakh to Rs. 16 lakhs.

A project manager in clinical research scientist can hope to earn between Rs. 7 lakh and Rs. 20 lakhs, a clinical research manager between Rs. 6.25 lakh and Rs. 26 lakhs, and a clinical development manager between Rs. 10 lakh and Rs. 34 lakhs.

SCIENTIFIC CONTENTS: PHARMACY INDUSTRY- ALKEM LABORATORIES



Alkem Laboratories Limited is a multinational pharmaceutical company headquartered in Mumbai, Maharashtra that manufactures and sells pharmaceutical generics, formulations and nutraceuticals in India. Alkem is ranked the fifth largest pharmaceutical company in India in terms of domestic sales.

In 1978 the company established its first plant at Taloja Maharashtra. In 1992 the company established its manufacturing facility in Mandwa Maharashtra which was later converted into an API facility in 2005. Alkem set up its research and development facility for ANDA development at Taloja in 2003. In 2006 anti-infective drug Taxim of Alkem became the first anti-infective drug in the Indian pharmaceutical industry to



cross 1,000 million in terms of domestic sales in India. In 2014 Clavam other drug from Alkem crossed 2,000 million mark in terms of domestic sales in India. In 2007 the company filed its first ANDA for drug Amlodipine which was approved in 2009. Alkem has developed a portfolio of 705 branded generic drugs, with 13 of the brands featured among the top 300 brands in India for the fiscal year 2015 and a portfolio of 705 brands in India in the six months ended 30 September 2015.

Alkem have **21 manufacturing facilities**, 19 in India and 2 in US. These possess regulatory approvals from agencies such as USFDA, MHRA - UK, SAHPRA-South Africa, TGA - Australia, ANVISA - Brazil, WHO - Geneva, TPD - Health Canada, PPB - Kenya, NDA - Uganda, MOH - Sudan, INVIMA - Colombia, TFDA - Tanzania, Zimbabwe, BfArM-Germany & Other Africa, Asian & CIS Countries.

Products Portfolio:

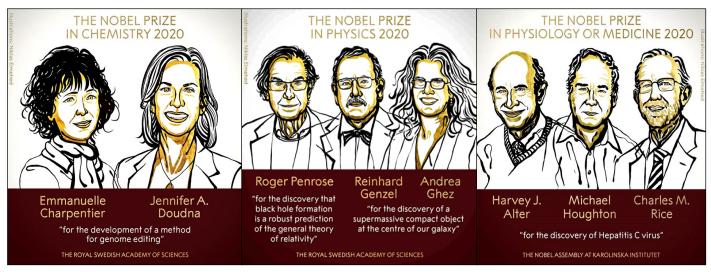
Wide range of products spanning across multiple Therapeutic Area (TA) such as Anti-infective, Gastroenterology, Pain Relief/Analgesic, Anti-diabetic, Cardiology, Dermatology, Neurology/Central Nervous System (CNS) and Vitamins, Minerals & Nutrients.

Board of Directors:

Position	Name
Founder Chairman Emeritus	Mr. Samprada Singh
Executive Chairman	Mr.Basudeo Narayan Singh
Joint Managing Director	Mr.Dhananjay Kumar Singh
Joint Managing Director	Mr.Sandeep Singh

Contact Details:

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"Do the hard jobs first. The easy jobs will take care of themselves." - Dale 12

Carnegíe