

Pharma Impetus

“News Letter” Published by Pharmacy Department Kalaniketan Polytechnic College, Jabalpur M.P.



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Official Desk

The aim of the “News Letter” is to disseminate information about the safety and efficacy of various therapeutic agents. Is also presenting activities of the department in the academic and other key areas.

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Patron

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News and Events

Academic Inspection

The surprise academic inspection was conducted by Inspectors appointed by Pharmacy Council of India, (PCI) New Delhi on 7.1.2019 and 8.1.2019. The inspectors appreciated the academic activity of the department. The department has been accorded approval for three years up to 2020-2021.

Green Pharmacy Day

The pharmacy department is persistently involved in making the ambiances green and pleasant. Every year the students celebrates **Green Pharmacy Day** marking by plants of value. This year the activity was performed on 22.7.2019



Orientation Program

Mentoring is a particular form of relationship designed to provide personal and professional support to an individual. The mentor is generally more experienced than the mentee and makes use of that experience in a facilitative way to support the development of the mentee. The mentoring relationship provides a developmental opportunity for both parties and can thus be of mutual benefit. In a nutshell, a student mentor's role may be perceived to be facilitative, supportive and developmental for the student community in general and the first year students in particular. With this view orientation program was organized on 20.8.2019. The students of D Pharm I year made aware of anti-ragging activity, government schemes, exam scheme and pattern etc.



Teachers Day

The students of the department felicitated and expressed their gratitude towards the Principal, Faculty and the staff members on 5.9.19. On this occasion reminisced the great thoughts and teachings of Dr. Sarvepalli Radhakrishnan and Dr APJ Abdul Kalam Azad, the great educators.





Expert Talks

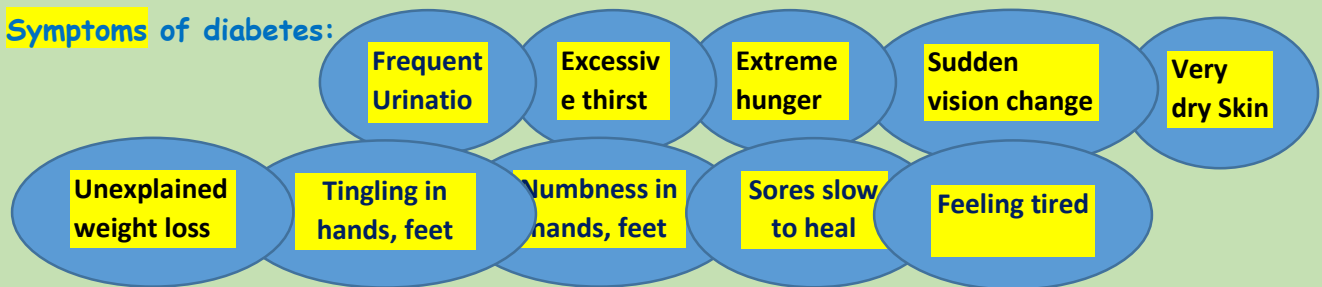
- A lecture was delivered on “*Personality Development Program*” on 20th January, 2018.
- An expert lecture was delivered on 24th January, 2018 by Dr. Megha Sharma on “*Nosocomial Infections*”.
- Students were informed about Awareness of “*Road Safety and Women Safety*” by Mr. Vinod Pathak, ASI and Mr. Govind P. Tiwari, SI. On 27th January, 2018.
- Students of the department were enlightened with the expert lecture on “*Futuristic Scenario of Generic Medicines in India*” on 11th Sept, 2018.
- “*National Pharmacy Week*” was celebrated on 22nd November, 2018. Students participated in the competitions like Poster presentation, Collage making competition and Quiz competitions. These competitions were judged by [Dr. Seema Kohli](#), [Dr. B. K. Jain](#) and [Dr. Kavita Verma](#).

Educational String

The **MAGIC** effect of **EXERCISE** on **DIABETES**

Most of the food we eat is converted into glucose, or sugar, for the production of energy, for our body. Diabetes is a disorder in which the body does not utilize glucose for the energy production. A hormone called insulin, is secreted by an organ called pancreas that lies near the stomach, this insulin helps glucose get into the cells of our bodies. When a person is suffering from diabetes, their body either is not capable of producing enough insulin or the body is unable to utilize this insulin as well as it should. This leads the development of glucose (sugar) in the blood.

Symptoms of diabetes:



Types of Diabetes:

Type I diabetes or insulin-dependent diabetes mellitus (IDDM) or Juvenile onset diabetes	Type II diabetes or non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes
Account for 5 to 10% of all diagnosed cases of diabetes	May account for 90 to 95% of all diagnosed cases of diabetes
Risk factors: Autoimmune, genetic, and environmental factors	Risk factors: Older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, race/ethnicity.

Exercise and Diabetes: Research substantiates that exercise and increased physical activity bring a bounty of health benefits- especially if you have diabetes.

The choice of EXERCISE: Broadly exercise is of two types, they are-

AEROBIC EXERCISE: Aerobic means 'with oxygen', such physical activities that require extra supply of oxygen, but this can be met through an increase in breathing and heart rate are called aerobic. Aerobic exercises include:

Walking

Swimming

Jogging

Playing badminton and tennis

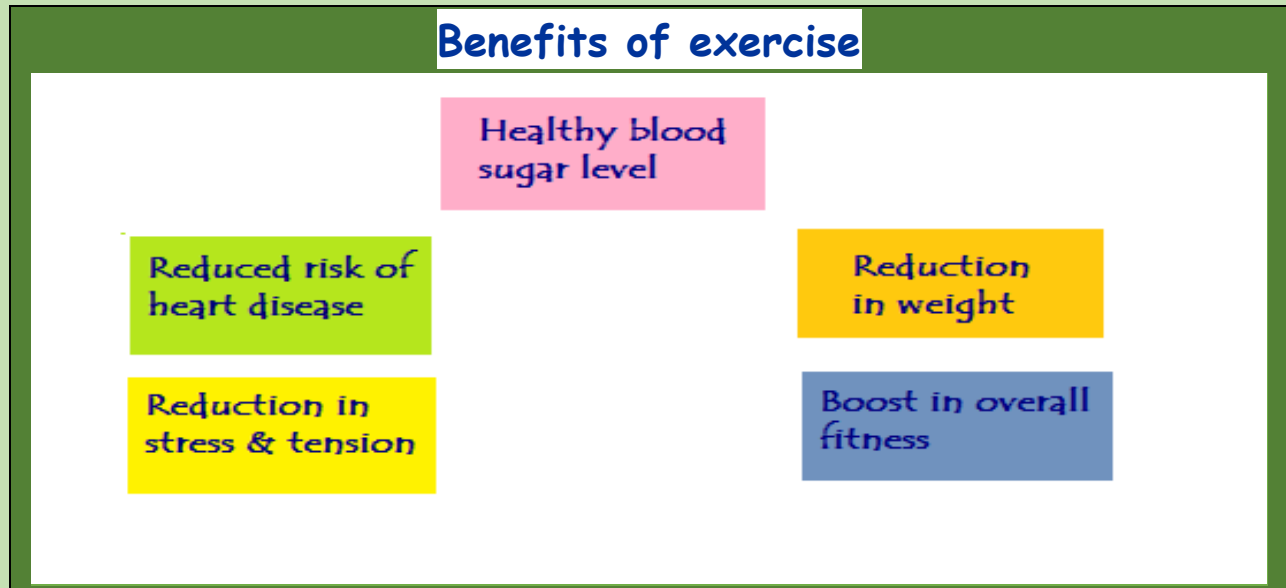
Cycling

Aerobic dancing

These exercise benefit all people, including people with diabetes.

ANAEROBIC EXERCISE: These activities are short bursts of intense physical effort. Energy of such actions is obtained from glucose metabolism which occurs in the absence of oxygen with a resultant formation of lactic acid within the body. Such activities include **weight lifting**.

These are not advisable for people with diabetes.



Draw a safe and enjoyable fitness plan: Before you begin the exercise following steps need to be followed in order to get your body ready.

Warm up and Cool down, Do stretching exercise, Calf stretch, lower back stretch, Chest stretch.

How much exercise? A person should aim for at least 30 minutes of aerobic exercise most days of the week. If a person is not being active for too long, start slowly by exercising 10 minutes a day. Each week increase the length of time you exercise by 5 minutes, until you start doing 30 to 45 minutes a day. Remember to drink plenty of fluids, water is the best choice.

Listen to WARNING signs:

Never ignore symptoms that may signal a health snag. These include:

Dizziness or faintness

Chest pain

Tightness in the chest

Pain in an arm or the jaw

Palpitations

Unexpected shortness of breath

NOTE: If you experience these symptoms, talk to your doctor. Until you get an all clear from the doctor, take a break from the fitness programme.

Flying Colors

Our Gems

First Year (2018-2019)

Jayanti Devi, Deepak Shrivastav, Mahima Lodhi, Pushpa Sahu, Shikha Patel

Second Years (2018-2019)

Ritu Joshi, Keerti Gupta, Sanskriti Patel, Sachin Chaurasiya, Sudeep Patel

Research Publications

- Dr. Seema Kohli, Kaminee Sahu, *“Nanoparticles as a versatile Carrier for Anticancer Herbal Drugs, Advances in Pharmacology and Toxicology”*, Vol 19(3), 2018, ISSN 0973-2381, (Peer reviewed) PP.15-20.
- Dr. Seema Kohli, Kaminee Sahu, *‘Performance Improvement Tool towards the Medicines Manufacturing Pharmaceutical Companies under Sustainable Practices’*. International Journal of Social Ecology and Sustainable Development (IJSESD). Paper accepted, in press 2018 (Revised version submitted).
- Dr. Seema Kohli, Kaminee Sahu, *‘Evaluation of Anticancer Oncology Medicines Pharmaceutical Companies under chain of Sustainable Procurement’*, IGI Global Dissemination of knowledge. International journal of Social Ecology and Sustainable Development (IJSESD). Paper accepted, in press 2018, (Scopus Index Journal).
- Dr. Seema Kohli, Kaminee Sahu, *‘Toxicology Assessment of Hydroalcoholic Extract of Ipomoea Carnea using Cock’s Intestinal Mucosa’*, International Journal of Pharmacology and Biological Sciences, Vol, 12(1), 2018, ISSN 0973-6808, (UGC list Sr. No. 17377) PP. 31-38.
- Dr. Seema Kohli, Kaminee Sahu, *‘Pharmacognostical Analysis of Leaf and of Ipomoea Carnea (L.) Jacq Convolvulaceae Growth in India’* Vol 7(4), 2018, E-ISSN 2349-8234, (UGC list Sr. No. 45051) PP. 929-934.
- Dr. Seema Kohli, Kaminee Sahu, *‘Performance Measurement of medicines delivery of pharmaceutical companies under chain of sustainable procurement’*. International Journal of Social Ecology and Sustainable Development (IJSESD). Paper accepted, 2018, in press (Scopus Index Journal).

- B.K. Jain and Seema Kohli, In-vivo evaluation of Progesterone loaded Chitosan loaded microspheres through Nasal route, *Advances in Pharmacology and Toxicology*, 19(1), 2018,33-44.
- Ankita A. Singh, OP Verma and RR Mishra. Evaluation of biofilm formation on different nosocomial adherent materials like –pieces of catheters and micro titer plates. *Journal of Pharmacognosy and Phytochemistry* 2019; 8(3): 3508-3511.
- Ankita A. Singh, OP Verma, RR Mishra. Development of biofilm on and Biomaterial (Microtiter, coverslips and catheters) and Elimination by using thereof bacteriophage. *IJAR&D* (2018), 3-9.
- Kaminee Sahu, Dr. Seema Kohli, 'Nanoparticles as a versatile Carrier for Anticancer Herbal Drugs, *Advances In Pharmacology and Toxicology*, Vol 19(3), 2018, ISSN 0973-2381, (Peer reviewed) PP.15-20.
- Kaminee Sahu, Dr. Seema Kohli, 'Performance Improvement Tool towards the Medicines Manufacturing Pharmaceutical Companies under Sustainable Practices. *International Journal of Social Ecology and Sustainable Development (IJSESD)*. Paper accepted, in press 2018 (Revised version submitted).
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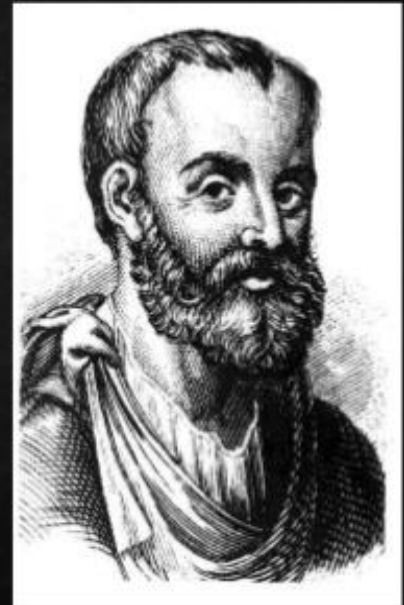
History of Pharmacy



Treatment

CLAUDIUS GALEN (131-200 AD)

- Roman physician & philosopher of Greek origin.
- Galen earned a reputation as a practitioner & a public demonstrator of anatomy as he performed extensive dissections & vivisections on animals.
- Galen described many formulae containing plants & animal drugs, which he compiled this knowledge in 20 books called as *Galenical works*
- His theories dominated & influenced the medical science for well over a million.



Claudius Galen - Father of Pharmacy