

PHARMVIGOUR

A NEWSLETTER
BY

HOLY GRACE
ACADEMY OF PHARMACY



MAKING A DIFFERENCE

VOLUME 01, ISSUE 01

JAN - MAR 2023

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**CHIEF EDITOR:
Dr. Priyambada Sarangi**

"All Birds find shelter during a rain but eagle avoids rain by flying above the clouds. Problems are common but attitude makes the difference"

- Dr. APJ Abdul Kalam

Dear Reader.

GREETINGS FROM HOLY GRACE ACADEMY OF PHARMACY!

It gives me immense pleasure to put forth your goodself that the Holy Grace Academy of Pharmacy is bringing out a Newsletter "PHARMVIGOUR" with an aim to sensitize the student community, faculty members and the general public to ensure wellbeing and to gain knowledge as well as updates on the trends and recent research in the domain of pharmacy. Without right action plan, hard work and persistence efforts nothing can be achieved. Herewith I would like to thank our Executive Editor, Sub Editor and all the Editorial Team Members who have shared their time and efforts in contributing a good number of wonderful and inspiring articles with informative stuff to enrich this first issue of PHARMVIGOUR. I am also thankful to the office & technical staffs for bringing a nice shape to this newsletter. Furthermore, I express my sincere gratitude to the management of Holy Grace Group of Institutions for its whole hearted support & encouragement throughout the publication process of this Newsletter. We welcome your comments and suggestions via holygracepharmvigour@gmail.com



**EXECUTIVE EDITOR:
Dr. Shaji George**

In spite of all the hindrances faced due to COVID-19, it's been a year of emergence for a comparatively new college that had to shut down immediately after the start of its B.Pharm course in the year 2019. Even though the comeback was a bit difficult, we the human race have always found a way to succeed and thus we made our way back into the classroom. Despite all the challenges after the shutdown in 2020, I congratulate all the authors who have contributed and thank all, especially the Chief Editor, Sub Editor, editorial board members, staffs of Holy Grace Academy of Pharmacy, Management supporters and all the well-wishers, who supported us in the endeavour of publication of this wonderful quarterly published first volume of the newsletter. I hope that this Newsletter "PHARMVIGOUR" will enlighten your thoughts and give you some insight into the activities done in this college.



**SUB EDITOR:
Mrs. Veena Vijayan**

Dear all, It is indeed a great honour to be the Newsletter Sub Editor. It is an immense pleasure to launch this first issue of "PHARMVIGOUR". I'm extending my hearty regards to our Chief Editor and Executive Editor for all their guidance and support. I also extend a huge thank to all the team members of the editorial board of Holy Grace Academy of pharmacy for their great contribution without which this wouldn't have been possible.

QUOTE OF THE FIRST QUARTER...



“Time and Health are two precious assets that we don't recognize and appreciate until they have been depleted” - Denis Waitley

PHARMA QUIZ SHOW



1. Who is the father of Indian pharmacy education?

Ans) **Mahadeva Lal Schroff**

2. Who is father of world pharmacy?

Ans) **William Procter Jr**

3. Who invented Coca-Cola ?

Ans) **A pharmacist John S. Pemberton created Coca-Cola as a treatment for most common ailments**

4. Which drug is known as devil's dung?

Ans) **Asafoetida**

5. What DRx means?

Ans) **DRx stands for DRug eXpert (drug recognition expert)**

6. The category of drugs that relieve itching are called as

Ans) **Anti pruritis**

7. What does the symbol Rx stands for?

Ans) **Latin word recipe/recepre (to take)**

8. What is dry ice?


Ans) **Solid carbondioxide**

9. Normal adult human has a blood volume of...

Ans) **5 litres**

10. Acetaminophen is also called as ...

Ans) **Paracetamol**

11. Identify the logo 



Ans) **W.H.O**

12. Gas used for sterilization of medical products...

Ans) **Ethylene Oxide**

13. The most common causative agent of bacterial pneumonia is....

Ans) **Streptococcus pneumoniae**

14. Inert gas used as propellant in aerosol is...

Ans) **Nitrogen**

15. Reserve food of plant is called...

Ans) **Starch**

DAYS TO REMEMBER...



APRIL

2nd April	World Autism Awareness Day
7th April	World Health Day
10th April	World Homeopathy Day
17th April	World Haemophilia Day
19th April	World Liver Day
22nd April	World Earth Day
25th April	World Malaria Day
26th April	World Intellectual property Day
29th April	World Veterinary Day (last Saturday of April)

MAY

1st May	International Labour Day
2nd May	World Asthma Day (first Tuesday of May)
8th May	World Thalassaemia Day
14th May	World Mother's Day
17th May	World Hypertension Day
18th May	World AIDS Vaccine Day
31st May	World No Tobacco Day

JUNE

5th June	World Environment Day
7th June	World Food Safety Day
8th June	World Brain Tumour Day
14th June	World Blood Donor Day
19th June	World Sickle Cell Awareness Day
21st June	International Yoga day
23rd June	International Olympic Day
26th June	International Day Against Drug Abuse

UPCOMING WEBINARS, SEMINARS

April 1 - Inter National Conference On Medical, Biological and Pharmaceutical Science (ICOMBAPS)-ASAR. Kollam

April 8 - World Congress on Advanced Pharmacy and Clinical Research, Thiruvananthapuram

April 9 - International Conference on Pharmaceutical Chemistry (ICPC), Trivandrum

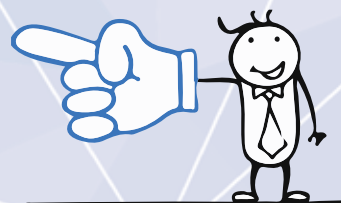
April 6 - Join The fight against Cancer, Online webinar

May 13 - World Congress on Advanced Pharmacy and Clinical Research-ISER, Cochin,

June 29 - Evaluating Biopharma / purification, Online webinar



YOU SHOULD KNOW...



VITAMINE DEFICIENCY ALERTS



VITAMINS	DEFICIENCY DISEASES
Vit A	Night blindness
Vit B1	Beri-beri
Vit B2	Retarded Growth
Vit B12	Megaloblastic Anaemia
Vit C	Scurvy
Vit D	Rickets
Vit K	Hemorrhagic diseases

SYMBOLS USED IN A PRESCRIPTION & THEIR INTERPRETATIONS



S.NO	Abbreviation	Latin Word	Meaning
1	Rx	Recipe	To take
2	o.d or OD	Omne in die	Once a day
3	b.i.d, b.d or BID	Bis in die	Two times a day
4	tid, t.d or TID	Ter in die	Three times a day
5	q.i.d, q.d	Quarter in die	Four times a day
6	prim.m	Primo mane	Early in the morning
7	m	Mane	In the morning
8	a.m	ante meridiem	Morning
9	p.m	post meridiem	Afternoon or evening
10	o.h	Omni hora	Every hour
11	p.c	Post cibos	After meals

VACCINES - Key to immunisation



DISEASES	VACCINES
Tuberculosis	BCG
Hepatitis B	Hep B
Diphtheria, Pertussis, tetanus	DTaP/ DTP
Rotavirus	RV vaccine
Common Flu	Influenza Vaccine
Mumps, Measles, Rubella	MMR

KITCHEN INGREDIENTS THAT HEAL...



CINNAMON

- ›Improves Diabetes
- ›Cold relief
- ›Treat allergies
- ›Fights infections
- ›Treats depression
- ›Brain tonic
- ›Sleep aid
- ›Relieves pain



GARLIC

- ›Strengthens immune system
- ›Prevents heart disease
- ›Detoxification
- ›Prevents and treats cold
- ›Improves bone health
- ›Lowers cholesterol
- ›Antioxidants
- ›Anti-cancer



GINGER

- ›Treats Diarrhoea
- ›Treats Flatulence
- ›Prevents Cancer
- ›Increases Sweating
- ›Increases Sexual Activity
- ›Eases Period Cramps
- ›Reduces Nausea
- ›Helps Relieve Digestive Issues



BLACK PEPPER

- ›Healthy skin
- ›Prevents cancer
- ›Rids cold
- ›Helps in weight loss
- ›Improves digestion
- ›Helps fight depression
- ›Efficient in the treatment of ulcers



HONEY

- ›Fights diabetes
- ›Reduces blood pressure
- ›Aids weight loss
- ›Boosts immunity
- ›Improves skin health
- ›Treat wounds & burns
- ›Suppresses cough & sore throat



LEMON

- ›Reduces body weight
- ›Eliminate bad cholesterol
- ›Reduce Digestion problems
- ›Protect from skin problems
- ›Cures throat infection
- ›Protect from high B.P
- ›Treat flu, cold, fever



TURMERIC

- ›Preventing heart diseases & ageing
- ›Prevention of cancer
- ›Prevention of Alzheimer's disease
- ›Treat depression
- ›Antioxidant
- ›Anti-inflammatory



CUMIN

- ›Improves Digestion
- ›Cures Hemorrhoids
- ›Prevents Diabetes
- ›Improves Epidermal Health
- ›Prevents Anemia
- ›Immune system booster
- ›Kidney health



ALZHEIMER'S DEMENTIA - MEMORIES MATTER



Our memory helps to make us who we are. From fondly recollecting childhood events to remembering where we left our keys, memory plays a vital role in every aspect of our lives. Memory refers to the processes that are used to acquire, store, retain, and later retrieve information. There are three major processes involved in memory: encoding, storage, and retrieval. But in case of Alzheimer's disease the person is losing his memory.

Alzheimer's disease is a type of brain disorder that causes problems with memory, thinking and behaviour. This is a gradually progressive condition. It causes the brain to shrink and brain cells to eventually die.

Dementia is impaired ability to remember, think, or make decisions that interferes with doing everyday activities.

Currently, 47 million people live with dementia globally, and it is estimated to increase more than threefold (~131 million) by 2050. Alzheimer's disease (AD) is one of the major causative factors to induce progressive dementia. AD is a neurodegenerative disease, and its pathogenesis has been attributed to extracellular aggregates of amyloid β (AB) plaques and intracellular neurofibrillary tangles made of hyperphosphorylated T-protein in cortical and limbic areas of the human brain. It is characterized by memory loss and progressive neurocognitive dysfunction. Brain cell connections and the cells themselves degenerate and die, eventually destroying memory and other important mental functions later loses the ability to carry out the simplest tasks.

Memory loss and confusion are the main symptoms. More than 1 million cases reporting per year. These kind of symptoms first appear in the mid 60's of most of the people and these gradually develops after the age of 65. Point to be noted that people under this age can also develop it, which is called early-onset Alzheimer's disease, a type of young-onset dementia.

People may Experience:

Cognitive issues like mental decline, difficulty in thinking and understanding, confusion in the evening hours, delusion, disorientation, forgetfulness, making things up, mental confusion, difficulty in concentrating, inability to create new memories, inability to do simple maths or inability to recognize common things.

The causes probably include a combination of age-related changes in the brain, along with genetic, environmental, and lifestyle factors. These causative factors may vary from person to person in increasing or decreasing the rate of Alzheimer's disease.



Alzheimer's Care:

1. Prevent and manage high blood pressure....
2. Manage blood sugar....
3. Maintain a healthy weight.....
4. Be physically active.....
5. Quit smoking....
6. Avoid excessive drinking.....
7. Prevent and correct hearing loss.....
8. Get enough sleep.

Treatment Consists of Cognition Enhancing Medications

Medication and management strategies may temporarily improve symptoms. Cognition enhancing medications such as Galantamine, Rivastigmine, Donepezil etc can improve mental functions, lowers blood pressure and may balance mood.



New Arrivals:

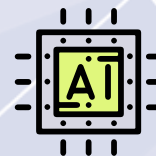
The U.S. Food and Drug Administration approved a new drug Legembi (lecanemab-irmb) via the Accelerated Approval pathway for the treatment of Alzheimer's disease. Leqembi is the second new category of medications approved for Alzheimer's disease that target the fundamental pathophysiology of the disease.. This treatment option is the latest therapy to target and affect the underlying disease process of Alzheimer's, instead of only treating the symptoms of the disease."



Reference:

- 1.Immediate release FDA News Release Jan 6 2023
- 2.Pharmacology for pharmacy students second edition by Padmaja Udaykumar pgno:214-215
- 3.Alzheimers Association.
- 4.Diagnosis of alzheimers disease and dementia: <http://www.alz.org/alzheimers disease diagnosis.asp> accessed June 8 2015

ARTIFICIAL INTELLIGENCE : A GAME-CHANGER IN THE PHARMACEUTICAL INDUSTRY AND IN PHARMACY EDUCATION



Artificial intelligence (AI) has the potential to transform many areas of in the pharmaceutical industry and pharmacy education by accelerating drug discovery, cutting costs, and advancing personalized medicine, improving learning efficiency and enhancing decision-making abilities.

ARTIFICIAL INTELLIGENCE

Clinical Trials & Drug Discovery

- AI can optimize trial design and Improve the quality and efficiency of the study.
- AI can streamline the clinical trial process by identifying eligible participants, predicting side effects and monitoring patient safety.
- AI can speed up the process by analyzing vast amounts of data to identify potential drug candidates.
- AI algorithms can predict the effectiveness of a drug candidate or combination of drugs, identify target diseases for a specific drug.

Pharmaceutical Education

- Artificial intelligence can make changes in pharmaceutical education by altering Personalized learning strategies, Virtual assistants, Machine learning, Gamified learning, Predictive analytics etc.

Patient Care:

- AI can transform patient care by enabling personalized medicine.
- AI algorithms can analyze patient data to predict the efficacy of a particular drug or dosage and identify potential side effects.
- AI can also recommend alternative treatment options based on past patient outcomes.

ADVANTAGES

- Improved efficiency
- Faster drug discovery and development
- Precision medicine
- Improved patient outcomes
- Improved safety



AI is revolutionizing the pharmaceutical industry and pharmacy education by improving drug discovery, clinical trials, drug repurposing, and patient care etc.

AI is continuously evolving and we can expect to see more innovative uses of AI technology in the pharmaceutical industry. It can help students to acquire better knowledge and skills and prepare them to become efficient healthcare professionals.

Reference: Indian Journal of Pharmaceutical Education and Research, Der Pharmacia Lettre

SUMMER HEALTH CARE



Summer season is one of the main season in tropical country like India. It starts from April and spans till end of July. In this season the weather is hot and dry. The days are longer and nights are shorter and heat persist from late morning to midnight. There are various health issues commonly seen during this season which are listed below:

Common health concerns during the summer season:

- ❖ Dehydration: The high temperatures and humidity during the summer can cause you to lose fluids and electrolytes quickly.
- ❖ Sunburn: Prolonged exposure to the sun's UV rays can cause sunburn, which can lead to redness, pain, and peeling of the skin.
- ❖ Heat Rash: Heat rash is a skin irritation caused by sweating, which clogs the sweat glands. It results in small, red, itchy bumps on the skin
- ❖ Food Poisoning: The hot and humid weather can make it easier for bacteria to grow in food, leading to food poisoning.
- ❖ Asthma and Allergies: Summer allergies are often caused by pollen, grass, and mold spores. The hot and humid weather can also trigger asthma attacks

To avoid these health issues during the summer season:

- ✓ Stay hydrated
- ✓ Wear sunscreen and protective clothing
- ✓ Avoid being outdoors during the hottest parts of the day,
- ✓ Practice proper food handling and storage



Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>

IMPACT OF AIR POLLUTION ON BRAIN ACTIVITY



Air pollution is a major global health crisis and causes one in nine deaths worldwide. With every breath we take, we suck in tiny particles that can damage our lungs, hearts, and brains and cause a lot of other health problems. The most dangerous of these particles include soot, soil dust, sulfates which are fine particles of diameter 2.5 microns or less (PM 2.5). Exposure to PM 2.5 reduced average global life expectancy by approximately one year. Health issues like Asthma and other respiratory diseases are seen associated with air pollution.

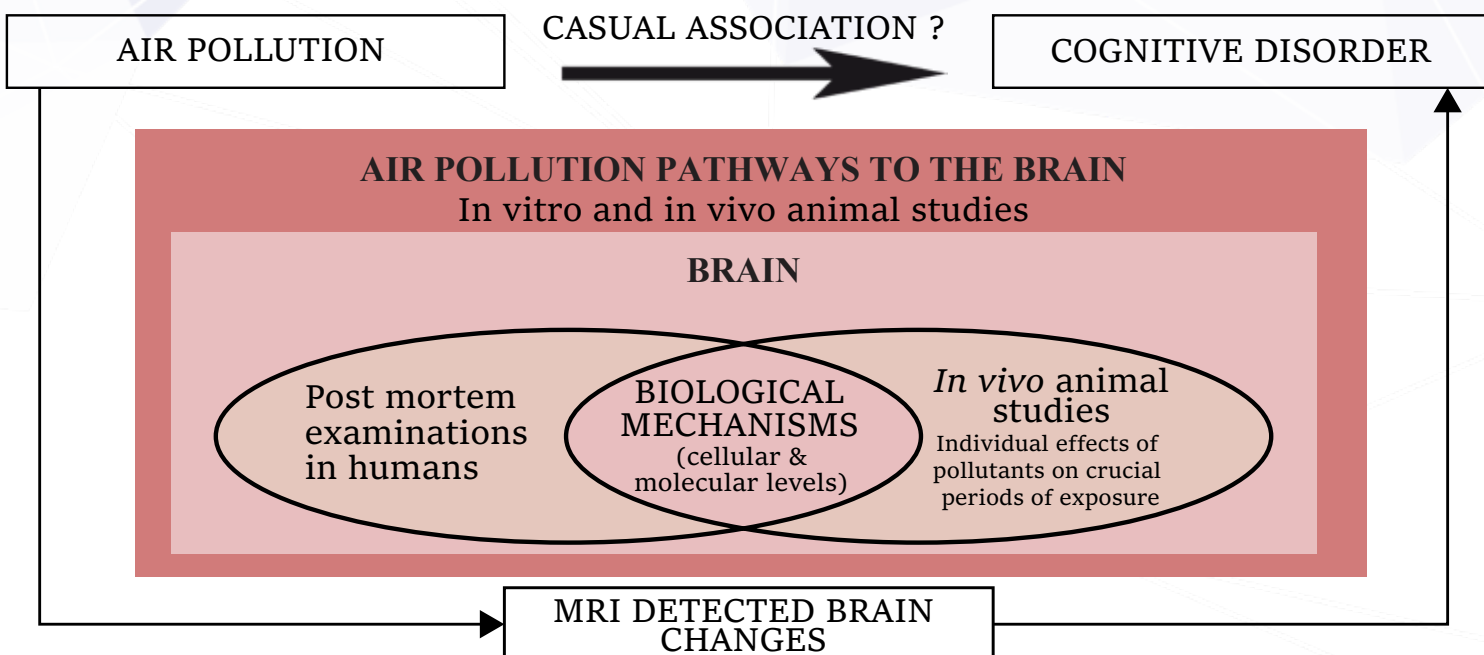
Air pollutants such as ultra fine particles from vehicle exhaust, can affect the brain either directly, by traveling through the nose and into the brain, or indirectly by causing inflammation and altered immune responses in the body that can then cross into the brain.

Traffic-related air pollution (TRAP) exposure has been associated with adverse effects on mental development and on behavioral functions such as attention, reduced global IQ, a decrease in memory and academic performance and higher prevalence of Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder. TRAP exposure is also responsible for cognitive decline and dementia in elderly.

Most of the research suggests that the air pollution will also worsen day by day due to intense climate change and uncontrolled carbon emissions.

"Greenhouse gas emission keep growing. Global temperature keep rising and our planet is fast approaching tipping points that will make climate chaos irreversible. we are on a highway to climate hell with our foot on the accelerator"

~ UN secretary General- Mr. Antonio Guterres.



WHAT MAKES BROWN RICE HEALTHY? DECODING THE CHEMISTRY OF ITS NUTRITIONAL WEALTH



- ✧ Nearly 90% of the world's rice is consumed by Asian countries. Rice is the staple grain in Asian diet. Brown rice is the whole grain with the outer husk removed. There are a number of health advantages for brown rice. Regularly including it in your diet can help you lose weight, lower your cholesterol, and stop inflammation.
- ✧ In a recent study conducted at Japan by Professor Yoshimasa Nakamura, Cycloartenyl ferulate (CAF) was found as the primary "cytoprotective". According to him "CAF is a significant bioactive molecule with many pharmacological properties
- ✧ The amount of CAF in the whole grain of brown rice is 5 times higher than that of other antioxidant compounds in it. Thus CAF is the key ingredient of brown rice's health benefits. We can utilize CAF to produce food products and dietary supplements of better quality for improving people's health. New products include CAF-based nutraceuticals like functional meals and supplements.



HEALTH BENEFITS:

- Boost immune system
- Prevents neurodegenerative complications
- Antioxidant
- Weight loss
- Antidepressant
- Reduces diabetes

Reference:

1. Hongyan Wu, Toshiyuki Nakamura, Yingnan Guo, Riho Matsumoto, Shintaro Munemasa, Yoshiyuki Murata, Yoshimasa Nakamura. Cycloartenyl Ferulate Is the Predominant Compound in Brown Rice Conferring Cytoprotective Potential against Oxidative Stress-Induced Cytotoxicity, *International Journal of Molecular Sciences*, 2023; 24 (1): 822 DOI: 10.3390/ijms24010822.
2. Golzarand, M.; Toolabi, K.; Eskandari Delfan, S.; Mirmiran, P. The effect of brown rice compared to white rice on adiposity indices, lipid profile, and glycemic markers: A systematic review and meta-analysis of randomized controlled trials. *Crit. Rev. Food Sci. Nutr.* 2022, 62, 7395-7412
3. Wu, H., Nakamura, T.; Nakamura, Y. Predominant rice phytochemicals and their disease-preventive effects. *JESSS* 2021, 10, MR01 pl-MR01 p4

NEW DRUGS APPROVED...

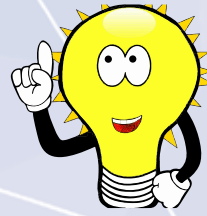


Sl.No	Name of drug	Indication	Date of issue
1	Triamcinolone Hexacetonide injectable suspension 1 20mg/ml	For intra articular, intra-synovial or periarticular use in adults and adolescents for the symptomatic treatment of subacute and chronic inflammatory joint diseases.	20/01/2022
2	Gimeracil bulk & Oteracil potassium bulk and Tegafur 15mg/20mg, Gimeracil 4.35mg/5.8mg and Oteracil 11.8mg/15.8mg capsules	indicated in adults for the treatment of advanced gastric cancer when given in combination with cisplatin.	01/02/2022
3	Topiroxostat tablets 20mg, 40mg and 60mg and bulk	Gout, hyperuricemia.	04/02/2022
4	Nitric oxide nasal spray	For treatment of adult high risk patients with mild. Covid-19 having risk of progression of the disease.	08/02/2022
5	Vericiguat tablets 2.5mg/ 5mg/ 10mg	Indicated to reduce the risk of cardiovascular death and heart failure (HF) hospitalization following a hospitalization for heart failure or need for outpatient IV diuretics, in adults with symptomatic chronic HF and ejection fraction less than 45%	25/02/2022
6	Inosine pranobex bulk and Inosine pranobex 500mg tablet	As add on therapy for treatment of mild Covid-19 patients with co-morbidities and moderate Covid-19 patients, in light of Covid-19 outbreak for restricted emergency use in the country	02/03/2022
7	Desidustat bulk and Desidustat tablets 25mg and 50mg	For treatment of Anemia in adult patients with chronic kidney disease (CKD) not on Dialysis and on Dialysis	03/03/2022
8	Lumacaftor bulk, Ivacaftor bulk & Lumacaftor 7 Ivacaftor tablets 100mg/125mg and 200mg/125mg	Indicated for the treatment of cystic fibrosis (CF) and in patient age 2 years and older who are homozygous for the F508del mutation in the CFTR gene.	11/03/2022
9	Liothyronine sodium bulk and Liothyronine sodium 8 tablets 5mcg & 20 mcg	To treat some of the more severe conditions in which the thyroid does not produce enough thyroxine and balance the effect of medicines used to treat an overactive thyroid.	04/04/2022
10	Polyhexamethylene guanidine hydrochloride 1.000 lit	For surface disinfection	06/04/2022

11	Finerenone 10mg/20mg film coated tablets	Indicated to reduce the risk of sustained eGFR decline, end stage kidney disease, cardiovascular death, non fatal myocardial infarction, and hospitalization for heart failure in adult patients with chronic kidney disease (CKD) associated with type 2 Diabetes (T2D)	11/04/2022
12	Sugammadex sodium bulk and Sugammadex injection 100mg/ml (single dose vial for bolus injection. IV)	Reversal of neuromuscular blockade induced by rocuronium or vecuronium in adults undergoing surgery	18/04/2022
13	Nirmatrelvir bulk and Combipack of Nirmatrelvir 300mg tablets (2x150mg tablets) and Ritonavir tablets 100mg	For treatment of adult patients with COVID-19, with SpO ₂ >93% and who have high risk of progression of the disease including hospitalization or death, in light of Covid 19 outbreak for restricted emergency use in the country	21/04/2022
14	Aviptadil bulk and Aviptadil injection (Each ml vial contains Aviptadil 15 mcg)	For treatment of patients with severe COVID-19 with Acute Respiratory Distress Syndrome (ARDS), in light of Covid 19 outbreak for restricted emergency use in the country 0079	29/04/2022
15	Pralsetinib Capsule 100mg	Indicated for the treatment of adult patients with metastatic rearranged during transfection (RET) fusion-positive non-small cell lung cancer... Indicated for the treatment of adult and pediatric patients 12 years of age and older with advanced or metastatic RET-mutant medullary thyroid cancer who require systemic therapy.	26/05/2022
16	Nitisinone Capsules 2/5/10 mg and bulk	Indicated for the treatment of hereditary tyrosinemia type -1 (HT-1) in combination with dietary restriction of tyrosine and phenylalanine.	09/06/2022
17	Tepotinibe Film Coated Tablet 250 mg	Each film coated tablet contains Tepotinibe hydrochloride hydrate 250 mg equiv. to Tepotinibe 225 mg	12/08/2022

Reference: The Central Drugs Standard Control Organization (CDSCO)

DID YOU KNOW ?



There are some microbes which can eat your Brain, if not, then its time to know about an amoeba called *Naegleria fowleri*, which can infect humans and are commonly found in warm fresh water (such as lakes, rivers, and hot springs etc.) and soil,

Its infectious conditions kick starts when the *Naegleria fowleri* contaminated water enters the body through the nose and makes its way to the brain. This typically happens when people go swimming, diving, or when they put their heads under fresh water, like in lakes and rivers.

The amoeba, once in brain it starts destroying the brain tissue and can causes a devastating infection called primary amebic meningoencephalitis (PAM) which is almost always fatal.

To know more visit the CDC (Centre for Disease Control and Prevention) website or the given link

<https://www.cdc.gov/parasites/naegleria/general.html>.

ONLINE LINKS AND INFORMATIVE WEBSITES



✧ Online Certification Courses:

1. Swayam-NPTEL: NPTEL is a project of MHRD initiated by 7 IITs along with the IISc, Bangalore in 2003, to provide quality education to anyone interested in learning from the IITs

Link: <https://onlinecourses.nptel.ac.in/>

2. Coursera: Global online learning platform that offers anyone, anywhere access to online courses and degrees from world-class universities and companies.

Link: www.coursera.org

3. Udemy: An education technology company that provides an online learning and teaching platform.

Link: www.udemy.com

✧ Some Journal Links:

1. Journals: Indian Journal of Pharmaceutical Sciences

Link: www.ijpsonline.com

2. Pubmed: <http://pubmed.ncbi.nlm.nih.gov/>

3. Research Gate: <http://www.researchgate.net>

CAUTION - BANNED DRUGS



SL.NO	DRUG NAME	DATE
1	Tetracycline liquid oral preparation	23/07/1983
2	Oxytetracycline liquid oral preparation	03/05/1984
3	Paracetamol + cetirizine + caffeine	10/03/2016
4	Omeprazole + Paracetamol + Diclofenac	10/03/2016
5	Paracetamol + Mefenamic acid + Ranitidine + Dicyclomine	10/03/2016
6	Nimesulide + Dicyclomine	10/03/2016
7	Heparin + Diclofenac	10/03/2016
8	Paracetamol + Domperidone + caffeine	10/03/2016
9	Amoxicillin + Dicloxacillin	10/03/2016
10	Azithromycin + Ofloxacin	10/03/2016
11	Azithromycin + Cefpodoxime	10/03/2016
12	Paracetamol + Prochlorperazine	10/03/2016
13	Rabeprazole + Zinc+ Domperidone	10/03/2016
14	Rabeprazole + Diclofenac + Paracetamol	10/03/2016
15	Bromhexine + Phenylephrine + Chlorpheniramine maleate	10/03/2016
16	Azithromycin + Acebrophyline	10/03/2016
17	Chlorpheniramine + Phenylephrine + Caffeine	10/03/2016
18	Codeine + Levocitrazine + menthol	10/03/2016
19	Dextromethorphan + cetirizine	10/03/2016
20	Chlorpheniramine Maleate + Codeine syrup	10/03/2016
21	Salbutamol + Theophylline + Bromhexine	10/03/2016
22	Salbutamol + Bromhexine	10/03/2016
23	Salbutamol + Cetirizine + ambroxol	10/03/2016
24	Calcium Gluconate + Levocitrazine	10/03/2016
25	Chlorpheniramine + Vitamin C	10/03/2016

26	Fixed Dose Combinations Of Glucosamine + Ibuprofen	08/06/2017
27	Fixed Dose Combinations Of Nimesulide + Levocetirizine	08/06/2017
28	Cetirizine + Diethyl Carbamazine	07/09/2018
29	Metformin 850mg + Pioglitazone 7.5mg + Glimepiride 2mg	07/09/2018
30	Metformin (SR) 500mg + Pioglitazone 5mg	07/09/2018
31	Rabeprazole + Zinc Carnosine	07/09/2018
32	Azithromycin + Acebrophyline	07/09/2018
33	Dicyclomine + Serratiopeptidase	11/01/2019
34	Ibuprofen + Colchicine	11/01/2019
35	Ondansetron +Paracetamol	11/01/2019
36	Paracetamol + Alprazolam	11/01/2019
37	Atorvastatin + Ubidecarenone	11/01/2019
38	Cefixime + Lactobacillus + Clavulanic Acid	11/01/2019
39	Dicyclomine + Paracetamol + Dimethylpolysiloxane	11/01/2019
40	Glucosamine + Ascorbic Acid	11/01/2019
41	Glucosamine + Cholecalciferol + Manganese + Ascorbic acid	11/01/2019
42	Fixed dose combinations of Corticosteroids with any other drug [excluding Fixed Dose Combination of Tamsulosin HCl 0.4mg (as film coated modified release tablet) + Deflazacort 30mg in hard gelatin capsule] for internal use except for preparations meant for meter dose inhalers and dry powder inhalers.	07/04/2021

Reference: The Central Drugs Standard Control Organisation (CDSCO)

SOLVE ME IF YOU CAN...



			P	O	N	I	O	D
R	L	U	I	R		N	X	E
O	I	G	E	A	E	T	I	C
W	P	E	U	N	Y	R	E	
N	I		T	G	D	A	R	S
C	T	T	E	E	R	V	D	C
A	O	I	C	B		E	O	E
P	R	C	T	O	C	N	A	T
B		Q	I	O	A	O	I	H
A	W	P	C	K	R	U		A
Y	E	L	L	O	W	S	G	N
X	C	S			O	X	U	O
	M	A	C	R	O	G	O	L

FIND OUT...

1. A closure system which can withstand storage for several decades?
2. By which route of administration 100% bioavailability is achieved?
3. The list of drugs & pharmaceuticals that the USFDA has approved safe & effective?
4. Original colour of soft paraffin
5. Best selling drug of all time

SOLUTION:

1. Crowncap
2. Intravenous
3. Orange book
4. Yellow
5. Lipitor

FIGURE OUT...

1. I have a head and tail. I connect two enemies, one loves my head another loves my tail. Who am I?
2. I am costly and inflammable but you like my approach. I am invisible in my house but when you bring me out I become visible. Who am I?
3. I brought revolution in biotechnology, most of the targeted drugs contains my acronym in suffix. Who am I?
4. I bear oxygen carrying capacity inside you and when I am outside I can carry drug within you. Who am I?
5. I am an instrument performing endothermic phase transition. Who am I?

SOLUTION:

1. Surfactant
2. Aerosol
3. Monoclonal Antibody
4. Erythrocytes
5. Freeze dryer

GALLERY

Republic day (26/01/2023)



GRACION

- Student Induction Program (2022-2023) -

Day 1 – 6th February 2023



Chief Guest

Mr. Pravinjith K P
Team leader, World Bank Technical
Support Consultants
MD, Ecoparadigm



Key Speaker

Dr. Fels Saju
Associate Professor
Department of Pharmaceutics,
Nirmala college of Pharmacy
Muvattupuzha, Kerala

Day 2 – 7th February 2023



Chief Guest

Prof. (Dr.) Ranjit Singh
Vice Chancellor
Shobhit University
Gangoh, Saharanpur
Uttar Pradesh



Guest of Honour

Dr. Pravat Kumar Sahoo
Director
Delhi Pharmaceutical Sciences
& Research University (DIPSAR)
(Ex-Director AICTE, Ex- Professor
and HOD Pharmacy, Delhi
University)
New Delhi



Key Speaker

Dr. Kaladhar Kamalasanan
Associate Professor
Amrita School of Pharmacy
Kochi, Kerala



Key Speaker

Dr. Hareesh Babu E
Professor & HOD
Department of
Pharmaceutical
Chemistry, KMP
college of Pharmacy
Perumbavoor, Kerala

Day 3 – 8th February 2023



Chief Guest

Dr. Ramesh Unnikrishnan
Advisor
Policy & Academic Planning
Bureau
AICTE, New Delhi



Guest of Honour & Key Speaker

Dr. Ajith Sankar
Educationist, Entrepreneur &
Psychological Analyst
Trivandrum, Kerala



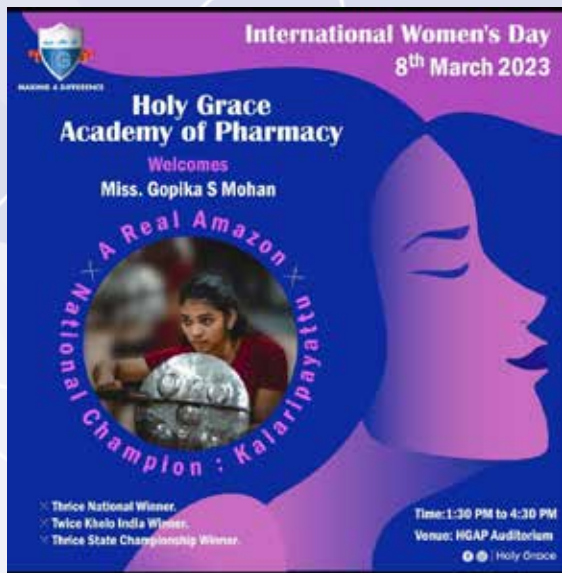
Key Guide

Mr. Akshay Ashok Kumar Shah
Deputy Manager, HR
EXEMED PHARMACEUTICAL
Vapi, Gujarat





International Women's Day (08/03/2023)



Holy Celebration



NSS Club Activity



The NSS club of Holy Grace Academy of Pharmacy has participated in electric wheel chair donation programme organized by Holy Grace Group of Institutions on 17/02/2023.

Writers' Club Activity



Ms. Sameeha Junaid of 6th semester B.Pharm (2019 Batch) has published two Motivational Books.

- > Be You
- > Inner Voice: the unheard noise

Ms. Sameeha Junaid

Sports Club Activity



Holy Grace Academy of Pharmacy won the **Holy Grace Foundation Cup** for the year 2023 in Inter Collegiate Football Tournament held on 17th March 2023



Editorial Team: Holy Grace Academy of Pharmacy



Disclaimer

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Special thanks to Mr. Ajo Paul, Administrator, Holy Grace Academy of Pharmacy & Mr. Sajan. M.J, Graphic Designer, Holy Grace Group of Institutions