# Shri Balaji Shikshan Prasarak Mandal's Institute of Pharmacy,

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# Pharma Shine

Express your thoughts and views



#### Editor

Mr. Sambhaji V Gitte Lecturer

# PHARMA SHINE MAGAZINE

#### 2021-22

# Express your thoughts and views

Provide platform for students to express themselves through various forms of writing like research articles, comments, on current topics, literary / creative writing. Encourage freedom of expression. Provide a medium for exchange of thoughts and information



#### Shri Balaji Shikshan Prasarak Mandal's

#### INSTITUTE OF PHARMACY

Approved by Pharmacy Council of India, New Delhi, Government of Maharashtra and
Director of Technical Education and affiliated to the Maharashtra State Board of Technical

Education, Mumbai



#### Vision:

To be an active academic institution that strives for excellence in pharmacy education by providing world class Pharmaceutical education to students from all section of society.

#### Mission:

To empower students to achieve their goals by providing access to high quality and affordable pharmacy education to students from all section of society.

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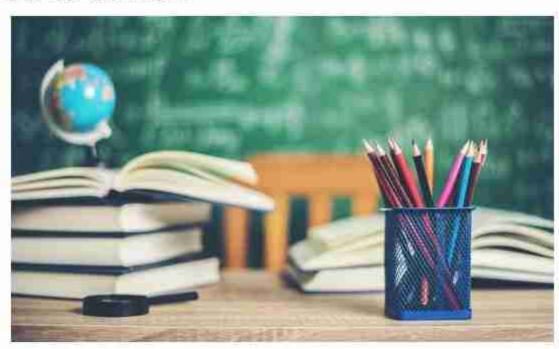
#### President Massage

With science and technology and intellectual sophistication, your possibilities are limitless



#### Dear Students.

All progressive organizations are an outcome of the dreams, ideas and creativity of its leader(s). Shree Balaji Shikshan Prasarak Mandal was established in 1987, by great visionary Hon'ble Shree Mr. Bhushan Kantaprasad Modi with endeavor of making education accessible to the deprived and deserving. Under the aegis of this society S.B.S.P.M'S Institute of Pharmacy, Ambajogai was born in the year 2006. In a global economic scenario that is constantly evolving, you need to constantly reinvent yourself and acquire the requisite competencies to stay ahead of the crowd. By imparting knowledge that has a blend of academics, practical training and overall personality development S.B.S.P.M'S Institute of Pharmacy, Ambajogai is committed to grooming future visionaries and leaders.



#### Secretary Message



I have immense pleasure in welcoming you to Shri Balaji Shikshan Prasarak Mandal a highly progressive and enterprising College pledged to provide quality education in pharmacy.

Besides academic excellence, the College is committed to inculcating in all its students, strong ethical values of integrity, politeness, kindness and respect for elders. I firmly believe that education should foster confidence, discipline, clarity in thought and decision-making ability to set and achieve goals, and above all, social responsibility as a life-long process.

Shri Balaji Shikshan Prasarak Mandal's Institute of Pharmacy aims to develop scholarity students with great self-discipline, intense perseverance and zeal to excel which are the qualities required to meet the challenges of the modern society.



#### Principal Message



Our Primary Concern is to prepare human beings who can meet the challenges of tomorrow with creativity, a critical spirit, intelligence and competence, conscience and responsibility. Our education fosters values of sharing service and justice, thereby leading to a more equitable and human society.

We strive to mould our students into determined diligent and daring young men, who, in their pursuit of excellence, will also uphold moral values and be willing to give themselves to enrich the lives of others.

The college has a wide array of cultural, sports and personality development programs designed to bring best in the students. We have Well-qualified, trained, motivated faculty make Shri Balaji Shikshan Prasarak Mandal, Ambajogai College a unique academic environment. Faculty members who have excellent academic credentials in their respective line of specialization and long years of teaching experience impart quality education to students.

I thank the governing council members for their constant encouragement and support, also thank all our lectures, friends and well wishers for their concern and support Shri Balaji Shikshan Prasarak Mandal, Ambajogai College has experienced dynamic and open-minded management together with committed staff welcome you to a wonderful academic environment.

Principal



#### EVERYTHING HAPPENS FOR A REASON



Do you believe that everything happens for a reason? According to me everything happens for a reason. Incidents happen because life happens. But sometimes we are too busy expecting all the ease and comfort from life and when some adversity comes we wonder why this is happen to us. The first question that comes to our mind is why me? But don't question the process trust it and be patient.

Someone said somewhere and it's beautiful thing to remember always that "we are living a beautiful life that we always complain about but someone somewhere in the hospital bed or on street is dreaming to live a life that we are complaining about."

The good that comes out of the bad things that happens to us is to help us become our best most authentic self. The great motivational speaker "Muniba Mazari" said that " Everything happens for a reason and when we say 'Everything' we can't pick and choose.

When we discover the true meaning of the events in our life everything changes, We feel stronger because we sense that everything has meaning gives us great confidence.

- Everything happens to us for one or more of these reasons.
  - To help us totally accept ourself.
  - To help us uncover our true hidden talent.
  - To help us become stronger.
  - To help us become a truly good person.
  - To show us that we can let go of fear.

"I TRUST THAT EVERYTHING HAPPENS FOR A REASON EVEN IF WE ARE NOT WISE ENOUGH TO SEE IT"

Mete Supriya

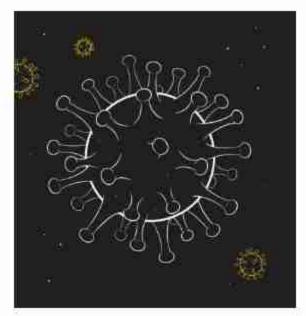
D. Pharm II<sup>nd</sup> Year

#### CORONA- A disease as well as a lesson......

The corona viruses are the large group of viruses that cause illness in humans and rarely in animals. There is currently no strong cure for corona virus.

There are many things that came to light because of the corona virus. Corona affected almost all walks of life.





#### What did the Corona affect the most?

Corona has brought down the economy, shut down small and big businesses, had a huge impact on education, and most importantly, corona has forced people to analyze where we are now on an individual level.

Corona caused so much damage to the people and the country and half of it benefited also.

People are convinced that nothing is more important than basic needs. Because when the lockdown started, only the basic necessities shops remained open and everything else was closed.

Corona taught a big lesson to those who didn't believe in saving, who just wanted to wake up in today's fog.

The existence of the country was questioned when it was difficult for many people to migrate in the early days. It became clear where we are on the world stage.

Many immigrants from the big cities were not given entry by their villagers. From this, we know where we are at the level of community. But in this difficult situation, some people came forward who did such a great job that no politician or officer has ever done. Corona also hit education hard. The extent of the education system came to the fore. With the

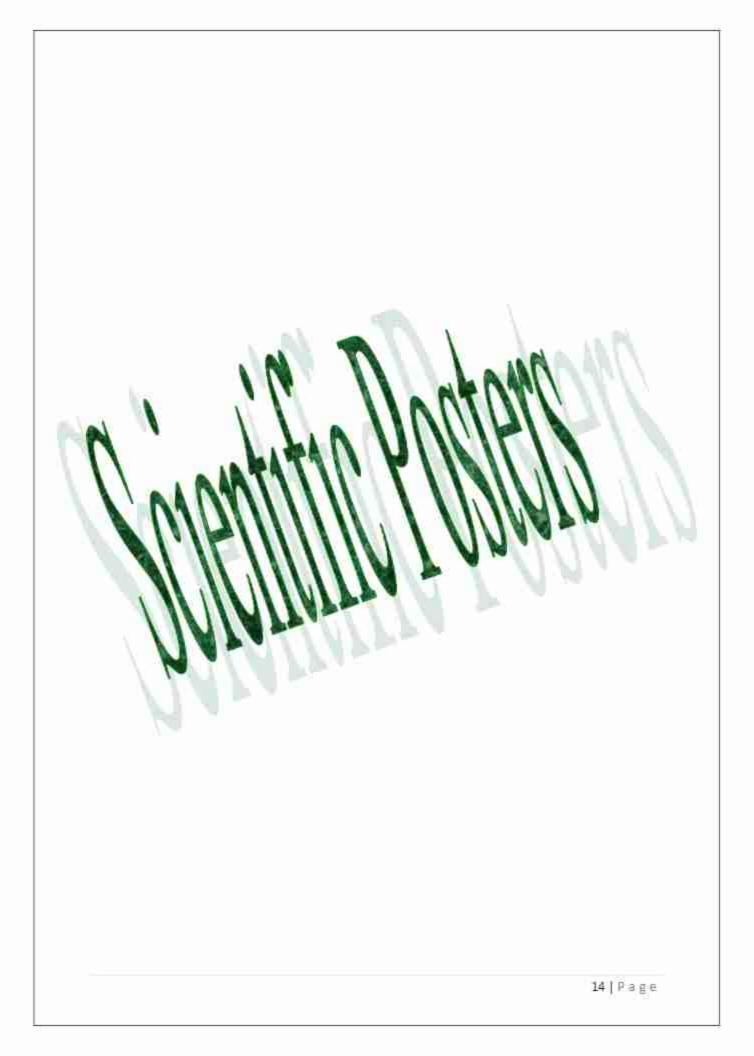
introduction of online learning, parents understood the level of their children as well as some of the teachers. But because of this, everyone began to question their own existence. Everyone understood what it means to be financially strong. Most importantly on an individual level everyone has learned how to take care of themselves and their surroundings.

Another important point is that the corona forced people to become self reliant because as the corona came, all the gods closed their doors. Even god does not work when you are not working yourself. God did not work for those who wanted to sacrifice everything for god. But during this time, everyone must have known who really needed oil, milkand clothes.

It is important to know what to do when the Corona comes to an end or when the corona disappeares, not to forget the lesson that the corona has taught us and teach our next generation how to be strong accordingly. Corona is just an excuse to improve the world. Being healthy is very important mentally and physically.

We can't bring back what we lost to corona, but we can always cherish the teachings we gained, so that even if another corona comes it won't hurt us.

Kumatkar Rahul D. Pharm 1<sup>st</sup> Year



# CHRONOPHARMACOLOGY: New Insights & Therapeutic Implications

#### Abstract:

Chronopharmacology involves both the investigation of drug effects as a function of biological timing & the investigation of drug effects upon rhythm characteristics. The effectiveness & toxicity of many drugs vary depending on dosing time associated with 24 hr rhythm of biochemical, physiological & behavioural process under the control of clock. Nowadays, chronopharmacological principle is used in the therapy of diseases such as hypertension, angina perctoris, diabetes etc.

#### Introduction:

Chronopharmacology is the study of how effect of drug vary with biological timing & endogenous periodicity. Chronopharmacology is the investigative science concerned with a biological rhythm dependent on medication. A biological rhythm is a determined rhythmic biological process/function.

Franz Halberg – Coined the world circadian in 1960, Founder of chronobiology.

#### Goal

The goal of Chronopharmacology is to show right time to administer a drug with optimized therapeutic effect and minimize adverse effect without altering functioning of drug in body. The chronotherapy is helpful to prevent up or down regulations in body (Hormones, secretions etc.) during periods of lesser need allowing optimal efficacy during periods of disease exacerbation.

#### Types of rhythm:

- 1. Ultradian (t<20h): ECG, Sleep stage
- Circadian (20 < t > 28h): Sleep Wake cycle
- 3. Circamensual (t 30d): Menstrual cycle

#### Chronopharmacology deals with:

Chronokinetic

Chronopharmacodynamic

Chronotherapy

Chronotoxicity.

#### Circadian rhythm:

Circa means around & dies means day. It is basically 24 hr. internal clock i.e. running in background of our brain & cycle between sleep and wake at regular interval. It is controlled by hypothalamus.

#### Recent advances:

Chronopharmaceutical formulations with constant drug release rate, Animal trials completed.

#### Conclusion:

In chronopharmacological studies, circardian rhythms are important for development of different formulations which can release drug at specific time which will helpful for effective theraphy and based on this knowledge we can avoid side effects of drugs also.



#### Reference:

 Singh R, Sharma PK, Malviya R. Review on Chronopharmaceutices- a new remedy in the treatment of various diseases. European J biological. Sci. 2010; Page No. 67-76

 Paranjpe DA, Sharma VK. Evolution of temporal order in living organisms. J circadian rhythms 2005.

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- Levi F, Schibler U. Circadian rhythms; mechanisms and therapeutic implications. Annu Rev Pharmacol Toxicol 2007; Page No. 593-628.

6. www.chronopharmacologyslideshare.net (By Dr. Ashutosh Tiwari)

7.www.destinationpharmagenes.com

Prepared By, Kawade Payan



# Guest Lecture Report

Guest Lecture was arranged on 'Bhartiya Sanskruti' on behalf of Institute of Pharmacy, Ambajogai.





## Fresher's Party Report

Fresher's Party was celebrated on behalf of Institute of Pharmacy, Ambajogai.

The purpose of Fresher's Party is to welcome new students in a friendly atmosphere and to encourage their creative impulses to boost their confidence. It is the day where seniors and juniors finally bond and unite to celebrate being part of the college.





## Sports day Report

Sports activities was carried out on behalf of Institute of Pharmacy, Ambajogai.

Sports are very essential for every human life which keeps them fit and fine and physical strength. It has great importance in each stage of life. It also improves the personality of people. Sports keep our all organs alert and our hearts become stronger by regularly playing some kind of sports.





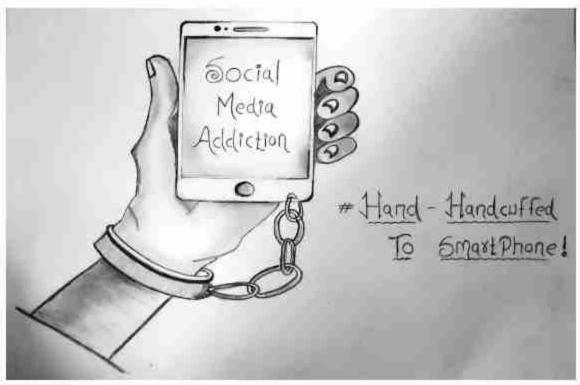
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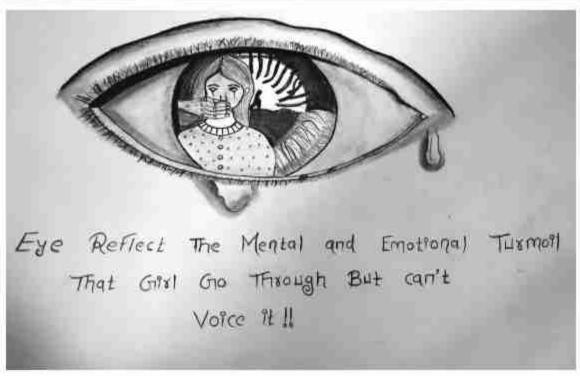




Sanitizer helps rid your hands of unwanted germs. For choosing the sanitizer there should it be at least 60% alcohol which stay body healthy.

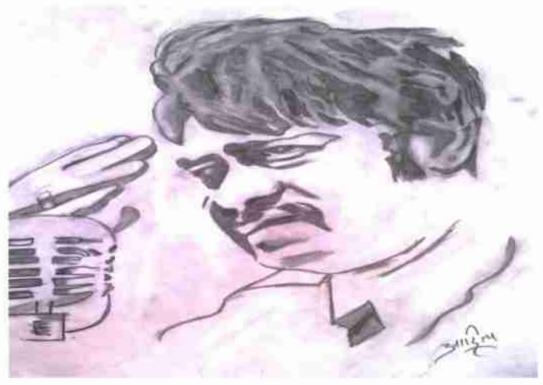
Prepared By, Maske Rohan





Prepared by, Gaikwad Krutika





Prepared by, Pathak Aditya



# List of Websites which offers online certificate courses

- 1. NPTEL- https://onlinecourses.nptel.ac.in/
- 2. Mooc- http://mooc.org/
- 3. Edx https://www.edx.org/
- 4. Coursera- https://www.coursera.org/
- 5. Udacity https://in.udacity.com/
- 6. Udemy https://www.udemy.com/
- Khanacademy https://www.khanacademy.org/
- 8. Skillsahre https://www.skillshare.com/
- 9. Harvard University https://online-learning.harvard.edu/
- 10. Ted https://ed.ted.com/
- 11. Alison https://alison.com/
- 12. Futurelearn https://www.futurelearn.com/
- Web Development <a href="https://digitaldefynd.com/best-free-web-development-courses-tutorials-certification/">https://digitaldefynd.com/best-free-web-development-courses-tutorials-certification/</a>
- 14. Digital Marketing https://digitaldefynd.com/best-free-

digital-marketing-certifications/

15. ios app development - https://digitaldefynd.com/best-ios-app-

development-course-tutorial/

- 16. Open Learn http://www.open.edu/openlearn/
- 17. Future Learn https://www.futurelearn.com/
- 18. Tuts Plus https://tutsplus.com/
- 19. Open Culture -

http://www.openculture.com

Most of these courses are free to

learn.

20. Swayam-

https://swayam.gov.in/