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VISION

To achieve excellence in academics and research in pharmaceutical sciences with high degree of professional and ethical standards.

MISSION

To create an environment conducive for pursuing quality education and research in pharmaceutical sciences enabling the students and teachers attain high degree of competence to play a key role in national health mission.

'For Private Circulation Only'



The NGSMIPS Herald

The Official news letter of the Nitte Gulabi Shetty Memorial
Institute of Pharmaceutical Sciences, Mangaluru



NGSM Institute of Pharmaceutical Sciences

(A constituent Institute of Nitte (Deemed to be University))

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From the Editor's desk

Dear Friends and Colleagues,

Let me share a very important finding of the famous journal on anxiety, fear and stress in healthy humans. Is too much stress in life can lead to depression and dementia? Is work pressure mounting and becoming unbearable? Can it be leading to Alzheimer's disease? Well, the author of the review clearly said: "pathological anxiety and chronic stress are associated with structural degeneration and impaired functioning of the hippocampus and the prefrontal cortex, which may account for the increased risk of developing neuropsychiatric disorders, including depression and dementia". Another study reveals that the toxic workplace environment is also one of the leading reasons of depression and aftereffects such as dementia and even to Alzheimer's. These studies are alarming and of course the people who are facing such atmosphere not only exposed to brain disorders it also exposes them to cardiovascular disease. Well, we all know that prevention is always better than cure. Another study also stated that if

we change our lifestyle and follow the basic mantras of life, we can still lead a healthy and happier life. Study also reveals that the when the person is happy and stress free contributing to better work place environment which ultimately considered being a Win-a-Win situation. In my opinion, it's a give and take theory, do well and get better. Well choice is ours, because this is our work place, our people, our body, our society, and more over our future.

Well, this editorial summarises the study findings from the journals, the views, the opinions expressed here are only the views of the participant in the studies. The aim of this editorial is to spread awareness about healthy work-life balance among our readers. The Editorial board of NGSMIPS Herald wishing everyone to be happy, healthy and prosperous in the coming year. Happy New Year 2020, in advance, everyone.

Dr. Akhilesh Dubey
Executive Editor



World Pharmacists Day 2019 Celebrated at NGSMIPS



Campus Buzz

Orientation Day 2019

The Orientation Program for the students admitted to the B. Pharm and Pharm. D courses of NGSM Institute of Pharmaceutical Sciences was held on 15th July 2019 at "MANANA", 7th Floor, New Block, A B Shetty Memorial Institute of Dental Sciences, Deralakatte, Mangalore. 100 B. Pharm and 30 Pharm. D students along with their parents attended the program. Dr. Satheesh Kumar Bhandary, Vice Chancellor, Nitte DU presided over the program. Dr. M. S. Moodithaya, Pro Vice Chancellor, Nitte DU and Dr. Krishna Nayak U.S, Dean, A B Shetty Memorial Institute of Dental Sciences were the Guests of honour. The program began with a prayer invoking blessings from the almighty. The Principal, Dr. C. S. Shastry delivered the welcome address and introduced the guests to the gathering. Dr. Satheesh Kumar Bhandary, in his presidential remark, spoke about the genesis of Nitte group of institutions and the remarkable progress made in the last couple of decades.

Dr. M. S. Moodithaya highlighted the advances made by the pharma sector and how India has emerged as a leading player in the international pharma arena. He congratulated the students and parents for selecting the pharmacy program and NGSM Institute of Pharmaceutical Sciences. Dr. U.S. Krishna Nayak congratulated the students for joining the Pharmacy program. The Vice-Principal, Dr. R Narayana Charyulu delivered the vote of thanks.

The Orientation Programme for the students (M. Pharm and D. Pharm) admitted to the NGSM Institute of Pharmaceutical Sciences was held on 1st August 2019 at the same venue.

Inauguration of Student Council & Freshers' Day Celebrations 2019

Inauguration of students' council and Freshers' day celebration - UDGHAM 2K19 of NGSMIPS was held on 31st August, 2019. It has been customary of the senior students of NGSMIPS to welcome and induct the 'Freshers' into the NGSMIPS family and make them feel at home. The new students who come from different regions and background might have anxiety moving out of their comfort zone and stepping into a new world. To make this transition fluent, the seniors welcome the new faces and make new friends. The ambiance in the campus is abuzz with fresh excitement and energy. The Student Council for the new academic year is

inaugurated on this day. The outgoing council members hand over the baton to the new team wishing them a year full of active academic immersion as well as innovative extra-curricular events and programmes. The day began with a prayer invoking blessings from the Almighty. Vice Principal Dr. Narayana Charyulu delivered the welcome address and introduced the Chief Guest, Dr. A. M. Khan, Registrar, Mangalore University. Inaugurating the Students' Council 2019-20, Dr. Khan advised the students to develop a progressive attitude and a personality that is a blend of empathy, intelligence, ownership and unity. Dr. C.S.Shastry, Principal, in his presidential address told the students that besides being excellent in academics, they must also get involved in community services and that the college would provide all assistance and guidance. This was followed by a variety entertainment program jointly put up the seniors and the new students. Mr. Pranam Prabhu & Ms. Divya were adjudged Mr & Ms Freshers' - 2019. Mr. Karthik Bhat, Gen Secretary, Students Council proposed the vote of thanks. Dr. Sneha Priya, Asst. Prof, Dept. of Pharmaceutics and Cultural Co-ordinator managed the proceedings.

Seminar on IPR and Patents

A one day seminar on "IPR and Patents" was organised by the Department of Pharmacology, NGSM Institute of Pharmaceutical Sciences on 10th August, 2019 at the university auditorium, Paneer Campus, Deralakatte, Mangalore. Prof. Dr. M. S. Moodithaya, Pro Vice Chancellor, Nitte DU inaugurated the seminar. Dr. Sharana Gowda, Asst. Controller of Patents & Designs, Patent Office, Chennai and Prof. Dr. Iddya Karunasagar, Research Director Nitte DU were the resource persons. Introducing the resource persons, Dr. C S Shastry, Principal of the college urged the young gathering to engage in research that is useful to society. Dr. Prasanna Shama, Head, Pharmacology proposed the vote of thanks.



Workshop on “Experiments in CVS Pharmacology”

A one-day workshop on “Cardiovascular Pharmacology” was organised by the Department of Pharmacology, NGSM Institute of Pharmaceutical Sciences on 13th September, 2019. Dr. C. S Shastry, Principal welcomed the resource persons Mr. JKL Prasad, BDM-North and East India and Mr. Sumant Bhat, Technical Manager, A.D Instruments, Bangalore. Introducing the resource persons, Dr. C. S Shastry advised the young gathering to engage in research that is useful to society. He enlightened the participants on automation in cardiovascular pharmacology and stressed upon the non-invasive techniques for recording blood pressure and ECG. In this context he also mentioned some of the technological innovations useful for conducting research on animals with advanced instruments. Dr. Prasanna Shama Khandige, HoD, Pharmacology conducted the proceedings and Dr. Vijay Kumar proposed the vote of thanks.

World Pharmacists Day 2019

Ensuring patient safety by improving medicine use and reducing medication errors is the crucial role of today's pharmacists. “Safe and effective medicine for all”, the theme for this year's world pharmacists day emphasises this crucial intervention and assistance of pharmacists sought by the healthcare delivery system. Achieving this noble objective of better patient health is next to impossible without the expert advice and assistance of pharmacists. To drive home this message to the public a rally was organised by the college on 25th September, 2019. Over 800 students, teaching and non-teaching staff participated in the rally which was flagged off by the principal Dr. C.S. Shastry. Post the rally, an eminent pharmacist and an alumnus of the college Mr. Sakharam Shenoy K, proprietor Ganesh Medicals, Mulleria, Kasargod was felicitated. Miss. Emy Thomas and Miss. Soumya anchored the program. Mrs. Zeena Fernandes, Asst. Professor, Dept. of pharmacology proposed the vote of thanks. (Fig.4 a, b)

Sadbhavana Divas 2019

The NSS unit of NGSM Institute of Pharmaceutical Sciences organized a program to observe Sadbhavana Divas in the college campus on 20th August 2019. Prof. Dr. C. S. Shastry, Principal, explained the rationale of celebrating such programs. Later he guided the gathering to take the Sadbhavana pledge. All the teaching and non-teaching staff members, NSS volunteers and students attended the program.

Guest Lecture

- Department of Pharmacognosy, NGSM Institute of Pharmaceutical Sciences, Paneer, Deralakatte, Mangaluru, organised a guest lecture on 6th September 2019 on the topic "Isolation and characterization of certain commercially important natural products" by Dr. K. K. Srinivasan, Professor, Department of Chemistry, Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal, Udupi.
- A guest lecture based on the theme - "Live, Love, Laugh" by Prof. Raghotama K. Rao, director MANAS Centre for training and development, Bengaluru was organised by Department of Pharmacology, NGSM Institute of Pharmaceutical Sciences, Deralakatte, Mangaluru on 9th August 2019.
- A guest lecture on “Science and Spirituality” was organised on 16th August, 2019 in the college auditorium for the 1st year B. Pharm students. Swami Nama Nishtha Das, Manager, ISKCON, Mangaluru was the resource person.
- On the occasion of the 50th NSS day celebrations, the NSS unit of NGSM Institute of Pharmaceutical Sciences organized a guest lecture on 24th September 2019 on the topic - “Take the lead” by Dr. Raghavendra Holla Manager Admin- Mangaluru SEZ Ltd.
- The Department of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences organized a guest lecture on “EYE DONATION AWARENESS” by Dr. Vijay Pai, Professor & Head, Dept. of Ophthalmology, Justice KS Hegde Hospital, Mangaluru on 10th September 2019 in the Seminar Hall (III Floor, New Block) of the college. The aim of the guest lecture was to create awareness about the importance of eye donation and motivate the staff and students to donate their eyes.
- The Department of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences organized a guest lecture on “Awareness of Heart Disease” by Dr. Subramanyam K, Professor & Head, Department of Cardiology, KSHEMA, Justice K.S. Hegde Charitable Hospital, Mangaluru on 30th September 2019 at 10:00 am in the Seminar Hall (III Floor, New Block) of the college.

Research/ Review Publications/ Paper Reviewed/ Patent Applied/ Granted/ Book/ Chapter Published

Department of Pharmaceutical Chemistry

1. Chaithra R Shetty, M Vijay Kumar, K Chaithra, Ashwini, B C Revanasiddappa. Synthesis and in-vitro anti-inflammatory activity of pyrazoline derivatives. *Heterocyclic Letters*, Vol. 9, No. 3, July 2019, pp. 333-337
2. Jennifer Fernandes, Ronald Fernandes, Vijay Kumar M, Rajisha K, Ryna V Lobo. In vitro Antihyperglycemic activity of unripe fruits extracts of *Artocarpus gomezianus*. *Research Journal of Pharm. and Tech.*, Vol. 12, Issue 7, July 2019, pp. 3265-3267

Department of Pharmaceutics and Pharmaceutical Regulatory Affairs

1. Jobin Jose, Aaron Mathew Thomas, Darewinn Mendonsa, Mohammed M Al-Sanea, Md. Sahab Uddin, Della Grace Thomas Parambi, R Narayana Charyulu and Bijo Mathew. Aptamers in Drug Design: An Emerging Weapon to Fight a Losing Battle Current Drug Targets Vol. 20, July-September, Issue 13, 2019, pp. 1-8.
2. Seethe Harilal, Jobin Jose, Della Grace Thomas Parambi, Rajesh Kumar, Githa Elizabeth Mathew Md. Suhab Uddin, Hoon Kim and Bijo Mathew. Advancements in nanotherapeutics for Alzheimer's disease: Current perspectives. *Journal of Pharmacy and Pharmacology*, Vol. 71, July-September, 2019, pp.1370-1383.
3. Vishnu Sankar Sivasankarapillai, Jobin Jose, Muhammad Salman Shanavas, Akash Marathakam, Md. Sahab Uddin and Bijo Mathew*. Silicon Quantum Dots: Promising Theranostic Probes for the Future. *Current Drug Targets*, Vol. 20, Issue 10, July-September 2019, pp. 1-10
4. Ravi G S, Akhilesh Dubey, Kavya Shetty, Srinivas Hebbar, Sandeep D S. Good Laboratory Practices: Need of the Hour. *Pharma Times*, Vol.51, No.08, Aug. 2019, pp. 9-11
5. Marlon Ramcy Henry Miranda, Akhilesh Dubey, Ravi G S and R Narayana Charyulu. Fixed-dose combinations banned in India: is it the right decision? An eye-opening review. *Expert Opinion on Drug Safety*, Taylor & Francis Group, July 2019, pp. 1-9

6. Nikhil Raj, Swapnil Fernandes, Narayana R Charyulu, Akhilesh Dubey, Ravi G S and Srinivas Hebbar. Post market surveillance: a review on key aspects and measures on the effective functioning in the context of the United Kingdom and Canada. *Therapeutic Advances in Drug Safety*, Vol. 10, pp. 1-13.
7. Sandeep D S, Ashwin Raj K M, Anoop Narayanan V, Akhilesh Dubey, Jobin Jose. Regulatory Approval Process for Drugs in Canada – A Challenging Task. *Research Journal of Pharm. and Tech.*, Vol. 12, Issue 7, July 2019, pp. 3206-3210

Department of Pharmacy Practice

1. Noah M Bose, Merin Mathew, Bibisha Joy, Juno Joel*, Rjesh K S, Bharath Raj, Nandakumar UP, Anjaly Vijayan. Assessment of Drug Related Problems in the General Medicine Ward of a Multispeciality Teaching Hospital. *International Journal of Pharmaceutical Research*, Vol. 11, Issue 3, July – Sept. 2019, pp. 52-60.
2. Maitha Mohammed Al-Jabri, C S Shastri, Sharad Chand. Assessment of Drug Utilization Pattern in Chronic Kidney Disease Patients in a Tertiary Care Hospital based on Who Core Drug Use Indicators. *Journal of Global Pharma Technology*, Vol. 11, Issue 9, July-September 2019, pp. 01-09
3. Rachana J, C S Shastri, Uday Venkat Mateti, Raghav Sharma, Nandakumar U P, Sharad Chand. Incidence and Associated factors of Adverse Drug Reactions in General Medicine Department of a Tertiary Care Teaching Hospital. *International Journal of Pharmaceutical Research*, Vol. 11, Issue 3, July-Sept. 2019, pp. 177-184
4. Ibrahim Sadakathulla, Uday Venkat Mateti, Adithi Kellarai, Krishna Bhat. La adhesión al tratamiento antihipertensivo es de fundamental importancia adhering to antihypertensive treatment is vitally important. *Salud(i)Ciencia*, 23, July-September 2019, pp.314-324.
5. Sharad Chand, Ramesh Bhandari, H N Girish, Degam Sukeerthi, Sujith Kumar Sah, Lavanya Voora. Isoniazid

- Induced Psychosis. Journal of Global Pharma Technology, Vol. 11, Issue 5, July-September 2019, pp. 11-14.
6. Sharad Chand, Shastry C S, Vinay B C, Bhandari Ramesh, Kumar Sah Sujit, Rawal Kala Bahadur. Brown, White and Blue Bagging in Special Pharmacy: An Emerging Trend to Minimize Medication Error. Journal of Global Pharma Technology, Vol. 11, Issue 8, Aug. 2019, pp. 01-04.
 7. Lavanya Voora, C S Shastry, Ramesh Bhandary, Degam Sukeerthi, Kala Bahadur Rawal, Sharad Chand. Phenytoin-Induced Erythroderma. Journal of Young Pharmacists, Vol.11, Issue 3, Jul-Sep. 2019, pp. 320-321.
 8. Roshna Roy, Architha Ajithan, Anisa Joseph, Uday Venkat Mateti, Subramanyam K. Sati-induced new onset of diabetes in dyslipidemic patients: a retrospective study. Postgraduate Medicine, Taylor and Francis Group, Vol. 131, Issue 6, Aug. 2019, pp. 383-387

Department of Pharmacology

1. Prathiksha Prabhakar Alva, Sarika Suresh, Gururaj M P, Ramya Premanath. Evaluation of Anti-quorum Sensing Activity of Indigenous Dietary Plants against Pseudomonas Aeruginosa. European Journal of Integrative Medicine Volume 30, September 2019.

Conferences/workshops/ FDP attended by the staff

Sl. No.	Name of the faculty	Conferences / Workshops Attended	Date of Seminar / Workshop
1.	Dr. Divya Jyothi	AICTE Sponsored Faculty Development Programme on the theme Conduct of Research and Publication Ethics held at Manipal College of Pharmaceutical Sciences, Manipal	26.08.2019 to 28.08.2019
2.	Dr. Jaaney P James	AICTE Sponsored Faculty Development Programme on the theme Conduct of Research and Publication Ethics held at Manipal College of Pharmaceutical Sciences, Manipal	26.08.2019 to 28.08.2019
3.	Dr. Sneha Priya	AICTE Sponsored Faculty Development Programme on the theme Conduct of Research and Publication Ethics held at Manipal College of Pharmaceutical Sciences, Manipal	26.08.2019 to 28.08.2019
4.	Mr. Ravi G S	79th International Pharmaceutical Federation (FIP) World Congress of Pharmacy and Pharmaceutical Sciences, Abu Dhabi, UAE	22.09.2019 to 26.09.2019
5.	Dr. Uday Venkat Mateti	AICTE Sponsored National Conference on Pharmacoepidemiology & Pharmacoeconomics held at JSS College of Pharmacy, Mysuru	26.09.2019 to 28.09.2019

Staff Achievements

Dr. Anoop Narayanan V, Assistant professor and **Dr. R. Narayana Charyulu**, Professor & Head, Department of pharmaceuticals, NGSM Institute of Pharmaceutical Sciences bagged the “Best paper award 2018” for the best original research articles published in indexed journals. Among 76 publications from the institution in the year 2018, a research work entitled “Mango leaf extract synthesized silver nanorods exert anticancer activity on breast cancer and colorectal carcinoma cells” published in the 'Journal of Drug Delivery Science and Technology'.



Mr. Chandrashekar. D, Chief Librarian awarded the degree of Doctor of Philosophy (Ph.D.) in “Library and Information Science” by Mangalore University for his thesis entitled “ICT Skills for LIS Professionals in health science college libraries of Dakshina Kannada and Udupi district”.

Dr. Uday Venkat Mateti, Asst. Professor, Department of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences, Nitte (Deemed to be University) Mangaluru was Awarded with First Best Oral Presentation for the topic: “Quality of Life and its Predictors among Chronic Kidney Disease



Patients: A Cross Sectional Study” in the AICTE sponsored National Conference on “Pharmacoepidemiology and Pharmacoeconomics” held on 26-28 September 2019 at JSS College of Pharmacy, Mysuru.

Orientation Day 2019



Students Inauguration and Freshers' Day Celebrations 2019



Book Post