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*Festival of Lights*



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Mr. Sunil S Chiplunkar



ಡಾ. ರೇಖಾ ಕೆ ಶೆಟ್ಟಿ



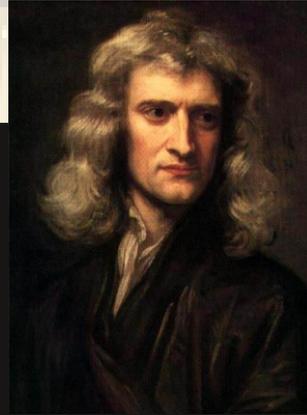
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INSPIRATIONAL  
PHARMACIST

DR. S.K. KULKARNI

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& All the Best  
**Dr. G. Roopa**  
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Mysuru





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# Dear Pharmacist,

Season's greetings!

I'm OK!

Today I am happy to state that WORLD PHARMACIST DAY 25.9.2022 has been a grand success across several places. In particular, at a small place called Belthangady (South Kanara district of Karnataka), the chemists and druggists association celebrated World Pharmacist Day in the most unique, pragmatic and elegant manner that I have ever come across, and all thanks to KRPA that recommended me to be the Chief Guest of their function!

The Belthangady Chemists and Druggists Association not only organized a lecture by me on burning pharma issues like the Drugs, Medical Devices and Cosmetics Act 2022, NLEM 2022 etc; they also gave a good sum of cash to each needy beneficiary (total, 10 beneficiaries) who are in dire straits due to ill health and financial stress. Further they provided a 5 L can of calcium supplement to each needy dairy farmer (total 10 beneficiaries). This is not only altruism but also builds a bank of goodwill thereby increasing flow of purchasers to their pharmacies. This sort of exemplary stewardship can come only when individuals are rooted in the mental status: I AM OK!

**So let us see what this 'I AM OK' is?!**

## Transactional analysis

The field of psychoanalysis has an interesting topic called transactional analysis (TA), which is an extraordinary instrument of self-development. In TA, an individual is said to operate in the child ego state, parent ego state or adult ego state depending on the situation or he may have one of these traits as strongly embedded in his or her persona. The child ego state is transparent, based on impulses, creative and full of life energy. The parent ego state is either nurturing (caring) or controlling (critical), thus people with parent ego state are instructive and do mentoring. The adult ego state refers to a person who is a problem solver, like the computer, and a data driven personality. There is no right or wrong ego state, depending on the circumstance, an intelligent person uses the appropriate ego state for win-win relationship, or mutualism.

## I'M OK, YOU'RE OK

In 1967, a psychiatrist called Thomas A Harris wrote an iconic self-help book called I'M OK, YOU'RE OK, based on transactional analysis. The central idea is to consider oneself always as being OK. Not being apologetic or over confident, just quietly feeling that oneself is ok and accepting of oneself. This obviously leads to self-analysis, self-correction, self-development and supreme self-confidence. When a person feels that he or she is ok and is self-confident, his or her ability to communicate, negotiate, manage relationships, manage one's own emotions and faculty of concentration too improves, thereby he or she is a happy and successful person.

In another step forward, Thomas A Harris recommends that an individual ought to operate out of the mental status: I'M OK, YOU'RE OK. This means while transacting in a relationship, the person with this mindset is non-judgmental plus open minded. This makes the person have a more robust negotiation skill and can establish win-win relationships.

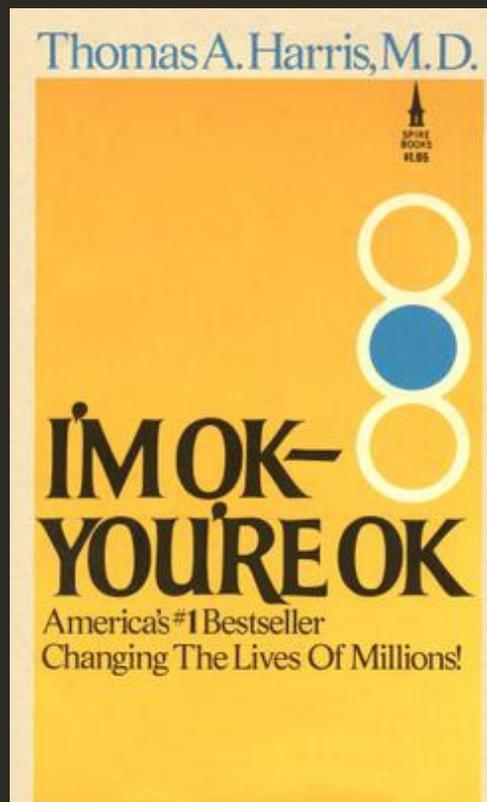
Today, crucial to each pharmacist is to tether his or her mind in the mental status of I'M OK, YOU'RE OK; this will make the pharmacist judiciously assertive and accommodative -

depending on the circumstance. It is necessary to have this strong mental make up for success in any field. This mental state of I'M OK, YOU'RE OK is a pragmatic approach, evidently practiced unknowingly by the Belthangady Chemists and Druggists Association members. Kudos to them!

So let us say, I'M OK, YOU'RE OK! And carry on pharmacist!!!

Best regards,  
Sunil S Chiplunkar

**Mr. Sunil S Chiplunkar**  
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MBA (Marketing) PGDHRM (PhD)  
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# HYPOTHYROIDISM

## The Facts You Need to Know Myth Busters



The prevalence of hypothyroidism in India is around 11% and is on the rise as a result of rampant lifestyle changes and associated stressors. In an epidemiological study, it was found that 1 in 10 of the study participants were affected by the condition, and it was significantly associated with older age and the female gender. [1] That being stated, hypothyroidism is a fairly common endocrinological disorder and we may know several family members, friends and acquaintances that have been diagnosed and being treated for it. On being diagnosed with hypothyroidism, while it may be reassuring to speak with such individuals and share experiences, it is important to beware of hearsay and to verify information. Here are some Myths vs. Facts pertaining to hypothyroidism:

### Myths and facts about Hypothyroidism

- Myth:** Only females can be diagnosed with Hypothyroidism  
**Fact:** Hypothyroidism can be seen in both males and females. However, the prevalence rates are more in females (five to eight times) than males.
- Myth:** Hypothyroidism can only affect older people  
**Fact:** Hypothyroidism can be present in individuals of any age.
- Myth:** It is impossible to manage weight or lose weight with hypothyroidism  
**Fact:** It is possible to manage weight by regularly taking effective dosage of medicines.
- Myth:** Taking more dosages of thyroid medication can provide more energy and help to reduce weight  
**Fact:** It is always recommended to take the prescribed dosages of thyroid medication and not to double them. Doubling the dosages can be associated with side effects.
- Myth:** Hypothyroidism causes fatigue throughout  
**Fact:** Fatigue is one of a common symptom observed in Hypothyroidism but can be managed by medications. Persisting fatigue after correction of hypothyroidism needs evaluation for other causes.
- Myth:** Hypothyroidism can be efficiently managed with diet  
**Fact:** Hypothyroidism can be managed by taking the medications regularly and also by adopting a healthy diet

- Myth:** Hypothyroidism can lead to the development of Goiter  
**Fact:** Majority of patients with Hypothyroidism do not have gaiters
- Myth:** Hypothyroidism patients must not eat broccoli  
**Fact:** Occasional consumption of broccoli, cauliflower and kale is permissible Avoided in patient who have thyroid swelling with nodules (Goiter).
- Myth:** All thyroid swellings are cancer  
**Fact:** only five percent of thyroid nodules are cancerous.

### Additional:

**Myth:** Having hypothyroidism makes it impossible to conceive.

**Fact:** Unless the condition is completely neglected and treatment is not pursued, it is possible to plan and have a successful pregnancy in consultation with your HCP.

**Myth:** Taking extra iodine will resolve the condition

**Fact:** While iodine is essential for the thyroid gland to function optimally, taking too much iodine has its own consequences. Simple measures such as shifting to an iodized salt would suffice.

**Myth:** Thyroid medications can be discontinued once the thyroid hormone levels have normalized

**Fact:** The normalizing of thyroid hormone levels is an indicator that the medication is working. Discontinuing the medication would result in an imbalance in those levels again. Do not discontinue the medication unless advised by the HCP.

While these common myths would be busted after reading this article, you may have some questions of your own that may have not been covered here as different regions and cultures have their own set of misconceptions regarding various conditions. Feel free to bring it up with your doctor at the next visit (or you can contact us).

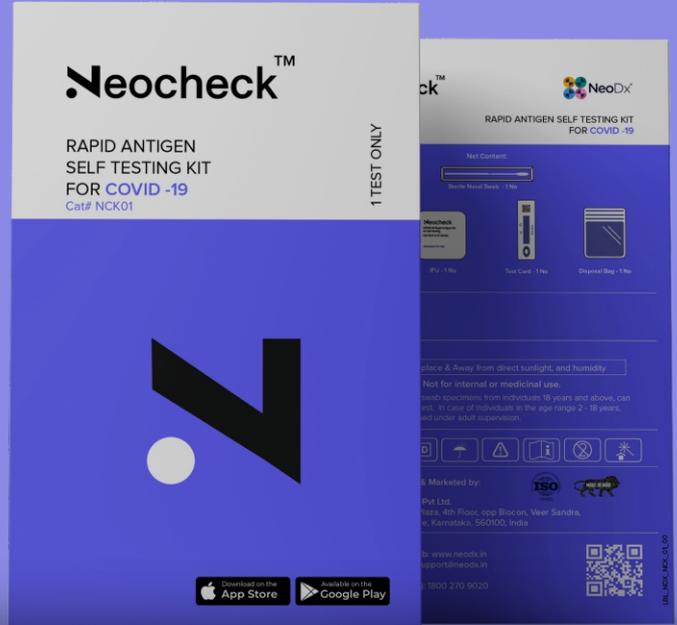
**Shifa Taj**  
PharmD Intern  
Sarada Vilas  
College of Pharmacy





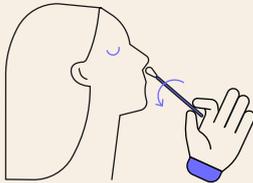
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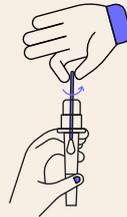
COVID-19  
TEST IN  
**3** SIMPLE  
STEPS

1



Register on the App and take Sample with Safe Swab

2



Break the swab in the buffer tube and close the cap

3



Add 2 drops on the cassette, wait for 15 minutes and save the report on the app

### FEATURES



Fast



Video Instructions



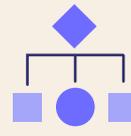
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# NEWTON'S LAWS OF MOTION FOR GROWTH

Newton's laws of motion are not only used in science but you can use them to be a better version of yourself.

## Newton's Laws of Motion:

**1st Law:** The state of an object remains the same unless an external force acts on it.

**2nd Law:** For an externally applied force, the change in velocity depends on the mass of the object.

**3rd Law:** For every action (force) in nature, there is an equal and opposite reaction.

Now the question is  
How it is applicable to us in life and / how can we interpret to use it ?

## My view towards

**1st Law :** The state of an object remains the same unless a external force acts on it

"Your life or career will remain at rest or in uniform motion in a straight line unless compelled to change its state by the action of an internal or external force."

So, external force is actually in favour of us, as it is helping us to develop/grow

I'll take it one step further to explain...

But, don't always wait for an external force to change self

It may never come, or it may come up in a way you don't want:

Positive consequences of external force: (When you are able to accept the change, prepared and work on it, cooperate, collaborate, show willingness to change)

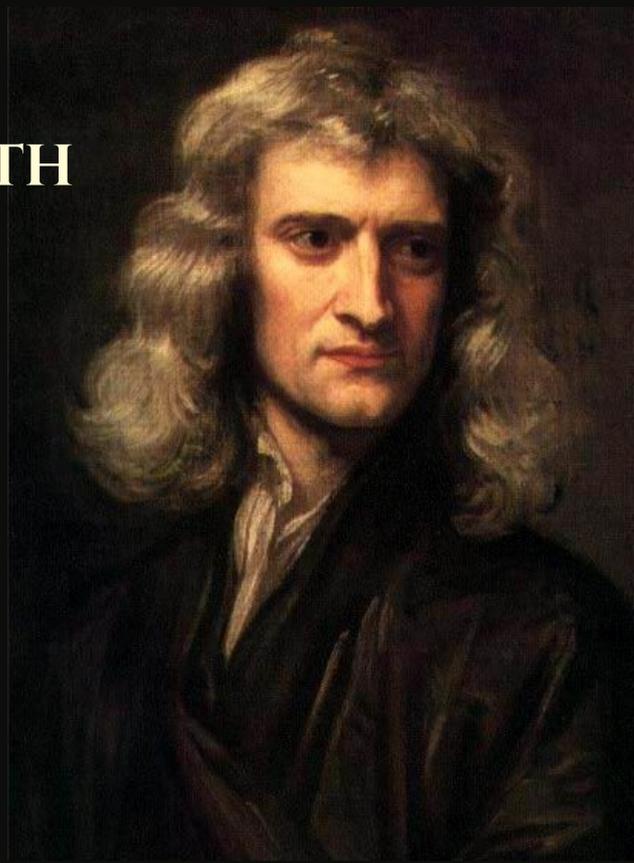
Job growth, career growth, self esteem grows, high confidence, courage, societal connections, praised and liked by people around, financial freedom, healthy relationships, ...etc

Negative Consequences of external force : (When you are unable to accept the change, not prepared and don't work on it, unwilling to cooperate, collaborate, show unwillingness to change)

Job loss, relationship loss, image loss, low confidence, quitting habit, bad habits, societal issues, divorce, health issues, addictions, affairs, prison, etc.

So, Go within, connect with what matters to you, what needs to be done, what is being expected to achieve as it helps in self/ career growth and be the internal force/ self motivated of change you desire.

**2nd Law :** For an externally applied force, the change in velocity depends on the mass of the object.



**Example:** When we kick the ball we exert force in a specific direction, which is why the ball will move in some direction. Now, the point is how forcefully the ball moves forward depends on the force with which ball being kicked.

When an external force is being applied, the change is the key to bring out the results. Now, positive results is dependent on the person's ability to hold the pressure and stretch himself to move forward. The ability to adopt and willingness to act is the only way forward to get the desired/ forced desired.

Hence, change in behavior depends on the person's ability to take up the external force in right spirit (only with internal desired to change state of mind) and act upon to attain the desired outcome.

**3rd Law:** For every action (force) in nature, there is an equal and opposite reaction

**Example-** While walking on the beach with our feet, we exert some push force on the sand backward so as to move forward.

The other example can be when someone fires a gun, the action force pulls the bullet outside the gun, and the reaction force pushes the gun backward.

Similarly, so as to move forward in life, we must have done some experiments, go through some experience and need be may have to ignore, forget, forgive, overlook, on certain mistakes that has been done in the past but definitely need to carry the learnings of it. Let the past experience be the inspiration for the push forward.

**More the desire, more is the action.**

**Ravikumar Angadi**  
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# ನವರಾತ್ರಿ ವಿಜಯ



ನವರಾತ್ರಿ ಒಂಭತ್ತು ದಿನಗಳ ಉತ್ಸವಕಾಲ  
ಭಾರತಾದ್ಯಂತ ಹಿಂದೂಗಳಿಂದ ಆಚರಿಸಲ್ಪಡುತ್ತದೆ  
ಶರತ್ಕಾಲದ ಈ ಹಬ್ಬದ ಉದ್ದೇಶ  
ಎಲ್ಲರೂ ತಿಳಿಯದೇ ನಮ್ಮ ಈ ಸಣ್ಣ ಪ್ರಯತ್ನ

ದುಷ್ಟತೆಗೆ ಒಟ್ಟಿಯತನದ ವಿಜಯದ ಬಾನಾಡಿ  
ಅಂದು ಮಹಿಷಾಸುರನೊಂದಿಗೆ ಹೋರಾಡಿ  
ದುರ್ಗಾ ದೇವತೆ ಪಡೆದಳು ವಿಜಯ ಹಾರಾಡಿ

ರಾವಣನ್ನು ಯುದ್ಧದಲ್ಲ ಪರಾಜಿತನಾಗಿಸಿದ  
ರಾಮ ಮರಳಿ ಬಂದು ರಾಜ್ಯದಲ್ಲ ಆಚರಿಸಿದ  
ವಿಜಯ ಹಬ್ಬವನ್ನು ಎಲ್ಲೆಡೆ ನಡೆಸಿದ

ಈ ಎರಡೂ ವಿಜಯಗಳ ಆಚರಣೆಯೇ  
ಇಂದಿನ ಈ ನಮ್ಮ ನವರಾತ್ರಿ

ಕಳೆದ ಎರಡು ವರುಷ  
ಕೊರೋನ ಎಂಬ ಮಹಿಷಾಸುರನ ವಿರುದ್ಧ  
ನವೆಲ್ಲರೂ ಇದ್ದೆವು ಸಿದ್ಧ  
ಕೆಲವೊಂದು ತಿಂಗಳು ಇದ್ದೆವು ಅಗ್ನಾಥವಾಸ  
ಯುದ್ಧಗೈದೆವು ಕೊರೋನದ ವಿರುದ್ಧ

ಮಾಡಿದೆವು ಸದ್ಗು, ಮುಖಕ್ಕೆ ಮಾಸ್ಕ್ ಧರಿಸಿ  
ಅಂತರ ಕಾಯ್ದೆವು ಒಬ್ಬರಿಂದ ಇನ್ನೊಬ್ಬರ ದೂರ ಸರಿಸಿ

ಬಣ್ಣ ವಿಭಿನ್ನ ಕಳಶ ತಲೆಯೆಲ್ಲ ಹೊತ್ತು  
ದೇವರ ಸಹಾಯ ಪಡೆಯಲು ನರ್ತಿಸುತ್ತ ವರ್ತುಲದ ಸುತ್ತ  
ಕೊರೋನದ ಅಸ್ತಿತ್ವಕ್ಕೆ ತಣ್ಣೀರ ಸುಲಿಸುತ್ತಾ  
ಆದೆವು ಈಗ ಕೊರೋನ ಮುಕ್ತ

ನವರಾತ್ರಿಯ ಒಂಭತ್ತು ಬಣ್ಣ  
ಕೊಡುತ್ತೆ ಋಷಿಯಲ್ಲೂ ಜೀವನ  
ಈ ನವರಾತ್ರಿಯ ಪ್ರತಿಯೆಂದು ದಿನ  
ನಮ್ಮ ಆಕಾಂಕ್ಷೆ ಮತ್ತು ಶಕ್ತಿಯನ್ನು ಪ್ರದರ್ಶಿಸುವ ಕದನ

ಈ ಬಣ್ಣಗಳ ಆಟ ಮಾಡುತ್ತೆ ನಮ್ಮೆಲ್ಲರನ್ನು ಮಾಟ  
ವಿವಿಧ ವರ್ಗದ ಜನರ  
ಕಲೆ, ಸಂಸ್ಕೃತಿಯೊಂದಿಗೆ ನಮ್ಮ ಪಾರ  
ಈ ವಿಜಯದ ಸಂಕೇತವೇ ಪ್ರೀತಿ ಮತ್ತು ಶಾಂತಿ ಹರಡಲು  
ಪ್ರೀತಿ ಹಾಗೂ ಪ್ರೇಮದಿಂದಲೇ ಅಲ್ಲ  
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ಪಲಿಕ್ಕೆಗಳ ಯುದ್ಧವೆಂಬ ಈ ನವರಾತ್ರಿಯಿಂದ !.....



ಡಾ. ರೇಖಾ ಕೆ ಶೆಟ್ಟಿ

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# WORLD PHARMACIST DAY



KRPA Hassan branch for celebrating World Pharmacists day in a never before way. Credit goes to Dr.Meena purohit madam for meticulous planning. Sincere thanks to Mr.Santhosh jain sir and Girish sir and team of KRPA hassan branch. Spl to thanks to Sunil S Chiplunkar sir for take ur time to be with the pharmacist of Hassan. Jai Pharmcists, Jai KRPA

# WORLD PHARMACIST DAY

# Celebration in Belthangadi



ಬೆಳ್ತಂಗಡಿ ತಾಲೂಕು  
ಔಷಧ ವ್ಯಾಪಾರಸ್ಥರ ಸಂಘ

ಜಾಗೃತ ಔಷಧ ತಜ್ಞರ ದಿನಾಚರಣೆ

ದಿನಾಂಕ : 25-9-2022ರೇ ಭಾನುವಾರ ಸಮಯ : ಸ್ವಾನಿರ್ವಾಹ್ಯ 10 ಸಂವತ್ಸರ  
 ಸ್ಥಳ : ಶ್ರೀ ಶಾರದಾ ಮಂಟಪ, ಜನಾರ್ದನ ಸ್ವಾಮಿ ದೇವಸ್ಥಾನದ ಬಳಿ ಉಪ್ಪಿ

**ಉದ್ಘಾಟನೆ :** ಶ್ರೀ ಉದಯಕಿಶೋರ್  
 ಸಹಾಯಕ ಔಷಧ ನಿಯಂತ್ರಕರು ದಕ ಚಕ್ರ, ಮಂಗಳೂರು ದಕ್ಷಿಣ-1

**ಅಧ್ಯಕ್ಷತೆ :** ಶ್ರೀ ಎಂ.ಚಂದ್ರಶೇಖರ  
 ಅಧ್ಯಕ್ಷರು, ಬೆ.ತಾ.ಜಿ. ವ್ಯಾಪಾರಸ್ಥರ ಸಂಘ

**ಮುಖ್ಯ ಅತಿಥಿಗಳು :** ಶ್ರೀ ಸುನೀಲ್ ಎಸ್. ಚಿಪ್ಪೂರ್  
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 ಶ್ರೀ ಸುಜಿತ ಭಟ್  
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 ಬೆಳ್ತಂಗಡಿ ತಾಲೂಕು ಔಷಧ ವ್ಯಾಪಾರಸ್ಥರ ಸಂಘ



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## ***"Societal Awareness Program by Pharm D intern SACCP"***

Providing medical education to society is a top priority and goal for every health care professional. In this regard, Miss Pallavi N. S, a 5th Pharm. D student at SACCP in B.G Nagar, took the initiative to raise awareness about the prevalence, occurrence, route of transmission, vaccine, prevention, and other aspects of Hepatitis, a potentially fatal communicable disease. This was carried out due to her personal desire to give back to society what she had learned through academic and clinical experience. She obtained permission from the Nagamangala purasabha and the grama panchayath to hold this awareness seminar in and around the Nagamangala taluk, Mandya district.

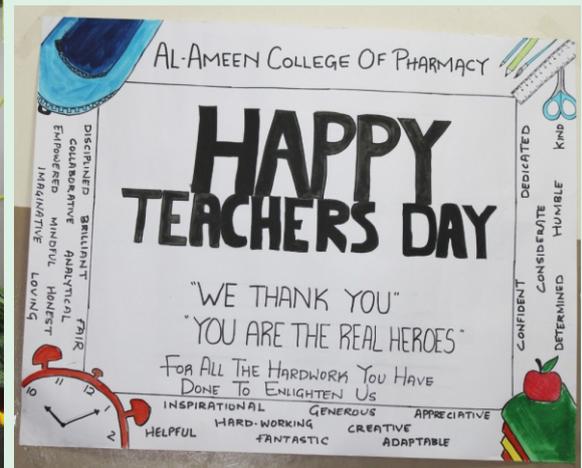
Overall, 564 students from three schools and one college actively participated in and benefited from this awareness seminar. During the seminar, students were asked to take pre and post tests to assess their level of knowledge about hepatitis before and after the sessions. According to information received from school and college, Ms. Pallavi N.S's seminar enhanced their knowledge and improved post-test results. This was the first of its kind of awareness given to students by a healthcare professional. Both students and teachers actively participated in the session and benefited from it. The teaching faculty at both the high school and college praised this awareness program. In appreciation for the initiative taken by Miss Pallavi N. S. the school and college authorities, issue her a letter of appreciation as well. In response to the feedback, the institution's leaders insisted on large-scale awareness campaigns in schools and colleges to raise awareness about Hepatitis and other communicable diseases and help reduce the prevalence and occurrence/recurrence of hepatitis and other diseases.





# Al-Ameen College of Pharmacy Bangalore

Teachers Day is celebrated today at Al-Ameen College of Pharmacy, Bengaluru. 5th September is celebrated as Teacher's Day across India in schools, colleges, universities and educational institutions to acknowledge the contribution of teachers in the society. The day marks the birth anniversary of India's second President and first Vice President Dr. Sarvepalli Radhakrishnan. At Al-Ameen senior teachers were felicitated & Students put on performances, dances for their most-loved teachers & competitions for teachers. This years Teachers' Day Theme is "Teachers: leading in crisis, reimagining the future" The theme explains.. The teachers play a vital role in guiding and preparing the younger generation to be equipped with the knowledge to deal with them.





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Siddaganga Medical College and Research Institute  
Department of Pharmacy Practice

Adverse Drug Reaction Monitoring Centre (AMC)  
Sree Siddaganga College of Pharmacy

B.H Road, Tumkur 572102



**NATIONAL PHARMACOVIGILANCE  
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**Report Of Webinar On “Encouraging  
Adverse Drug Reaction Reporting by  
Patients”**

By submitting reverential pranamas to his holiness Dr.Sree Sree Sree Shivakumara Shivayogigalu and Sree Sree Siddalinga Swamigalu , as a part of 2nd national pharmacological week the Adverse Drug Reaction Monitoring Center (AMC) of Siddaganga Medical College And Research Institute in collaboration with Department Of Pharmacy Practice, Sree Siddaganga College Of Pharmacy, Tumakuru, Karnataka organized a webinar with the theme : Encouraging Adverse Drug Reaction Reporting by Patients on 29/09/2022 from 11:30AM to 12:30PM.

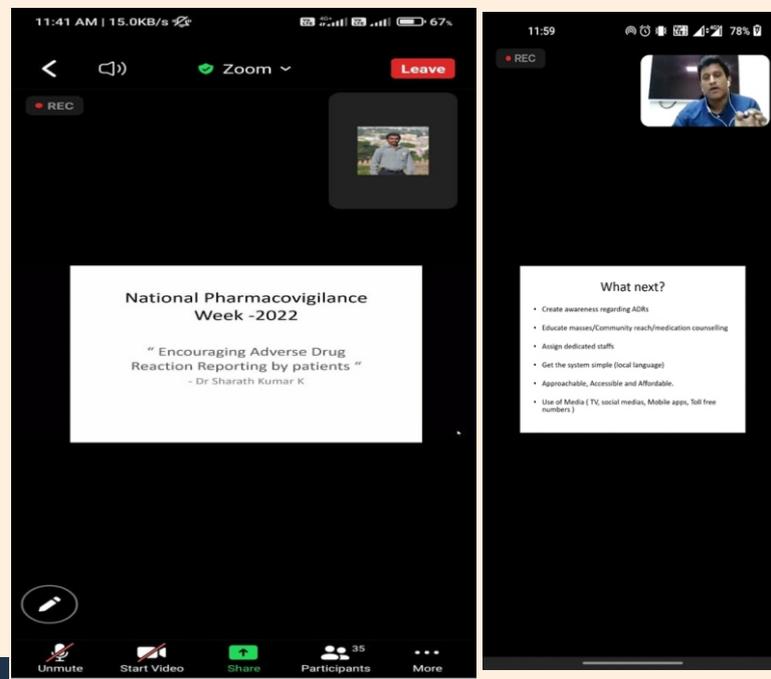
The speaker of the webinar was Dr Sharath Kumar K, Associate Professor and Coordinator of AMC, PvPI, A J Institute of Medical Sciences and Research Centre, Mangaluru. The chief patrons were Dr. Sree Sree Sree Shivakumara Shivayogigalu, Founder President, Siddaganga Education Society and Sree Sree Siddalinga Swamigalu, President, Siddaganga Education Society, Tumkur. The patrons of the event were SRI. T. K. Nanjundappa, Secretary, SSES and DR.

Shivakumaraiah CEO, SIT Tumkur.

The key note speaker Dr. Suresh.V. Kulkarni, Principal of Sree Siddaganga College of Pharmacy, Tumkur inaugurated the webinar, a welcome note was delivered by Dr. Mohammed Mustafa G and the introduction of the speaker was given by Ravinandan A.P.

Dr Sharath Kumar K began scientific session by the introduction of what is pharmacovigilance and its history. The speaker gave an insight on what is the main difference of adverse event and adverse drug reaction. The presenter also showcased the various ways to report the adverse drug reactions and its importance as well as the reasons for under reporting. He also spread awareness on how the pharmacovigilance system works in India and various bodies which work under them in hierarchy. The speaker enlightened the attendees with the importance of public in reporting the reactions caused by the drugs. The benefits to community by bring the side effects to notice of authorities of pharmacovigilance were also enclosed in the webinar. The session lasted for about 45mins with maximum information reaching the attendees. Around 80 participants were registered from various colleges form Karnataka including both students and faculties.

The educational session ended with the vote of thanks by Varshini Hegde, student coordinator, AMC, SMCRI, Tumakuru. Entire program was coordinated by Mr. Ravinandan A.P, chief coordinator, AMC, SMCRI; Dr. Prashanth. D, Deputy Coordinator, AMC, SMCRI; Dr. Mohammed Mustafa. G, Faculty Coordinator, SMCRI; Ms. Varshini Hegde, Student Coordinator, AMC, SMRCI and Mr. Akshay Hingne, Student Coordinator, AMC, SMRCI.





# Sree Siddaganga College of Pharmacy

B.H. Road, Tumkur-02



## “World Pharmacist Day 2022”

The International Pharmaceutical Federation (FIP) started World Pharmacists Day celebration on 25th September at the World Congress of Pharmacy and Pharmaceutical Sciences in Istanbul, Turkey in 2009.

Sree Siddaganga College of Pharmacy, Tumkur has celebrated World Pharmacist Day on the 25th of September 2022 with the theme of “Pharmacy united in action for a healthier world”

In concern to this, a health and public awareness rally was conducted to create an awareness to live a healthier life, reduce the misuse of medicine, and rational use of over-the-counter (OTC) medicines.

The program was commenced with a welcome speech by Mr. A P Ravinandan Asst. Prof. SSCP, Tumkur, program was inaugurated by planting the tree by all the dignitaries of the event. The chief guest is Mr. Deepak Badrinarayan, Director, Wexford Laboratories Pvt. Ltd, Tumkur. Mr. B. R. Padashetty, General Manager, Wexford Laboratories Pvt. Ltd, Tumkur. Mr. Pandith Jawahar, Secretary, Tumkur District Chemist & Druggist Association. Dr. S. Paramesh, Managing Director, Siddaganga Medical College & Research Institute, Tumkur, was the guest of honor of the event and addressed the theme that without pharmacists` the healthcare system would be incomplete.

Lastly, Dr. Suresh V Kulkarni, Principal, SSCPT, addressed the gathering to create awareness about living a healthier life in our family, neighbor, community, and in the healthcare system.

Later part of the event a health awareness rally has been arranged across the city of Tumkur, rally started at the college and went through the city town hall during which students announced the slogans “Pharmacists are an integral part of the healthcare system” and “We are pharmacist we care for you” “Only pharmacist has the art to read the prescription” along with this placards were used Kannada and English language to create awareness about the health and importance of pharmacist in the healthcare system.

**Sree Siddaganga Education Society ©**  
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 • Health Awareness Rally  
 • Tree Plantation

**:Chief Guest:**  
**Mr. Deepak Badrinarayan**  
 Director, Wexford Laboratories Pvt. Ltd, Tumkur.

**:Guests of Honour:**  
**Mr. B.R. Padashetty**  
 General Manager, Wexford Laboratories Pvt. Ltd, Tumkur  
**Mr. Pandith Jawahar**  
 Secretary, Tumkur District Chemist & Druggist Association  
**Dr. S. Paramesh**  
 Managing Director  
 Siddaganga Medical College & Research Center  
 Tumkur

**:Presided by:**  
**Dr. Shivakumaraiah**  
 Chief Executive Officer - S.I.T - Tumkur

**:Venue:**  
**Sree Siddaganga College of Pharmacy,**  
 Dr. Sree Sree Shivakumara Swamiji Road Tumkur  
**Date: 26<sup>th</sup> September 2022 | Time: 10.30 AM**  
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- Supports Mental Health
- Supports to Anti-Ageing & Helps Detoxification



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# RULES

1. Correct answers will be rewarded 2 point each (20 marks)
2. Answer of the quiz will be evaluated by panel of judges and their decision is final. (Max mark:20)
3. Those who get the highest marks, their photo will be published in our next bulletin and also a cash prize of Rs.500/- will be rewarded to them
4. The answer must be sent within 25<sup>th</sup> Oct. 2022 to this E Mail ID- krpaindia@gmail.com
5. A confirmation mail will be sent to you on receiving your e-mail.

**1. Elixirs are .....**

- a. Hydro alcoholic liquid
- b. Aqueous
- c. Viscous
- d. Semi solids

**2. In which language the abbreviations in the prescription writing is very common especially in dosage Instruction**

- a. Latin
- b. Greek
- c. French
- d. German

**3. Pediatric doses are lesser than normal doses because,**

- a. Of their lower body size.
- b. Of their lesser body weight
- c. Their immunity system is not well developed
- d. Immature state of their hepatic and renal function by which drugs are inactivated and eliminated from the body

**4. Some drugs are advised before meals to,**

- a. Avoid dose dumping.
- b. Avoid interaction with food.
- c. Improve absorption.
- d. Both B & C

**5. Doses of children's are calculated by Young's formula, which formula is right.**

- a.  $\text{Adult Dose (mg/day)} \times \left[ \frac{\text{Age}}{\text{Age}+12} \right]$
- b.  $\text{Adult Dose (gm/day)} \times \left[ \frac{\text{Age}}{\text{Age}+24} \right]$
- c.  $\text{Adult Dose (mg/day)} \times \left[ \frac{\text{Wt in Kg}}{\text{Age}+12} \right]$
- d.  $\text{Adult Dose (mg/day)} \times \left[ \frac{\text{Wt in Kg}}{\text{Age}+24} \right]$

**6. When substances with low melting points such as camphor are triturated together a liquid mixture is formed the phenomenon is called -----**

- a. Liquefaction
- b. Insolubility
- c. Herapath formation
- d. Eutectic mixture formation

**7. In the mixing of thymol and menthol the following type of incompatibility occurs,**

- a. Chemical incompatibility
- b. Therapeutic incompatibility
- c. Physical incompatibility
- d. Tolerance incompatibility.

**8. In the stability of emulsion, which important instability step should be prevented?**

- a. Breaking
- b. Coalescence
- c. Flocculation
- d. Creaming

**9. In conductivity test, if bulb glows on passing electric current so what would be the type of emulsion?**

- a. W/O emulsion
- b. O/W emulsion
- c. Micro emulsion
- d. Multiple emulsions

**10. The particle size in suspension is**

- a. less than 103 nm
- b. 102 nm
- c. Greater than 103
- d. 10 nm



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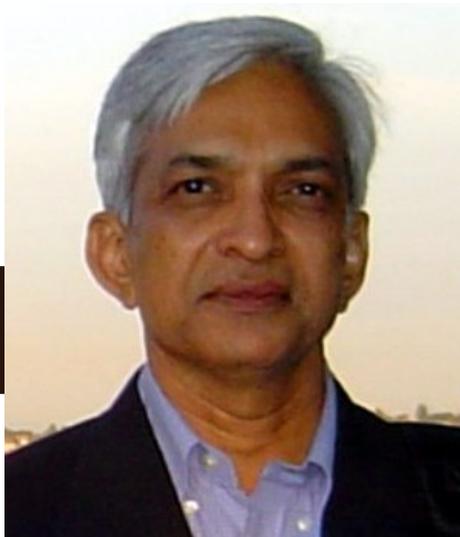
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# INSPIRATIONAL PHARMACIST

## DR. S.K. KULKARNI

**Shrinivas  
Krishnarao  
Kulkarni** born  
on December

1946 hails from Basavana Bagewadi of Bijapur district. He is a graduate from Govt. College of Pharmacy, Bengaluru holding the First position in B. Pharm degree. He was a visiting Scholar of US-Education Foundation (1987-89), consultant to WHO and member of Indian Pharmacopeia Committee (1990-2000). Professor Kulkarni is a former Pro-Vice Chancellor, Punjab University, Chandigarh and presently he is an Emeritus professor of Pharmacology at University Institute of Pharmaceutical Sciences, Punjab University. Currently he resides in Belagavi.

He has been serving as a visiting professor at the University of British Columbia, Texas Health Sciences University, University of Oklahoma and University of Illinois, and most recently to the University of the West Indies, Trinidad. He was also a visiting professor to Indian institutions- JIPMER, NIMHANS, BITS and JSS Universities. He served as the Director, Bombay College of Pharmacy, University of Mumbai (2009-2013).

Dr Kulkarni has published more than 500 research papers more than 200 review and professional articles, 5 patents and 13 books. His recent book (co-authored) entitled 'Pharmacologists of India' which covers pharmacology research in India during the last seven decades.

For his distinguished contribution in the field of experimental pharmacology, Stanford University has named Professor Shrinivas Krishnarao Kulkarni as the 'Top Pharmacologist from India' (Rank-1). He ranks First in India and 132nd in the world (Rank world-wide by subject area) with 503 papers submitted by him. Also other accolades and National recognitions include UGC- Hari Om Ashram Trust National Award in Neuroscience, Ranbaxy Research Foundation Award, Acharya P.C. Ray Gold medal, Professor G.P.Srivastava Memorial National Award, and Life-time achievement award of the Association of Pharmaceutical Teachers of India.

S. K. Kulkarni re-engineered pharmacology teaching and research through translational approach. His vision about a radical change in teaching of pharmacology at undergraduate level which is necessary to ensure that future generation of prescribers to be well versed with the fundamental principles that underlie good clinical practice is of great significance.

Many years ago while delivering the Col. Ram Nath Chopra (regarded as the 'Father of Indian Pharmacology') oration at the annual conference of Indian Pharmacological Society (IPS), professor Kulkarni highlighted about the challenges facing the drug discovery science and cautioned about the increasing gap in pharmacology training between India and the rest of the world. At the global level, research is moving forward with great pace and inevitably new areas of challenges will emerge. In a competitive world and globalised development, we cannot be left behind. As per the McKinsey and Company projections, the emerging markets of BRIC nations (Brazil, Russia, India, and China) will account for nearly half of the growth in the global pharmaceutical industry. It is also expressed that one of the biggest challenges of comprehending and capturing the market is the shortage of specialized talent or human resources, particularly in the areas of systems biology, clinical research, and healthcare delivery. Pharmaceutical graduates and trained pharmacologists have a great role to play in realizing the "India Advantage."

Dr. Kulkarni has made a revolutionary change towards the development of Indian pharmacology by showering his tremendous knowledge in experimental pharmacology through his books, research articles and various citations. His commendable approach of making experimental pharmacology mandatory in UG level of both pharmacy and medical sciences is the prominent factor that helps to shape the future generation of Indian pharmacologists for a better India at the global market. No doubt his tireless contribution for Indian pharmacology makes him the 'most aspired pharmacologist of India'.

Dr. Kulkarni's vision and commitment towards the betterment of pharmacy education in our country is a true inspiration to all of us. He holds the credit for transforming thousands of students by guiding them to recognize their passion and lead successful lives. With immense gratitude we would like to wish Professor S. K. Kulkarni sir Happy Teachers' Day.



**Kiran Naidu D**

3rd B Pharm (5th Sem)  
JSS College of Pharmacy Mysuru



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