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ವಾಸ್ತವಿಕ
ವಿವಿಧತೆ

ಡಾ. ಮಂಗಳಾ ಎಸ್. ಸಿ
ಸಹಾಯಕ ನಿರ್ದೇಶಕರು
ಮಧ್ಯಾಹ್ನ ಉಪಹಾರ ಯೋಜನೆ
ತಾಲ್ಲೂಕು ಪಂಚಾಯತ್ ಮದೂರು
ಮಂಡ್ಯ ಜಿಲ್ಲೆ

An Insight into Rare AUTOIMMUNE DISEASES

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ALCOHOLISM

Gate way to Hell

The great Indian booze economy

India is slowly on way to becoming the largest alcohol beverages market of the world. Currently, the alcohol beverage market of India is one of the fastest growing alcohol consumption markets of the world. As per 2020 estimate, annual consumption of alcoholic beverage was 5.70 litres per adult (per annum). Around 1/3 adult males and 1/4 adult females drink alcoholic beverages regularly. In 2018, 58% of Mizoram state's tax revenues came from alcohol sales. In 2023, India recorded annual sales of 49580 million USD or Rs. 4,06,556 crores of alcoholic beverages (at Rs. 82 per dollar). It is estimated that Indian alcohol economy supports upto 2 crore jobs. Alcohol consumers in India are estimated to grow to 38.60 crore people by 2030. India is currently the third largest market of high-spirit alcoholic beverages (example: whiskey is a high-spirit) - in the world (the value is about 35 billion USD or Rs. 2,87,000 crores per annum). Hence, India is a hot fast growing alcoholic beverage market of the world.

Alcohol consumers

As per surveys, regular alcohol consumers say that alcohol consumption causes them significant damage: physical and financial. One in seven people between ages of 10 years to 75 years are regularly consuming alcohol in India. One in five adult males of India is an alcohol addict - they suffer alcohol dependence. Rise in alcohol consumption in India is attributed to growing urban population, reduction in taboo associated with alcohol beverages, Westernization, and an increase in disposable income. Increased access and advertising (albeit surrogate advertising) has created more alcohol consumers.

Alcoholism

Alcoholism is a general term, the medical term most often accepted is DSM-5 alcohol use disorder. DSM-5 refers to the book - Diagnostic and Statistical Manual of Mental Disorders, 5th edition. Alcoholism is the harmful consumption of alcoholic beverages resulting in significant physical and mental damage. The World Health Organization (WHO) states that alcohol is a psychoactive substance with dependence-producing properties. Alcohol is described as a primary continuous depressant by Goodman and Gilman, The Pharmacological Basis of Therapeutics. Thus, unlike the popular image of alcohol consumption creating an energized and fun loving individual - alcohol - actually creates a depressed personality. Alcohol consumption removes inhibitions and thereby an individual becomes warm, sociable, expressive and animated, and this is mis-interpreted as being energized and positive. With time the quantity of alcohol required to produce a certain high in the individual goes on increasing. Hence, dependency increases. More and more quantity of alcohol is required by the individual to produce the same high. This leads to a vicious cycle of alcohol consumption and extreme dependency.

Effect of alcohol on various organs

Consumption of alcohol is implicated in 200 diseases: heart and blood vessel diseases, liver damage and cancer. Fatal traffic accidents are often attributed to drink and drive. Increased incidence of TB and AIDS is seen in alcoholics. Alcohol damages normal behavior and addicts display criminal behavior. Alcoholics are encouraged to reduce alcohol intake and exercise moderation if abstinence is not possible. Alcoholism reduces immunity. A foul complication of alcoholism is pancreatitis (inflammation of pancreas). Psychiatric problems and sexual dysfunction accompany alcoholism. It is better to avoid alcohol consumption. A Japanese proverb says: First you take the alcohol, then the alcohol takes the alcohol and finally, alcohol takes you.

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A healthy India requires moderation in alcohol consumption; current trending is that Gen Z and millennials are attracted to alcohol consumption - surely getting drawn into a depressing hell. The financial dependence of various states in India on tax revenues through alcohol beverage sales is creating another challenge. Ideally, individuals and groups of youth in India & world-over should be discouraged from alcohol consumption

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JANUARY CERVICAL HEALTH AWARENESS MONTH

How Pharmacists Can Help the Society?

Every year, January is observed as the month for cervical health awareness. The awareness programs run throughout the month to alert the population on cause/s, risk factor/s, prevention, early detection, and appropriate management of cervical cancer. The World Health Organization (WHO), has developed several programs internationally with the theme of ending cervical cancer within the next few generations. As provided by the WHO, there are three basic tasks to combat the disease; 1. 90% of girls have been fully vaccinated with the human papillomavirus (HPV) vaccine by 15 years of age; 2. 70% of women are screened using a high-performance test by 35 years of age and again by 45 years of age; and 3. 90% of women with pre-cancer are treated, and 90% of women with invasive cancer are managed, through three basic strategies; get informed, get screened, and get vaccinated.

The cervical cancer profile of India, reveals that around 19 women out of 100 000, were diagnosed with crude cervical cancer and the mortality-to-incidence ratio was 0.62, in 2020, meaning that more than half of the women diagnosed ended in early death. These numbers are alarming and at the same time, demand a huge professional responsibility on pharmacists, in WHO's vision of ending cervical cancer. As we know for ages, we, the pharmacists are the most accessible healthcare providers in the community. Pharmacists help in educating the general public about diseases & medications and identify the clinical features in patients while dispensing over-the-counter medications through clinical knowledge and expertise in medications. Appropriate utilization of this knowledge and expertise will make pharmacists, deliver their responsibilities as a healthcare provider in line with the strategies provided by the WHO in combating cervical cancer.

Strategy 1, get informed: The WHO has encouraged the general public to acquire knowledge about the causes, symptoms, screening, prevention, and management of cervical cancer. As healthcare providers, pharmacists do communicate and educate the general public and patients on a regular basis. Pharmacists can use this tool of influential communicator/health educator, in creating awareness among the target population by providing basic information about cervical cancer, in the language that the target population can understand and act upon. In addition, pharmacists can develop some informative posters and leaflets, in local language, to display at pharmacy premises and to circulate among the general public to create awareness about cervical cancer.

Strategy 2, get screened: In recent days, the pharmacists' duties are not limited only to dispensing prescriptions or OTC medications. There are many other extended pharmacy services that can be provided at pharmacies to promote health in the community. As knowledge bearers, pharmacists can also, help the community in screening cervical cancer, by identifying at-risk individuals, collecting the history of illness, and symptoms, and guiding them to further screening through the referral system. This can help as an early detection tool that could be of a great deal in a woman's life. What we require is just a topping on our clinical knowledge that we all possess already, collaborations with other healthcare providers, and most importantly a positive attitude towards creating a healthy community.

Strategy 3, get vaccinated: As all of us are aware, post-COVID period, many countries throughout the globe, had delegated the additional responsibility to the pharmacist to vaccinate people, which was otherwise not so widely practiced earlier, except in few developed countries. This is again because of the professional competencies that pharmacists possess in disease prevention and health promotion within the community, beyond the regular dispensing of medications. However, in India, to date, this additional responsibility has not been officially delegated to pharmacists. Nevertheless, pharmacists are equally competent through clinical knowledge to deliver this responsibility. What we additionally require is to develop the skills to appropriately administer the vaccines, through proper training.

The regional/local, national continuous professional development programs for pharmacists can help in equipping our pharmacists to adequately deliver these extended pharmacy services, in the WHO's vision of a cervical cancer-free society over a few generations.

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Mysuru



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ಪ್ರವೃತ್ತಿ ಕವಿತೆ



ಡಾ. ರೇಖಾ ಕೆ ಶೆಟ್ಟಿ
ಬೋರಿವಲ, ಮುಂಬೈ

ಭಕ್ತರಿಗೆ ದೇವರನ್ನು ಒಮ್ಮೆಯಾದರೂ ಕಣ್ಣಾರೆ ನೋಡುವ ಹಸಿವು
ಕಲಾವಿಧನಿಗೆ ನಿಸರ್ಗದ ಸೌಂದರ್ಯ ಸವಿಯುವ ಹಸಿವು
ಶಿಕ್ಷಕನಿಗೆ ಅವನ ವಿದ್ಯಾರ್ಥಿಯನ್ನು ದೊಡ್ಡ ಹುದ್ದೆಯಲ್ಲಿ ನೋಡುವ ಹಸಿವು
ಕಳ್ಳನಿಗೆ ಶ್ರೀಮಂತನ ಮನೆಯ ತೆರೆದ ಲಾಕರ್ಸ್ ನೋಡುವ ಹಸಿವು

ಪೋಷಕರು ತಮ್ಮ ಮಕ್ಕಳು ತಾವು ಆಯ್ಕೆ ಮಾಡಿಕೊಂಡ ಕ್ಷೇತ್ರದಲ್ಲಿ ಬೆಳೆಯುವುದನ್ನು ನೋಡುವ ಹಸಿವು
ವೈದ್ಯರಿಗೆ ತಮ್ಮ ಚಿಕಿತ್ಸೆಯಿಂದ ತಮ್ಮ ನಿರ್ಣಾಯಕ ರೋಗಿಗಳಲ್ಲಿ ಸುಧಾರಣೆ ನೋಡುವ ಹಸಿವು
ಚಿತ್ರಕಾರರಿಗೆ ನಿಸರ್ಗದ ಬಣ್ಣ ಕದ್ದು ಅದರಿಂದ ಸ್ಪೂರ್ತಿ ಪಡೆದು ಹೊಸ ಚಿತ್ರ ರಚಿಸುವ ಹಸಿವು
ಪ್ರಾಣಿ ಪ್ರೇಮಿಗಳು ತಮ್ಮ ಸಾಕುಪ್ರಾಣಿಗಳಲ್ಲಿ ಸಂತೋಷವನ್ನು ನೋಡುವ ಹಸಿವು

ಮಕ್ಕಳು ದೂರದಲ್ಲಿದ್ದರೆ ಅವರನ್ನು ಕಣ್ಣು ತುಂಬಾ ನೋಡುವ ಹಸಿವು
ದೂರವಿದ್ದಲ್ಲಿ ತಮ್ಮ ಪೋಷಕರ ಸೇವೆ ಮಾಡುವ ಇಚ್ಛೆಯ ಹಸಿವು
ವ್ಯಾಪಾರಸ್ಥನಿಗೆ ಹಣವನ್ನು ಸಂಗ್ರಹಿಸುವ ಹಸಿವು
ರಾಜಕಾರನಿಗೆ ಅವನ ದರ್ಪ ಜನರಮೇಲೆ ತೋರಿಸುವ ಹಸಿವು

ನಟನಿಗೆ ತಾನು ಪ್ರಸಿದ್ಧನಾಗುವುದನ್ನು ನೋಡುವ ಹಸಿವು
ವಾಸ್ತುಶಿಲ್ಪಕನಿಗೆ ಹೊಸ ವಿಶಿಷ್ಟ ರಚನೆಯನ್ನು ನಿರ್ಮಿಸಿ ನೋಡುವ ಹಸಿವು
ಬರಹಗಾರನಿಗೆ ತನ್ನ ಹೆಚ್ಚು ಹೆಚ್ಚು ಕೃತಿಗಳು ಪ್ರಕಟವಾಗುವುದನ್ನು ನೋಡುವ ಹಸಿವು
ಪ್ರೇಮಿಗಳಿಗೆ ತಮ್ಮ ಸಂಗಾತಿಯನ್ನು ಹಗಲು ರಾತ್ರಿ ನೋಡುವ ಹಸಿವು

ವಕೀಲರಿಗೆ ಹೆಚ್ಚು ಹೆಚ್ಚು ಪ್ರಕರಣಗಳನ್ನು ಗೆಲ್ಲುವ ಹಸಿವು
ಭಿಕ್ಷುಕರಿಗೆ ತನ್ನ ಪಾತ್ರೆ ಹೆಚ್ಚು ಬೇಡಿಕೆ ಹಣದಿಂದ ತುಂಬುವುದನ್ನು ನೋಡುವ ಹಸಿವು
ತೋಟಗಾರನಿಗೆ ಅವನು ಬೆಳೆಸಿದ ಗಿಡದನ್ನು ಹೂವು ಅರಳುವುದನ್ನು ನೋಡುವ ಹಸಿವು
ಹೋಟೆಲಿನ ಮಾಲೀಕನಿಗೆ ತೃಪ್ತಿಯಿಂದ ಊಟ ಮಾಡುವ ಜನರನ್ನು ನೋಡುವ ಹಸಿವು

ನನ್ನಂತವರಿಗೆ ತೆರೆದ ಕಣ್ಣಿನಿಂದ ಕಣ್ಣುಚ್ಚಿ ಕಂಡ ಕನಸನ್ನು ನನಸು ಮಾಡುವ ಹಸಿವು
ಇದೆಲ್ಲ ಕಣ್ಣಿನ ಹಸಿವು ಅಲ್ಲವೇ?

ಹೊಟ್ಟೆಯ ಹಸಿವು ತುಂಬಿದಂತೆ ಈ ಕಣ್ಣಿನಲ್ಲಿ ಕಂಡ ಕನಸಿನ ಹಸಿವನ್ನು ನನಸಾಗಿಸಲು ಸಾಧ್ಯವೇ
ನಿಮ್ಮ ಎಲ್ಲಾ ಕನಸುಗಳು ನನಸಾಗಲೆಂದು ಶುಭಹಾರೈಕೆ

ದಾಸೋಹ ದೇವಿಯರೆ ಮಾತಾನ್ನಪೂರ್ಣೆಯರೆ,
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ವಿನಯದಿ ಶಿರಬಾಗಿ ನಮಿಸೋಣ
ಶುಚಿತ್ವ ಸುರಕ್ಷತೆ ಮಿತವ್ಯಯವೆಂಬ
ತ್ರಿಸೂತ್ರಗಳನ್ನು ಪಾಲಿಸೋಣ ನಾವು

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ನಮೂದಿಸಿ
ಪ್ರತಿನಿತ್ಯ ಲೆಕ್ಕವ ಬರೆಯೋಣ ನಾವು

ಅಡುಗೆ ಕೋಣೆ ಪಾತ್ರೆ ಪರಿಕರ
ಪ್ರತಿಯೊಂದು ಸ್ವಚ್ಛತೆ ಮಾಡೋಣ
ಅಕ್ಕಿ ಬೇಳೆ ತರಕಾರಿ ಸೊಪ್ಪು
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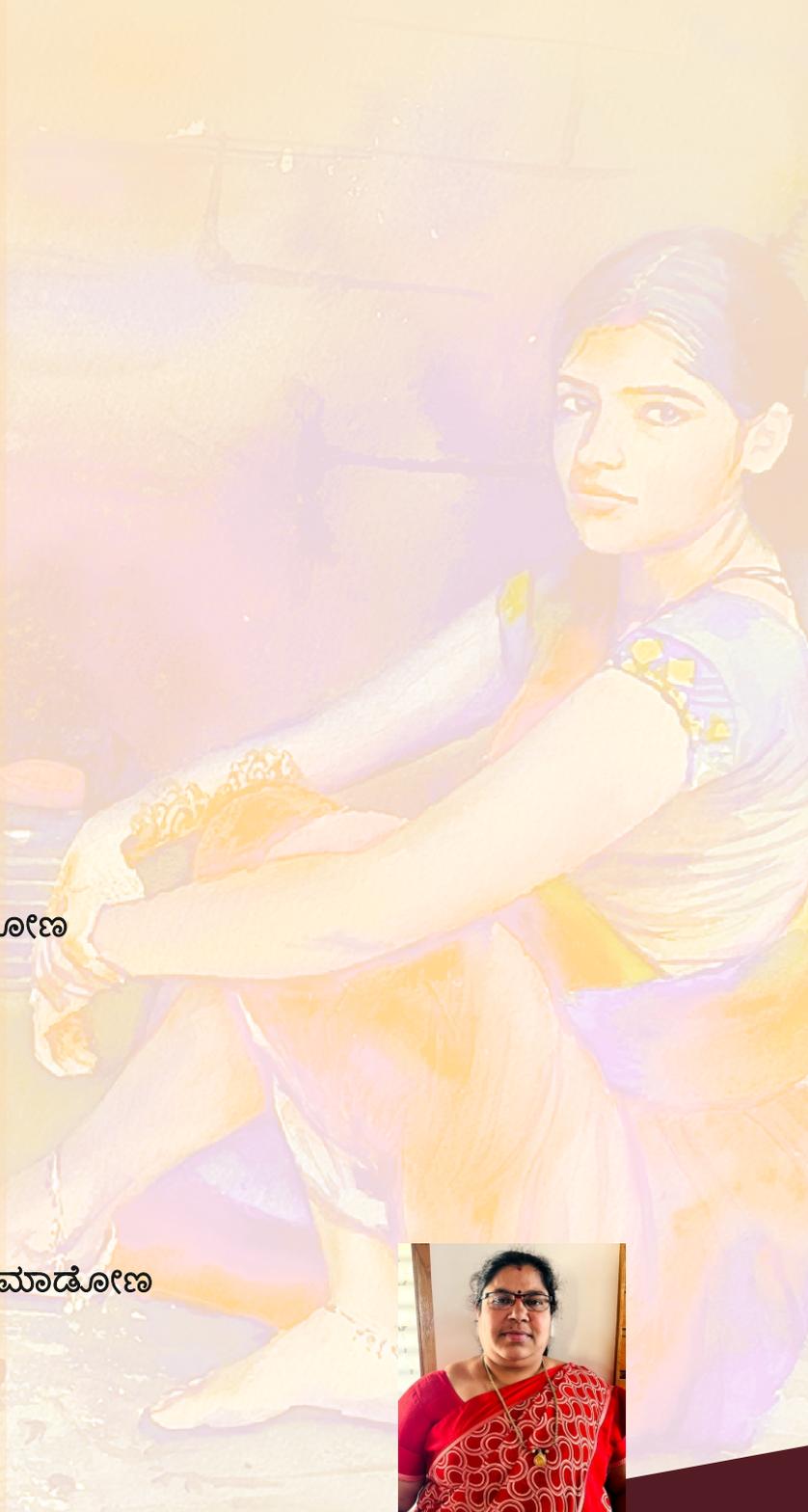
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ಸರ್ವಮಂಗಳೆಯ ಸ್ತುತಿಸೋಣ ನಾವು

ದಾಸೋಹ ದೇವಿಯರು



ಡಾ. ಮಂಗಳಾ ಎಸ್. ಸಿ

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An Insight into Rare AUTOIMMUNE DISEASES

Autoimmune diseases are conditions in which our body's own immune system mistakenly attacks its own tissues and organs. Myositis, lupus, rheumatoid arthritis, scleroderma are few well-known examples for autoimmune diseases.

Myositis is a rare type of autoimmune disease that inflames and weakens muscle fibers. The idiopathic inflammatory myopathies (IIMs also known as myositis) are heterogeneous group of disorders with the occurrence of chronic inflammation of skeletal muscle, leading to muscle weakness. Other organs are frequently affected in IIMs, such as the skin, joints, lungs, gastrointestinal tract and heart, contributing to morbidity and mortality. In southern India awareness about the existence of this disease was started when actress Samantha Ruth Prabhu has been recently diagnosed with myositis. There are several types of myositis and most common are Polymyositis (a condition in which muscles are affected by inflammation but doesn't often affect other parts of the body much) and Dermatomyositis (Dermatomyositis causes similar symptoms in muscles along with skin rash). Myositis can affect any age group of people including children, dermatomyositis mainly affects people of age 5 to 15 years and geriatric age group of 45-60 years. Polymyositis rarely occurs in the pediatric age group but found among people of 50 to 60 year age. Other types of myositis are inclusion body myositis (IBM), anti-synthetase syndrome, immune-mediated necrotising myopathy, post-infectious reactive myositis and drug-induced myopathies.

Polymyositis is a disease that causes irritation and inflammation of muscles and eventually muscles start to break down and finally become weak. Since during this condition, muscles all over the body are affected making even simple movements difficult. In some cases, a medicine may lead to an allergic response that causes muscle irritation and damage. Symptoms of Polymyositis includes muscle pain and stiffness, muscle weakness, particularly in the belly (abdomen), shoulders, upper arms, and hips, Joint pain and stiffness, trouble in catching your breath, problems in swallowing and irregular heart rhythms, if the heart muscle becomes inflamed. Polymyositis is diagnosed by the presence of abnormal proteins as the markers for muscle inflammations in blood test, electromyogram (EMG) for detecting of abnormal electrical activity in affected muscles and muscle biopsy. Anti-inflammatory medicines are the choice of drug (steroid medicines or corticosteroids). Symptoms of Polymyositis usually get better within 4 to 6 weeks. It will be treated by using immunosuppressive medicines, physical therapy, heat therapy, rest and braces or other special devices (to support muscles and help with movement).

It can affect the other parts of body

- Raynaud's phenomenon is a condition in which fingers, toes, cheeks, nose and ears initially turn pale when exposed to cold temperatures.
- Other connective tissue diseases conditions, such as lupus, rheumatoid arthritis, scleroderma and Sjogren's syndrome can occur in combination with polymyositis.
- Polymyositis may cause the muscular walls of heart to become inflamed (myocarditis). In a small number of people who have polymyositis, congestive heart failure and heart arrhythmias may develop.
- A condition called interstitial lung disease may occur in patients with polymyositis. Interstitial lung disease refers to a group of disorders that cause scarring (fibrosis) of lung tissue, making lungs stiff and inelastic. Signs and symptoms include a dry cough and shortness of breath.

Complications of polymyositis include difficulty in swallowing (dysphagia) as the muscles of esophagus are affected which in turn may cause weight loss and malnutrition. Aspiration pneumonia may occur as difficulty swallowing may also cause you to breathe food or liquids, including saliva, into your lungs (aspiration) that may lead to pneumonia. Since chest muscles are affected by the disease, people may experience breathing problems such as shortness of breath or, in severe cases, respiratory failure.

Dermatomyositis is a rare autoimmune disease that causes muscle inflammation and skin rash. It is different from other muscle diseases because it also causes skin problems. Dermatomyositis is the term used to describe both muscle and skin symptoms such as red or purple rash on sun exposed areas that may be painful or itchy, red or purple swelling of the upper eyelids (heliotrope), red or purple spots on the knuckles, elbows, knees, and toes (Gottron's papules), joints that feel stiff and turn pale and painful in cold conditions and feel better when warmed (Raynaud's phenomenon) and scaly, rough dry skin that can lead to hair thinning, swollen red areas around the fingernails, hard lumps under the skin caused by calcium deposits (calcinosis), muscle weakness in the neck, hip, back, and shoulders. Trouble in swallowing and voice changes, tiredness, fever, and weight loss, severe muscle aches, trouble in rising from a chair or getting out of bed due to muscle weakness are few symptoms of dermatomyositis.



The diagnosis includes blood test shows muscle enzyme creatine kinase and the antinuclear antibody and skin or muscle biopsy shows tiny pieces of tissue are taken to be checked with a microscope. Treatment includes, physical therapy, skin treatment, anti-inflammatory medications, immunosuppressive drugs (azathioprine, methotrexate, cyclosporine A, cyclophosphamide, and tacrolimus) and immunoglobulin, Surger [To remove the calcium deposits (calcinosis)]



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Sri Adichunchagiri College of Pharmacy,
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JSS COLLEGE OF PHARMACY

Sri Shivarathreeshwaranagar, Mysuru-570 015

Inauguration of Golden Jubilee Celebrations

17 Feb. 2023 Friday 4.00 PM



Golden Jubilee of an institution is not just a milestone of the number of years the institution is existed but is the very foundation of the quality of education that the institution has provided and the service that it has rendered!

JSS College of Pharmacy , Mysuru was established in the year 1973 with the vision of the great seer of Sri Suttur Math, Jagadguru Sri Shivarathri Rajendra Mahaswamiji. His farsighted

vision envisaged that the college will emerge one of the best pharmacy institutions in the country. The college has produced thousands of graduates who have excelled in their careers, established Centres of Excellence, provided its expertise to the industry and profession and known as the 'Laboratory of Pharmacy profession' , that has steered the pharmacy profession to global standards.

The recognition of these efforts started of as the Golden Jubilee celebrations inaugurated by Hon'ble Governor of Kerala Sri Arif Mohammed Khan Ji in an August celebration. Sri . Sri J. C. Madhuswamy, Minister for Minor Irrigation, Law & Parliamentary Affairs presided over the function. His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji blessed the gathering. Dr CG Betsurmath , Executive Secretary, Dr B Suresh, Pro Chancellor , Dr Surinder Singh Vice Chancellor and Dr TM Pramod kumar were present.



A golden beginning for the year ahead for reliving the past great moments.



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ACU SACCP organised the “International Conference on Innovation and Advances in Pharmaceutical Sciences - Current Scenario and Future Perspectives” on February 10th and 11th 2023 in association with Association of Pharmaceutical Research. Inauguration of the conference has been graced by His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Hon’ble Chancellor, Chief guest Harish K Jain President-KDPMA, Director- Embiotic Laboratories Pvt-Ltd, Dr E S Chakravarthy, VP & Global RMG Head TCS, Dr. M A Shekar, Hon’ble Vice Chancellor, Dr. K Byrappa Pro Vice Chancellor, Dr. C K Subbaraya Registrar, Mr.Rudra Bhanu Satpathy CEO-APR, Dr. B Ramesh, Dean and Principal SACCP, Organizing Committee chairperson and Dr. Prakash Goudanavar, Head, Dept. of Pharmaceutics and Regulatory Affairs, Organizing secretary and convener were present on the occasion.



The NSS, IIC & Department of Pharmacy of Al-Ameen College of Pharmacy, Bangalore in association with St. Philomenas Hospital observed World Cancer Day today on 04/02/2023. Every Year World Cancer Day takes place on 4th February. It aims to prevent millions of deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease. The theme for World Cancer Day 2022-2024 is "Close the Care Gap". Every single person has the ability to make a difference, large or small, but together the health community can make real progress in reducing the global impact of cancer. Staff & Students of Al-Ameen Participated in the rally conducted to Educate and create awareness to the public on CANCER.



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Bangalore

INSTITUTION'S INNOVATION COUNCIL & PLACEMENT CELL

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CAREER ORIENTED SESSION ON DATA SCIENCE IN HEALTHCARE

WHO CAN ATTEND

- Students
- Faculty members
- Startup enthusiasts
- Seeding Entrepreneurs
- Market Researchers

Mr. Prateek Agrawal
Co-Founder & Director
Ivy Professional School

Highlights

- Pharmacy : Career Opportunities in Data Science
- Utility of Data Science in Healthcare
- Awareness of various Algorithms
- Data Science with Python

Expected Outcome

- Awareness towards Data Science
- Future of Data Science in Pharmacy
- Applications of Data Science in Healthcare
- Awareness about 105 hrs of live training by industry experts.

1st February 2023
2:30 pm onwards

Al-Ameen College of Pharmacy, Bengaluru - 27

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Bangalore

Institution's Innovation Council
organizes

A session on achieving problem solution fit and product market fit

Theme: Innovation - Validation and Concept Development

2nd February 2023
11:00 am onwards

Dr. Shrinivasan
Eminent Speaker
Scientific / Technical Advisor
Topic - Innovation - A Journey for Market Fit

Highlights

- Approach to Innovation
- Integrating market research at early stage of startup planning
- TRL - Technology Readiness level
- Technology Transfer
- Product Market fit

Who Can Attend

- Students
- Faculty members
- Startup enthusiasts
- Seeding Entrepreneurs
- Market Researchers

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DIABETIC PORTFOLIO



Quiz

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 25th March 2023 to this E Mail ID- krpaindia@gmail.com
5. A confirmation mail will be sent to you on receiving your e-mail.

Which of the following drug combinations may increase the risk of serotonin syndrome?

- a) Sertraline and paroxetine
- b) Fluoxetine and escitalopram
- c) Duloxetine and venlafaxine
- d) Citalopram and mirtazapine

Which of the following drugs may increase the risk of bleeding when taken together with aspirin?

- a) Ibuprofen
- b) Acetaminophen
- c) Naproxen
- d) Celecoxib

Which of the following is a potential adverse effect associated with the use of metformin?

- a) Hypertension
- b) Hypoglycemia
- c) Lactic acidosis
- d) Respiratory depression

Which of the following is a potential drug interaction associated with the use of simvastatin?

- a) Increased risk of bleeding with concomitant use of warfarin
- b) Increased risk of hypoglycemia with concomitant use of insulin
- c) Increased risk of myopathy with concomitant use of erythromycin
- d) Increased risk of hypertension with concomitant use of amlodipine

Which of the following is a contraindication to the use of an angiotensin receptor blocker (ARB)?

- a) Pregnancy
- b) Hypertension
- c) Diabetes
- d) Asthma

Which of the following is a potential adverse effect associated with the use of warfarin?

- a) Hypotension
- b) Hypoglycemia
- c) Bleeding
- d) Respiratory depression

Which of the following is a potential drug interaction associated with the use of clopidogrel?

- a) Increased risk of bleeding with concomitant use of warfarin
- b) Increased risk of hypoglycemia with concomitant use of insulin
- c) Decreased effectiveness with concomitant use of omeprazole
- d) Increased risk of hypertension with concomitant use of amlodipine

Which of the following drug combinations may increase the risk of hypotension?

- a) Lisinopril and metformin
- b) Amlodipine and simvastatin
- c) Furosemide and spironolactone
- d) Losartan and sildenafil

Which of the following drugs may increase the risk of digoxin toxicity when taken together?

- a) Amiodarone
- b) Diltiazem
- c) Verapamil
- d) All of the above

Which of the following drug combinations may increase the risk of QT prolongation?

- a) Azithromycin and furosemide
- b) Ondansetron and ciprofloxacin
- c) Levofloxacin and doxycycline
- d) Metronidazole and amoxicillin



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NILIMA ARUN KSHIRA



Arun Kshirsagar is a well-known Indian author, poet, journalist, and pharmacist who has made significant contributions in multiple fields. She is an accomplished writer whose works have been published in various literary magazines and anthologies, and she has received numerous awards and accolades for her contributions to literature. However, what many people don't know about her is that she is also a successful pharmacist who has made significant contributions to the field.

Born in 1942 in Mumbai, Nilima Arun Kshirsagar completed her education in pharmacy from the Bombay College of Pharmacy. She worked as a pharmacist for several years before turning her attention to writing, where she quickly established herself as a talented and accomplished author.

As a pharmacist, Nilima Arun Kshirsagar worked in various roles, including as a researcher and teacher. She contributed to several research papers and publications in the field of pharmacy, and her work was widely respected and admired by her colleagues.

Nilima Arun Kshirsagar's contributions to the field of pharmacy were not limited to her work as a researcher and teacher. She was also actively involved in the promotion of pharmacy education and the development of the field in India. She was a member of several professional bodies and associations, including the Indian Pharmaceutical Association and the Pharmacy Council of India.

In recognition of her contributions to pharmacy education and research, Nilima Arun Kshirsagar has received several awards and honors, including the Eminent Pharmacist Award from the Indian Pharmaceutical Association in 2009. She has also served as a member of various committees and task forces, working to improve the standards of pharmacy education and practice in India.

While Nilima Arun Kshirsagar's work in pharmacy has been overshadowed by her achievements as an author and poet, her contributions to the field are significant and deserving of recognition. Her work as a pharmacist has had a lasting impact on the development of pharmacy in India, and her dedication to the profession is an inspiration to pharmacists and researchers around the world.

Today, Nilima Arun Kshirsagar continues to be an active writer and pharmacist, and her contributions to both fields are a testament to her passion, dedication, and talent. Her work in pharmacy and literature has enriched the lives of countless people, and she remains an inspiration to all those who seek to make a difference in the world through their talents and hard work.

Maharashtra State Award for Literature (1984): Nilima Arun Kshirsagar was awarded the Maharashtra State Award for Literature in 1984 for her book "Kavita," a collection of poems that explored a wide range of themes, from love and loss to the beauty of nature.

Padma Shri (2010): Nilima Arun Kshirsagar was awarded the Padma Shri, one of the highest civilian honors in India, in 2010 for her contributions to literature and journalism.

Kusumagraj Pratishthan Award (2008): In 2008, Nilima Arun Kshirsagar was honored with the Kusumagraj Pratishthan Award, which recognizes outstanding contributions to Marathi literature.

Sahitya Akademi Award (2015): Nilima Arun Kshirsagar received the prestigious Sahitya Akademi Award in 2015 for her book "Matsyagandha," a collection of short stories that explore the human condition in all its complexity.

Eminent Pharmacist Award (2009): In recognition of her contributions to pharmacy education and research, Nilima Arun Kshirsagar received the Eminent Pharmacist Award from the Indian Pharmaceutical Association in 2009.

Maharashtra Foundation Award (2013): In 2013, Nilima Arun Kshirsagar was honored with the Maharashtra Foundation Award, which recognizes individuals who have made significant contributions to the arts, culture, and society.

These awards are a testament to Nilima Arun Kshirsagar's talent, dedication, and hard work, and they are a source of inspiration to writers, pharmacists, and readers around the world. Her contributions to literature and pharmacy have enriched the lives of countless people, and she remains an important figure in the cultural and intellectual landscape of India.

Poornachandra K L
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Mysore



DISCLAIMER

The Newsletter intends to provide updated and reliable information on medicines and other related issues in an attempt to equip healthcare professionals to take informed decision in recommending medicines to the patients. However, they are encouraged to validate the contents. Neither the people associated with the publication of the Newsletter nor the organization shall be liable for any damage incurred as a result of use of the contents of this publication. The brand names of medicines, if mentioned, are for illustration only and the newsletter does not endorse them.

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