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KARNATAKA STATE PHARMACY COUNCIL

ELECTION 2023

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Dispatch of Ballot paper

01 Aug 2023

Last Date for the Receipt
of Voting Paper

31 Aug 2023

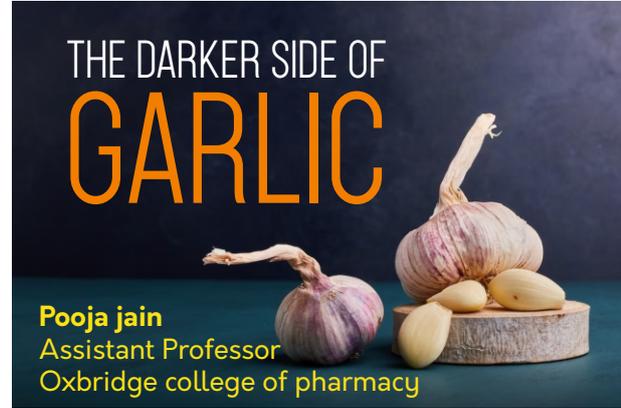


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-IS A SIN**

Mr.Sunil S Chiplunkar



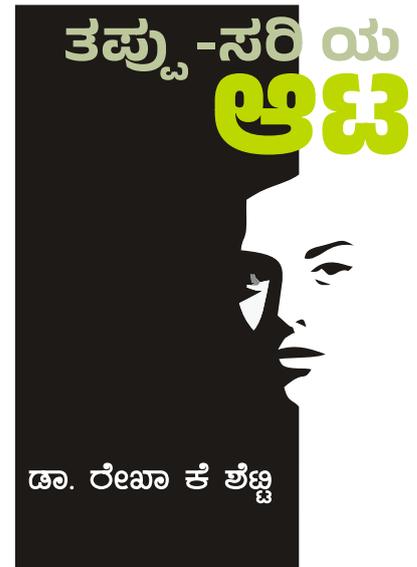
THE DARKER SIDE OF
GARLIC

Pooja Jain
Assistant Professor
Oxbridge college of pharmacy



**INTERESTING FACTS
RARE DISEASES AND
ORPHAN DRUGS**

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Mr. Ravinandan A P



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ಡಾ. ರೇಣುಕಾ ಕೆ ಶೆಟ್ಟಿ

**CAMPUS
BUZZ**

Quiz



**INSPIRATIONAL
PHARMACIST**

Dr. Sunitha Chandrashekhhar Srinivas

Rohit Omprakash Agarwal



Karnataka State Pharmacy Council

ELECTION 2023

Dr. Kaushik Devaraju M Pharm PhD

Dispatch of Ballot paper

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Pharmacist organizations require hard working, smart and visionary leadership. I confidently represent such champion leadership. I have honed my leadership skills by starting the organization: Karnataka Regd. Pharmacists Association (KRPA), that is now a bellwether pharmacist body that strives to provide progressive inputs including through webinars, Youtube videos, Sport events, lobbying, live events, and the monthly KRPA e-bulletin. Thus, I am achieving and contributing to noble profession of pharmacy through team play and effective leadership.

I have completed my M Pharm (Regulatory Affairs) and PhD in pharmacy and thus appropriately qualified to provide energetic and youthful leadership with a dash of humility.

Achievements:

1. Got Elected as President for 2 terms for Karnataka Registered Pharmacist Association at 2016 and 2019
2. Selected among Top 100 Young Leader from Karnataka and participated in Lead Prayana organised by Deshpande foundation for 14 day in 2016-2017.
3. Got Selected to Grand Finale of Smart India Hackathon which was held on 2nd & 3rd 2019 at Hyderabad
4. Founder and CEO of TUVVIE  **Tuvvie**[®]
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5. Under his leadership Karnataka Registered Pharmacists Association has got Swachhta Saarthi fellowship 2021-2022 from INVEST INDIA, Office of the Principal Scientific Advisor to government of India.
6. Winner of Amritha Startups Award 2021 & Runner up of Startup Karnataka Elevate 2021
7. Advisory Member of Vidyakula International School

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M Pharm PhD
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NOT VOTING - IS A SIN



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Email: 1969sunilchiplunkar@gmail.com

Voting is the flavor of this season

There is excitement in the air. KSPC (Karnataka State Pharmacy Council) has called for elections to six members of its council. And aspirants, including the young dapper energetic pharmacist: Dr. Kaushik Devaraju M Pharm PhD, are looking towards this voting event.

Voting – democracy's noble responsibility

If a democracy or any democratic institution has to function it depends on the participation of voters. The act of voting is a responsible activity, which makes the office bearer candidates accountable. If voters are delinquent then – candidates and office bearers will take things for granted – and have a field day. The reason for voting is to enable inclusiveness. Committed people who have a vision or want to perform responsible tasks for the well-being of pharmacist community will get a chance, through the electoral process. Hence, democratic institution of voting is noble and empowering.

If voter involvement is low, many a time, undesirable candidates get to powerful positions. This is because only certain 'fixed voters' participate and ensure the electoral victory of the questionable candidate. So voter negligence is very often the reason for inefficiency and ineffective functioning of democratic organizations.

Hence, voting is democracy's noble responsibility.

Become eligible for voting in the KSPC election

Voting eligibility is that all registered pharmacists with KSPC should have paid the annual renewal fees. If you have not made your membership, up-to-date, please do it immediately.

The voting process has been clarified by KSPC: after interested candidates file their nominations, the final list of candidates standing for the six posts in KSPC will be published on 24.7.2023.

After this, the ballot papers will be despatched to all eligible voters by post. Every ballot is vital (remember in the recent Jayanagar assembly constituency elections, the winner candidate won by just 16 votes!), after choosing your option, the voter shall send the ballot paper back to KSPC, by 31.8.2023. On 4.9.2023 the counting of voting papers will be begin at 10.00 am.

Choose wisely: the candidate's commitment is vital

When you cast your vote, consider the merit of the candidate in terms of character, competency and commitment. Please note the choice of your candidate will influence the working of an august body such as Karnataka State Pharmacy Council (KSPC). The institution of KSPC is critical for identity of pharmacists in Karnataka, and future of pharmacy too: such as educational programs and CPEs for pharmacists. Many good things can continue to be done through KSPC if we have high quality office bearers in KSPC.

KSPC – Moulded by dedicated pharmacists

Till date, very dedicated pharmacists such as Dr. Shivanand Sir, Mr. Gundu Rao Sir, Mr. Veera Narayana Gowda Sir, Mr. Bhagawan Sir and so on have contributed their mite and built a fantastic KSPC. We need to continue on the good direction provided by all these noble pharmacist leaders.

Fresh faces, youthful profile

The notion of regular voting events for KSPC membership is to inculcate new blood, youthful energy and induct committed upcoming pharmacists. Such new faces will come in with vigour and new ideas – thereby, KSPC will offer better outcomes to pharmacy community. Voters ought to choose people who have started treading on the pharmacy leadership pathway, such as Dr. Kaushik Devaraju M Pharm PhD, President, KRPA. In his youthful vigor, Dr. Kaushik Devaraju M Pharm PhD has shown enterprise, vision and commitment to start Karnataka Regd. Pharmacists Association (KRPA). Dr. Kaushik Devaraju M Pharm PhD, works with due humility, taking into confidence all senior pharmacists and teachers – including such as the academic doyens of JSSAHER and JSSCP Mysuru. Dr. Kaushik seeks counsel and has good relations with pharmacists across a wide spectrum of specialties (retail, wholesale, hospital pharmacists, Govt. pharmacists and so on from every region of Karnataka). This shows the true mettle of his competency, and his willingness to listen and then exercise necessary action plans. Hence, the wise voter ought to take note of this potential candidate and provide the trust on such youthful shoulders – for the noble tasks of KSPC.

The greatest tragedy and travesty of natural justice is when voter apathy makes a mockery of democratic processes. Do not let this folly befall upon pharmacy community. Oh dear voter, wake up, ensure your KSPC membership is up-to-date – and kindly exercise your franchise. All the best for your voting choice!

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THE DARKER SIDE OF GARLIC

DARK AND UNKNOWN FACTS OF GARLIC

Garlic is "more harmful than hemlock" - Horace (Roman poet)

Despite having various health benefits, many people constrain themselves from consuming garlic like Jains, bhakti yogis, Brahmakumaris, Reiki practitioners and it is also restricted to most of the ayurvedic formulations. There are number of reasons to forgo and pass the garlic in their diet, some major are:

- Kill friendly bacteria in the gut
- They aggravate pitta on both Physical and emotional level
- Heartburn
- GERD, Ulcers, colitis
- Thinning of blood leads to bleeding
- Skin rashes
- Diarrhoea, nausea, dizziness
- Bad odour
- Liver damage
- Anger, anxiety, laziness, aggression, increase sexual desire.

circumvent its use so their vows of celibacy won't be in vex.

Thousands of years ago, The Taoists realized that plants of the alliaceous family were harmful to humans. In his writings, one sage Tsang-Tsze brought the light on Alliums as the "five fragrant or spicy scented vegetables" - that each spice has a negative effect on five organs of the human body- liver, spleen, lungs, kidneys, and heart. Specifically, onions are harmful to the lungs, garlic to the heart, leeks to the spleen, chives to the liver and spring onions to the kidneys. When these spices are eaten raw they enhance agitations, anxieties and aggressiveness, laziness, and also cause bad body odour, foul breath and disturb physical, mental, emotional, and spiritual health totally.

According to a research conducted by Dr. Robert [Bob] C. Beck in the 1980s, garlic has a detrimental effect on the brain. Beck found that garlic is toxic to humans because its sulphone hydroxyl ions penetrate the blood-brain barrier and are poisonous to brain cells. The reaction time is lowered to two - three times as garlic desynchronizes brain waves so most of the time the pilots are warned to eat garlic free food before takeoff.

CONCLUSION

These proscriptions evolved on a heuristic basis but nowadays we have modern scientific researches proving it all right about the detrimental effect of garlic on health. As Garlic and other spices have health benefits it's better to be taken in small quantities just like medicines, overdose of anything is harmful for health.



Pooja jain
Assistant Professor
Oxbridge college of pharmacy



Garlic is the most important ingredient for Indian cuisine. It has been used as a food product across the globe becoming an inseparable part of our diet. Apart from enhancing the taste and aroma of food, it has many health benefits, Considering those benefits it is categorized as one of the major nutraceutical ingredient.

Garlic (*Allium sativum* L.) is an essential herb containing array of phytochemicals most important being Allicin, a organosulphate molecule, leading to various health benefits including Bronchitis, flatulence, leprosy, menstrual cramps, high blood pressure, diabetes, Anticancer, Antibiotic, Anti-parasitic, Anti-parasitic, Antioxidant, Antimicrobial Anti-diabetic and Cardiovascular diseases.

GARLIC A COMPLETE NO FOR THOSE WHO PRACTICE MEDITATION AND SPIRITUAL PATH

Medical science is categorized in three groups such as satvic, rajasic and tamasic which represent goodness, passion and ignorance respectively. Garlic belongs to the Rajsic category, which increases Passion and ignorance.

Rajsic food is pestiferous to mental health, affecting individual's consciousness and altering mind's focus causing unstable intellect. It is believed to promote negativity, passion, restlessness, high blood pressure and lastly being aphrodisiac, that is why spiritual patrons

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INTERESTING FACTS RARE DISEASES AND ORPHAN DRUGS



WHO defines rare diseases as, often debilitating lifelong disease or disorder with a prevalence of 1 or less, per 1000 population.¹ Globally, the prevalence threshold of these diseases ranges from 5 to 76 per 100,000 people across countries.² Epidemiological data maintained by Indian Council of Medical Research (ICMR) recorded 4,001 different rare diseases, until 31 October 2021 in India.³

The most common rare diseases include haemophilia, thalassemia, sickle cell anaemia, primary immune deficiency in children, autoimmune diseases, lysosomal storage disorders (such as pompe disease), hirschsprung disease, gauchers' disease, cystic fibrosis, haemangioma, and some forms of muscular dystrophy.⁴ Around 80% of rare diseases are genetic in origin and hence disproportionately impact in children.⁵

The cultural practice of blood-related marriages is believed to be one of the reasons for the high prevalence of rare diseases in the Southeast Asia's population. Only 5% of rare diseases worldwide are treatable. Less than 1 in 10 patients worldwide receives précised treatment even for recognised rare conditions that has standard treatment.³

Early diagnosis of rare diseases is a challenge owing to multiple factors that include lack of awareness among primary care physicians, lack of adequate screening and diagnostic facilities. A fundamental challenge in research and development for many rare diseases is that there is relatively little known about the pathophysiology or the natural history of these diseases.⁶

The first Rare Disease Day was coordinated by the European Organisation for Rare diseases (EURORDIS) and held on February-29 2008, in numerous European nations and in Canada through the Canadian Organisation for rare disorders. Every year it will be celebrated on or near last of February, to increase awareness about rare disease and its impact on population.



Few examples of Rare Diseases:

Allergic & immunologic disorders:

- Agammaglobulinemia
- Goodpasture syndrome
- Leukocyte adhesion deficiency syndrome

Benign neoplasms:

- Drug induced Pemphigus
- Desmoid tumor
- Birt-Hogg-Dube Syndrome

Infectious diseases:

- Babesiosis
- Paracoccidioidomycosis
- Fournier Gangrene

Paediatric diseases:

- Achondrogenesis
- Ellis-Van Creveld Syndrome
- Harlequin Ichthyosis

Orphan drugs have been defined in the New Drugs & Clinical Trial Rules 2019 as a drug intended to treat a condition which affects not more than five lakh persons in India. Orphan Drug Act of 1983, resulted in approval of around 650 orphan drugs demonstrating effectiveness for rare diseases.⁷ Panhematin stands first in getting approval as orphan drug, used for acute intermittent porphyria. Orphan drugs receive developmental advantages such as explicit financial benefits grants, accelerated approval.⁸

As India is in developing phase, there is setback regarding regulation and development in orphan diseases research. In the present scenario, there is a strong need in the assessment of the spectrum and burden of orphan diseases and awareness program in mass regarding orphan disease. Strong policies and initiatives are needed from government and private institution for orphan drug development.

Orphan drugs approved in 2023

AFLIBERCEPT
(Retinopathy of prematurity in preterm infants)

TROFINETIDE
(Rett syndrome)

OMAVELOXOLONE
(Friedreich's ataxia)

EFANESOCTOCG
(Hemophilia A)

ZANUBRITINIB
(CLL/SLL)



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Assistant Professor and Research Scholar
Department of Pharmacy Practice
Sree Siddaganga College of Pharmacy
In Collaboration with
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ಬೋಲಿವಲ, ಮುಂಬೈ

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ಹೊರ ಬರಲು ಹೋರಾಡುತ್ತೇವೆ
ವರ್ತುಲದ ವೃತ್ತದ ಸುತ್ತಿನಲ್ಲಿ

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ಸಮಯ ಮೀರಿತ್ತು ಹಾಕಲು
ಸರಿ ಸಮಯಕ್ಕೆ ತೆಗೆದುಕೊಳ್ಳದ ಸರಿಯಾದ ಹೆಜ್ಜೆ ಕೂಡ
ಪಸರಿಸುತ್ತೆ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ತಪ್ಪಿನ ಕಪ್ಪು ಮೋಡ

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- Notification of reviewer's comments and suggestions: **Friday, 26 May 2023**
- Final abstract submission deadline: **Friday, 9 June 2023**
- Notification of acceptance/regrets: **Friday, 14 July 2023**

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Al-Ameen College of Pharmacy



The IIC & NSS Unit of Al-Ameen College of Pharmacy, Bangalore celebrated World Earth Day on 26th April-2023 With the theme: "Invest in our Planet".

Every Year Earth Day is Celebrated on 22nd April as part of creating awareness to the environmental issues our planet faces and to promote solutions for a sustainable future. It is necessary that we come together in partnership for our mother earth. In order to have a green, prosperous and equitable future to become a reality.

As part of World Earth Day our college conducted Plantation program and Essay competition on the same theme for the students & winners were given Certificates.

Department of Pharmacy Practice, IIC & NSS of Al-Ameen College of Pharmacy, Bangalore in association with St. Philomena's Hospital, Bengaluru observed World Immunization Day on 29th April-2023.

Our students conducted immunization awareness by presenting skit at the OPD area of St. Philomena's Hospital. Distributed pamphlets & did personal interaction with the OPD patients to educate on the safety and necessity of immunization of all ages. A good response is seen from the public.





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Sri Adichunchanagiri College of Pharmacy

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CONGRATULATIONS

for being selected to attend Innovation Design and Entrepreneurship (IDE) bootcamp organised by Ministry of Education (MoE) at Chennai



ASHA B R
II YEAR
M.PHARMACY



HARSHA T L
I YEAR
M.PHARMACY



TEJASWINI K S
I YEAR
M.PHARMACY

Sri Adichunchanagiri College of Pharmacy is the only Pharmacy College from South India to get short listed for IDE Bootcamp.

Dr. B Ramesh, President - IIC, Dr. Prakash G, Vice President - IIC, Dr. Naga Prashant K, Convener - IIC.

INSTITUTION'S INNOVATION COUNCIL (Ministry of HRD Initiative)

Sri Adichunchanagiri College of Pharmacy

Project Exhibition

Science

Yuvalaya SACCPC

31st May 2023 12:30 to 05:00 pm

To Register your Idea Scan Here



For More Details contact
Dr. Naga Prashant K 9441044910 Dr. N Raghavendra Naveen 7799559585

1 First Prize
Rs. 3000

2 Second Prize
Rs. 2000

+ Consolation Prize
Rs. 1000



Sri Adichunchanagiri College of Pharmacy had successfully conducted a two days work shop on "Innovation, Design and Legal Steps for Startups" on 30th and 31st May, 2023 in association with Agasthya Academy.



NITTE COLLEGE OF PHARMACEUTICAL SCIENCES

NITTE COLLEGE OF PHARMACEUTICAL SCIENCES



Nitte College of Pharmaceutical Sciences NCOPS, Bangalore in association with Cytecure Hospitals is organizing a talk on the topic: "Common Emergencies", on 4 May 2023, 2 PM onwards.

NITTE EDUCATION TRUST

NSS UNIT OF
NITTE COLLEGE OF PHARMACEUTICAL SCIENCES, BANGLORE

in association with CYTECARE HOSPITALS,
is organising a talk on
"Common Emergencies"

04 May 2023 | 2 PM Onwards
Venue: NCOPS Seminar Hall

Dr. Chetan
Senior Registrar, Medical Services
Cytecure Hospitals

GUEST SPEAKER

More information call us
www.ncops.ac.in | +91 87924 09454

NITTE EDUCATION TRUST 40+ YEARS IN EDUCATION

NITTE COLLEGE OF PHARMACEUTICAL SCIENCES, BANGLORE

Organising a series of training modules on
**Intellectual Property Rights in collaboration with
Goa Centre for Excellence in Intellectual Property(G-CEIP)**

Course III: Invention to Market & Commercialization: Role of IP

09 & 11 May 2023 | 9 AM Onwards
Venue: NCOPS Seminar Hall

Scan QR Code to Register

Dr. Umesh Banakar
Professor and President,
Banakar Consulting Services,
Westfield, USA.

Dr. Rajashree Gude
Secretary, Goa - Centre for
Excellence in Intellectual
Property (G-CEIP)
Panaji, Goa

GUEST SPEAKER **GUEST SPEAKER**

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NCOPS, Bangalore, is organising a series of training modules on Intellectual Property Rights in collaboration with the Goa Centre of Excellence in Intellectual Property (G-CEIP) on 9 and 11 May 2023, from 9 AM onwards at NCOPS Seminar Hall.



Nitte College of Pharmaceutical Sciences, Bangalore organized a webinar on the topic "Community Connect", Decoding Pharmacy Practice.

NITTE EDUCATION TRUST 40+ YEARS IN EDUCATION

NITTE COLLEGE OF PHARMACEUTICAL SCIENCES, Bangalore, Organizing an
ONLINE Webinar

TOPIC:
CAREER IN PHARMACY

27 MAY 2023
10.00 AM Onwards

KEY SPEAKER

Dr. Yogesh H S,
Professor, Nitte College of
Pharmaceutical Sciences, Bengaluru

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**Dr. Gurachar Nargund
College of Pharmacy**

B. PHARM | D. PHARM

Bheemajja PU College

PCMB | HEBA

Quiz

1. The alkaloid found in calabar bean is ____
 - a. Physostigmine
 - b. Cocaine
 - c. Colchicines
 - d. Emetine
2. Amongst the below mentioned drug, which is known as the Devil's dung that is used as a carminative and anti-spasmodic
 - a. Jalap
 - b. Gamboges
 - c. Asafetida
 - d. Witch Hazel
3. ____ does not possess narcotic properties and is therefore sometimes called anarcotine
 - a. Hydrocodone
 - b. Noscapine
 - c. Papaverine HCL
 - d. Hydromorphone
4. Identify the hallucinogen derived from ergot
 - a. THC
 - b. ETO
 - c. EDTA
 - d. LSD
5. Plant sources of purine bases alkaloids ____
 - a. Kola
 - b. Tea
 - c. Cacao
 - d. All of the above
6. The new name of the family Palmae:
 - a. Poaceae
 - b. Asteraceae
 - c. Caesalpinaceae
 - d. Arecaceae



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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 **30th June 2023** to this E Mail ID- krpaindia@gmail.com
5. A confirmation mail will be sent to you on receiving your e-mail.
7. A local source of cyanogenic glycosides is:
 - a. Cyanogenum Esculenta
 - b. Manihot Esculentum
 - c. Manihot Cypogon
 - d. Manihot Esculenta
8. The principal cinchona alkaloid employed therapeutically as an anti-protozoal drug is
 - a. Quinine
 - b. Quinidine
 - c. Quinacrine
 - d. Chloroquin
9. ____ is the parent nucleus of the chlorophyllus
 - a. Tetraporphinpyrrole
 - b. Magnesium
 - c. Porphine
 - d. Bilan
10. Alkaloids as salts may be liberated from plant components as ____
 - a. Ether
 - b. Acidulated water
 - c. Sodium carbonate
 - d. Methanol

Winner!



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Sri K V College of Pharmacy



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INSPIRATIONAL PHARMACIST

Dr. Sunitha Chandrashekar Srinivas

Dr. Sunitha Chandrashekar Srinivas's awe-inspiring journey from humble beginnings is a testament to her resilience and perseverance. As my mentor, she has bestowed upon me an immeasurable amount of wisdom that has left an indelible impact. Amidst the challenges posed by the pandemic, I had the privilege of collaborating with her on several projects, a time marked by tremendous difficulties. Nevertheless, her unwavering determination and belief in her capabilities propelled her forward, while her relentless pursuit of knowledge and skills surpassed all expectations, particularly in our groundbreaking endeavor. At every turn, her unwavering passion for public health shone through, fueling her tireless efforts and setting her apart as an exceptional individual.

Despite facing setbacks and rejections, Dr. Sunitha never gave up. She viewed every obstacle as an opportunity for

growth and learning. She turned failures into valuable lessons, using them as stepping stones towards success. Best part was that along her journey, she also never forgot to uplift others. She generously shared her knowledge and experiences, becoming a guiding light for aspiring individuals like me. She believed in the power of mentorship and paid it forward by nurturing and supporting the dreams of others. My mentor's inspiring journey serves as a testament to the fact that with hard work, determination, and a compassionate heart, one can overcome any challenge and achieve greatness.

Writing about her this month becomes of utmost importance as her hard work is getting paid off now. Her recent achievement of the internationalization award at Rhodes University, South Africa as "Sthana Balaa" serves as a testament to her exemplary commitment and expertise.



Rohit Omprakash Agarwal
Pharm D Intern
JSS College of Pharmacy, 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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