



GURUNANAK COLLEGE OF PHARMACY

NAGPUR

INDOCTRINATE



NEWSLETTER

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• Inside •

- **Technical Article..... 2**
- **Academic Achievements.....3**
- **Placements and Accolades3**
- **Events organized4-6**
 - General Health Checkup & Medicine Distribution Camp
 - Workshop on "Research Methodology"
 - Workshop "Skill Development Techniques for the Morphological and Microscopical Examination of Crude Drugs"
 - Training Programme on Regulatory Aspects of Analytical procedures and Stability Testing.
 - Pharma Patrol Contest, Jignyasa-2014
- **Research and Development Activities.....7-8**

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Technical Article

Orexin receptor antagonists: A new class of sleeping pill

Prof. Minal K Bhurchandi

Sleep aids that target orexin action are known as “orexin receptor antagonists,” which means that they block the signaling of the chemical orexin in the brain. Since this chemical plays a role in keeping people awake and alert, a medication that blocks its action has the potential to promote sleep.

What are orexins?

Orexins (also called hypocretins) are chemicals that are naturally produced by an area of the brain called the hypothalamus. Orexins are involved in wakefulness and arousal; we know this, in part, because some people with narcolepsy (a sleep disorder that causes chronic sleepiness and involuntarily sleep) have a loss of orexin-producing neurons in that area of the brain.

Scientists identified orexins in 1998, and since then there has been considerable research into their role in regulating arousal and sleep, as well as their potential as a target for the treatment of sleep disorders like insomnia. The sleep aid, Suvorexant (brand name Belsomra(R)), which targets orexins, is the first of its kind to be approved by the FDA. It will be available for purchase in the near future.

If you can't sleep, you may be wondering if you have insomnia. Insomnia is a complicated condition.

What is the definition of Insomnia ?

According to guidelines from a physician group, insomnia is difficulty falling asleep or staying asleep, even when a person has the chance to do so. People with insomnia can feel dissatisfied with their sleep and usually experience one or more of the following: fatigue, low energy, difficulty concentrating, mood disturbances, and decreased performance in work or at school.

How long does it last?

Insomnia may be characterized based on its duration. Acute insomnia is brief and often happens because of life circumstances (for example, when you can't fall asleep the night before an exam, or after receiving stressful or bad news). Chronic insomnia is disrupted sleep that occurs at least three nights per week and lasts at least three months. Chronic insomnia disorders can have many causes. Changes in the environment, unhealthy sleep habits, shift work, other clinical disorders, and certain medications could lead to a long-term pattern of insufficient sleep. People with insomnia tend to have difficulty falling asleep (onset), staying asleep (maintenance), and/or they wake up too early in the morning. Treatment for insomnia can include behavioral, psychological, medical components or some combination thereof.

How do orexin sleep aids work?

Sleep aids that target orexin action are known as “orexin receptor antagonists,” which means that they block the signaling of the chemical orexin in the brain. Since this chemical plays a role in keeping people awake and alert, a medication that blocks its action has the potential to promote sleep.

How are orexin sleep aids different from other sleep aids?

Orexin sleep aids affect a different chemical system in the brain than do current prescription and non-prescription sleep aids. Many of the commonly prescribed sleep aids cause sleepiness by enhancing GABA—a wide-reaching inhibitory neurotransmitter in the brain. Orexin sleep aids block the brain's receptors for the chemical orexin. Since they target a more localized area of the brain, the hope is that they will cause fewer side effects.

ACADEMIC ACHIEVEMENTS
RTM Nagpur University Results
M. Pharm Result:

Branch	% Result	Topper (% Score)
M. Pharm - I		
Pharmaceutics	90.0%	Ankit Sharma (73.07%) Supriya Mishra (73.07%) Tushar Gupta (69.69%)
Quality assurance	100%	Pranali Kumbhalkar (70.76%) Sarika Ghatode (65.38%)
P. Chemistry	100%	Akash More (64.00%)
M. Pharm – II		
Pharmaceutics	100%	Aditi Katore (80.0%) Nikita Saluja (79.5%)
Quality assurance	100%	Vishal Waghmare (75.5%) Mukund Jadhav (68.0%)
Pharmaceutical Chemistry	100%	Sneha Surkar (74.5%) Ganesh Injmurwar (70.0%)
B. Pharm Result:		
Year	% Result	Topper
B. Pharm. IV	57.5%	Pragati Karemore(69.76%) Snehal Itankar (68.61%)
B. Pharm. III	77.94%	Pooja Hemane (75.41%) Isha Sohale (73.91%)
B. Pharm. II	83.58%	Rashi Gupta (74.25%) Anmol Shahu (71.41%)
B. Pharm. I	53.70%	Shraddha Shahu (81.45%) Abhishek Sharma (76.36%)
D. Pharm Result		
Year	% Result	Academic Topper
D. Pharm-I	58.33%	Ms. Nancy Godhani (79.0%) Mr. Harshpalsingh Wahi (78.0%)
D. Pharm-II	67.0%	Mr. Atul Dewani (79.86%) Mr. Vipul Dandade (79.86%) Mrs. Mahek Madhwani (78.0%)

PLACEMENT ACTIVITY

Following students of B. Pharm and M. Pharm are placed in Pharma industry, Academics and Marketing.

No. of Students	Organization placed
B. Pharm	
4	Apolo Hospitals, Hyderabad
1	Medplus Pharmacy, Nagpur
1	Bharat Serum
1	Glenmark Pharma Ltd. Goa
M. Pharm	
1	Wockhardt Pharmaceuticals, Aurangabad
1	Macleods Pharma, Mumbai
1	Plethico Pharma, Indore
1	Enbee Pharma, Nagpur
1	Indian Drugs
1	Amgiri Labs, Wardha
1	Johnson and Johnson
2	Medibios Pharma
1	Glenmark Pharma Ltd. Goa
1	Ascent (Medical Transcription)
1	KSS College of Pharmacy, Shirur



Independence Day Celebration:

GNCP and GNTI celebrated 67th Independence Day. The flag hoisting was carried out by Sardar Parshan Singhji Kalsi, Ex MLC and General Secretary of the Sikh Education Society. The function was followed by cultural programme and refreshment for staff and students.

ACCOLADES

Dr. A. M. Ittadwar, presented a research paper titled “Flexible curricular framework for professional skills: A need of time for carrier at pharmacy colleges” in 10th international conference in “Life long learning in pharmacy” held at Orlando, Florida, USA on 2-5 June, 2014. The theme of the conference was “The magic of discovery: What lies ahead”.

Mr. Sumit Arora has been awarded Degree of Doctor of Philosophy by R. T. M. Nagpur University, Nagpur in the 100th Convocation held on 26 September 2014.

He performed his research work under guidance of Dr. Prakash R. Itankar, Asst. Professor, University Department of Pharmaceutical Sciences, Nagpur on topic “Pharmacognostic and pharmacological studies of *Chenopodium album* and *Sesbania grandiflora* as NF kappa B inhibitor.

Ms. Shraddha Shahu (B. Pharm II) secured top position by scoring 81.45% in B. Pharm I (II Semester) examination, and **Ms. Pranali Kumbhalkar** (M. Pharm II, Quality Assurance) achieved top position by scoring 70.76% in M. Pharm (Quality assurance II Semester) conducted by Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur

Mr. Akshay Jha (M. Pharm II) qualified for semifinal round and presented paper “Rural mahila bachat gat Agri-Entrepreneurship SME: Elaboration through case study” in 5th annual conference of MSMEs titled – Gearing up to global competitiveness, held at IES Management College, Bandra (W), Mumbai.

Ms. Lukesha Zade (B. Pharm I) won Gold, silver and bronze medal in university level swimming competition. She also achieved 7th rank in **National Games** held at Bangaluru.

EVENTS

General Health Checkup & Free Medicine Distribution Camp

Gurunanak Technical Institute (Diploma in Pharmacy) Dixit Nagar, Nari, Nagpur had organized Free General Health Check-up and & Free Medicine Distribution Camps on 14th August 2014. The said camp was organized for nearby community for free check-up and distribution of medicines.

The health Check-up camp inaugurated at the hands of General Secretary S. Parshan Singhji Kalsi (Ex-MLC), President S. Gurbux Singhji Lamba of Sikh Education Society & Dr. A. M. Itadwar, Principal. Dr. Prashant Patil, (MLA) Dr. Milind Mane, Dr. Suchit Bagde, Dr (Mrs.) Sandesha Bagde, Dr. Prakash Bansod, Dr. Ajay Bansod, Dr. Ratnakar Walde and spared their valuable time to diagnose around 450 patients of nearby areas. The medicine was sponsored by Alumni, name Mr. Nikunj Shahu, Mr. Sushil Kewalramani, Mr. Farhaan Sheikh, Mr. Manish Ahuja Mr. Jitesh Mulchandani, Mr. Prabhjot Singh, Mr. Ishan Banarji, Mr. Shubham Sirsakar, Mr. Vipul Dandade, Mr. Akshay Gawali, Ms. Shubhangi Jawalikar, Mr. Darshan Lakhera of Gurunanak Technical Institute (Diploma in Pharmacy), Nari, Nagpur. Principal, staff and students of GNTI took efforts to bring grand success to this program.



Pharma Patrol Contest

"GNTI organised intercollegiate "Pharma Patrol Contest" on 20th December 2014 at Gurunanak Technical Institute for D.Pharm IInd Year students. Test comprised of multiple objective questions based on D.pharm first year syllabus, in which student across the vidharbha region participated.

The winners were Meenal Tiwari, Harpal singh Wahi and Nancy Godhani and they were awarded with cash prizes of Rs. 1000, 750 and 500 respectively.

World Pharmacist Day

On world pharmacist day, Gurunanak Technical Institute (Diploma in Pharmacy) Nari, Nagpur; conduct a competition new ideas / suggestion for the celebration of world pharmacist day. Two different/outstanding ideas and suggestions selected were of the student

Akshay Gawali	–	II nd year
Shaila Tandulkar	-	I st year

Workshop on “Research Methodology”

The Sikh Education Society's **Gurunanak College of Pharmacy** has organized one day workshop on 6th September 2014 on the “Communication & Research Methods”. The workshop began with inauguration program. The occasion was graced by Chief Guest Dr. Satish Kosalge Principal, Hitech College of Pharmacy, Chandrapur & Dr. Devendra Ramteke Associate Professor, G.H. Raisonni School of Business Management, Nagpur. The invocation ceremony done by lighting a lamp through the hands of guests and Dr. A.M. Itadwar Principal Gurunanak College of Pharmacy Nari, Nagpur & Chief co-ordinator of workshop.

On this occasion the speakers emphasized on the importance of new research ideas, current research tools and applied research. Students of UG and PG from various institutes of Nagpur participated as delegate and more than 150 numbers. The resource person Dr. Devendra Ramteke and Dr. Ravindra Gharpure explained the participants the art of Research Report writing and Research presentation skill of. Dr. R. Gharpure explained the basic statistics required for the research and how to calculate.

This one day workshop came live by the hard efforts of co-ordinators Dr.V.V. Kale; Dr.S.K. Tilloo; Dr.M.M. Bodhankar; Dr.S.R. Walde; Dr. Ramteke & Dr. Gharpure Teaching & Non-teaching staff members.

The valedictory function was chaired by Dr. Damodar Gaopale Principal, B.K.C.P. College of Pharmacy. Dr. Sheelpriya Walde proposed the Vote of thanks.

Alumni Meet of Gurunanak Technical Institute

First adhoc meeting of alumni of Gurunanak Technical institute was held on 14th August 2014. Mrs. Sarika Naidu and Mr. Ashwinkumar Pathak welcomed all the alumni and senior faculty members along with Principal of GNTI. Around 40 passed out students were present for the meet. Some alumni's shared their views on this occasion.



Make A Difference

An awareness program by a non-government organization: MAD (Make a Difference) was organized in college campus on 23rd August 2014 with a view of creating awareness and interest among the students to come forward and work for empowerment of children living in orphanages and street shelter homes to discover their true strength and unleash their full potential. The organization is active in over 23 cities across India. The students were addressed by Ms. Sayalee Motghare, HR, Nagpur and Ms. Nikita Iyyar, Centre Head, Wilkinsons. For college Mr. Akshay Jha, student of M. Pharm II (Pharmaceutics) who is also active in this organization and Dr. Mrs V. V. Kale took efforts for this.



Poster Making Competition

A poster making competition was organized for B. Pharm III year students on 16th October, 2014. The theme was "Chemistry of Medicinal Compounds". All the students participated in the competition and the posters were judged by Mr. V. B. Pande and Mr. T. M. Rasala. The objective of this competition was to enhance the poster making skills of the students and to impart them insight on the different aspects of medicinal drugs. Mr. Prashik & Prachi Ramteke stood first, Ms. Rashmi Gupta stood second and Ms. Pranita Kanojiya and Ms. Payal Shahu stood third in the competition. It was organized by Prof. Nidhi Sapkal.

Jigyasa 2014

Jigyasa 2014, an intercollegiate technical paper presentation competition was conducted on 06/09/2014 for B. Pharm and M. Pharm Students. The competition aimed for developing demonstration skills in power point presentation. The students from colleges of Vidarbha region were participated and winners were awarded with winner, runnerup and consolation prize. The competition was evaluated by Dr. A. J. Asnani, PJLCCP, Nagpur and Mr. kishor Danav, DBCP, Nagpur

Blood Donation Camp 2014

Gurunanak College of Pharmacy and Gurunanak Technical Institute jointly organized 'Blood donation camp' in association with Blood Bank, Govt. Medical College, Nagpur 'in Sardarni Paramjit Kaur Kalsi Auditorium' on 14/08/2014. Program was inaugurated by S. Parshan Singhji Kalsi, Ex. MLC and General Secretary, The Sikh Education Society, and S. Gurbux Singhji lamba, President, The Sikh Education Society. Sixty five volunteers from students and staff made a valuable donation.



Personality Development Tours

1. Personality Development Tour for M. Pharm students was organized to Raigad district in Konkan area. Nine students escorted by tour incharge Mr. K. B. Bhelkar visited Matheran, Alibaug, Shrivardhan, Harihareshwar, Diveagar, and Raigad Fort.
2. An educational tour for the students of GNTI was conducted under guidance of Mrs. S. V. Naidu, Mr. V. S. Patil and Ms. P. G. Gondane. Seventeen students with faculties visited Mahabaleshwar, Khandala, Diveagar, Harihareshwar, Shrivardhan and Alibaug.

Awareness Program on Right to Vote

In view of Legislative assembly elections ahead an awareness program on Right to Vote was conducted by B. Pharm III yr. students. In this skit showing hazards of negligence of voting was presented by the students. Students of GNCP and GNTI with staff were present for this presentation.



Students at MSME Conference, Mumbai

Quizoppia 2014

Quizoppia- an Open Quiz competition was organized by Gurunanak College of Pharmacy, on 27/09/2014, in college auditorium. It was hosted by professional quizmaster Mr. Anup Manchalwar. 88 teams have participated in this event. The event was coordinated by Mr. D. P. Dharkar and Mr. K. S. Moharir.

Winners were awarded with prize as follows:

- ✓ 1st prize: Mr. Mrinmay Meshram, and Mr. Nikhil Mehadia
- ✓ 2nd Prize: Mr. Krishnakant Chhangani and Mr. Abhilash Mankar
- ✓ 3rd Prize: Mr. Amit Mhatre and Mr. Piyush Gade
- ✓ 4th Prize (For GNCP Students): Mr. Pradip Dugane and Mr. Abhishek Gupta

Workshop on "Skill Development Techniques for the Morphological and Microscopical Examination of Crude Drugs"

One day workshop on the topic "Skill Development Techniques for the Morphological and Microscopical Examination of Crude Drugs" was organized for B. Pharm I Year students on 30 September 2014. Dr. Sandeep Hate, Asst. Prof., Deptt. of Botany, Sindhu Mahavidyalaya and Dr. S.K. Tilloo, Professor, Gurunanak College of Pharmacy, Nagpur were the speakers and trainers for the workshop. The workshop included both plenary lectures and practical training conducted in two sessions.

Workshop was successfully organized and conducted by Ms. S.S. Yadav, Asst.Prof., Dr. S.K.Tilloo, Professor and Dr. A.M. Itadwar, Principal, Gurunanak College of Pharmacy, Nagpur.

Training Programme on Regulatory Aspects of Analytical procedures and Stability Testing.

Module 2 of Graduate Students Employment Training Programme was organized for B.Pharm III and IV year students of Gurunanak College of Pharmacy, Nagpur "Regulatory Aspects of Analytical procedures and Stability Testing." (8th and 9th Aug 2014)

Gurunanak college of pharmacy has always been concerned with providing education that makes its students employable. On one side pharmaceutical industry is governed by constantly changing regulatory guidelines and on the other we admit that present curriculum is insufficient to cover all the needs of Pharma industry that is looking for in its perspective employee.

This workshop was designed to cater the basic need of Pharma industry and to impart hands on training to B. Pharm students on the various regulatory aspects of validated analytical methods, stability studies.

On the first day of the workshop Dr. V.A. Kilor introduced the topic to the participants by giving overview of the topic and its significance in relation to the working in pharmaceutical industry. Dr. N.P. Sapkal delivered the lecture on topic 'Regulatory aspects of Analytical Testing', in which students were made aware of the importance of procedures and protocols involved in analytical testing of pharmaceutical for manufacturing a quality product as well as its relevance to the regulatory filings. This lecture was followed by a training session. On second day Mr. T.M.Rasala delivered lecture on "Stability testing: Protocols and Reports", followed by a training session. Dr. P.K.Puranik, Professor, department of pharmaceutical sciences, discussed the industrial perspective of validation. Training programme concluded by the valedictory function which was held in the presence of Dr. A. M. Itadwar, principal, Gurunanak college of pharmacy, Nagpur, Dr. S.K. Tilloo, Dr. N.P.Sapkal.

GUEST LECTURES

- **Dr. Mrs M.D. Menon**, Professor in pharmaceutics, Bombay College of Pharmacy, Kalina, Mumbai.delivered a guest lecture for M. Pharm students on topic "Biconjugate-based approach for targeting of tumor" on 13/09/ 2014,
- **Mr. Amar Damle**, Assistant Professor, Deptt. of Psychology, Smt. Binzani Mahila Mahavidyalaya, Nagpur was delivered on the topic "Motivational Skills" on date 23/08/2014.
- **Dr. Mrs. Suneela Dhaneshwar**, Professor, Poona College of Pharmacy, Bharti Vidyapeeth, Pune, was organized. on "PRODRUGS : Concept & Applications" on 11/08/ 2014

RESEARCH & DEVELOPMENT ACTIVITIES

Publications

Kartik Wadibhasme, Nidhi Sapkal, Development and validation of spectroscopic method for simultaneous determination of theophylline and etophylline in pharmaceutical dosage form. Asian journal of research in chemistry. Vol-7, No. 12,; October – 2014

Nidhi Sapkal, Anwar Daud, Minal Bonde, **Vaishali Kilor**. Application of a convenient & cost effective granulation technology for the formulation of tablets using conventional excipients. Asian Journal of Pharmaceutics. 2014;8(3):183-189.

Neeta Nandlal Bramhe, Vaishali Kilor. Evaluation and optimization of *Lepidium sativum* seed mucilage as a binder in tablet formulation. International Journal of Pharmacy and Pharmaceutical Sciences Vol 6, Issue 10, 2014

Vaishali Kilor, Neeta Nandlal Bramhe; Development of effective extraction method for *Lepidium sativum* seed mucilage with higher yield; J. Adv. Pharm. Edu. & Res. 2014: 4(3): 354-360.

Presentations

Dr. A. M. Itadwar, Dr. Mrs. V. V. Kale presented a research paper titled “Flexible curricular framework for professional skills: A need of time for carrier at pharmacy colleges” in 10th international conference in “Life long learning in pharmacy” held at Orlando, Florida, USA on 2-5 June, 2014. The theme of the conference was “The magic of discovery: What lies ahead”.

Dr. V. V. Kale, K. B. Bhelkar, A. K. Sharma, Tabassum Naaz, P. A. Lonare, M. M. Gangane, A. D. Malwar, D. R. Kalambhe presented a paper entitled “Enhancing the competitive advantage of MSMEs through comprehensive skill development role of Pharma MSME for access to essential medicine supplies in rural and village India” in 5th annual conference of MSMEs titled – Gearing up to global competitiveness, held at IES Management College, Bandra (W), Mumbai.

Dr. V. V. Kale, A. M. Jha, S. R. Mishra, T. C. Gupta, N. S. Kapgate, D. V. Tayade presented a paper entitled “Rural mahila bachat gat Agri-Entrepreneurship SME: Elaboration through case study” in 5th annual conference of MSMEs titled – Gearing up to global competitiveness, held at IES Management College, Bandra (W), Mumbai.

Seminar attended

Dr. Mrs. N. P. Sapkal attended CPhI India Pharma Expo on 2 to 4th Dec, 2014 at Mumbai, India.

Mrs. S.V. Naidu had attended UGC sponsored two days (10th & 11th Sept. 2014) National Conference organized by Dept. of Psychology by Smt. Binzani Mahila Mahavidyala, Nagpur; on “ Educational Reforms and its impact on suicidal ideation of students”.

Mrs. S. V. Naidu had attended one day national seminar on 13th Sept.2014 on “Quality by design” organized by Smt. Kishoritai Bhoyar College of Pharmacy, Kamptee.

Mr. A. M. Ubgade, and **Mrs P. S. Shrikhande** attended industrial training at Bluecross Laboratories, Nasik on 8-10 July, 2014

Mr. A. M. Ubgade attended International symposium on Traditional neuroscience and 32nd annual conference of Indian academy of neurosciences at National institute of mental health and neurosciences (NIMHANS), Bangaluru, on 1-3 Nov, 2014

Lecture Delivered

Dr. A. M. Ittadwar delivered a lecture on “Recent trends in new drug discovery from natural products” on 26/06/2014 in AICTE sponsored Faculty development programme on “Recent Advances in Novel Drug Delivery System” organized by Sharad Pawar College of Pharmacy, Nagpur during 16/06/2014 to 28/06/2014.

Dr. Mrs V. V. Kale delivered a lecture on “Rise in drug delivery system” on 23/06/2014 in AICTE sponsored Faculty development programme on “Recent Advances in Novel Drug Delivery System” organized by Sharad Pawar College of Pharmacy, Nagpur during 16/06/2014 to 28/06/2014.

Dr. Mrs. N. P. Sapkal delivered a lecture in Graduate Student Employment Training Program at Gurunanak College of Pharmacy, Nagpur on 08/08/2014.

Dr. Mrs V. A. Kilor delivered a lecture on “Recent Advances In Novel Drug Delivery System” in AICTE sponsored Faculty development programme on “Recent Advances in Novel Drug Delivery System” organized by Sharad Pawar College of Pharmacy, Nagpur during 16/06/2014 to 28/06/2014.

Mr. T. M. Rasala delivered a lecture on “Blending teaching methodology” in AICTE sponsored Faculty development programme on “Recent Advances in Novel Drug Delivery System” organized by Sharad Pawar College of Pharmacy, Nagpur during 16/06/2014 to 28/06/2014.

Mr. T. M. Rasala delivered a guest lecture on “Stability and ICH guidelines” in module 2 of Graduate students employment training program at Gurunanak college of pharmacy, nagpur

Patent Filed

Dr. Mrs. M. M. Bodhankar filed a patent titled "A novel controlled release ophthalmic formulation" Application no. 3115/MUM/3014 dated 30/9/2014.

SDP/QIP attended

Dr. S.R. Walde, Mrs. M. K. Bhurchandi, Mr. S. P. Padmane, Ms. P. G. Gondane, Mr. G.A. Gurunani, Mr. V. B. Pande, Mrs. A. N. Mungle, Mr. V. S. Patil, Mr. S. K. Arora, Mr. T. M Rasala, Mrs. S. A. Naidu, Mr. A. H. Deshpande and Mr. K. B. Bhelkar attended AICTE sponsored Faculty development programme on “Recent Advances in Novel Drug Delivery System” . organized by Sharad Pawar College of Pharmacy, Nagpur during 16/06/2014 to 28/06/2014.

Mr. Ashwinkumar Pathak had attended induction phase two program at NIT polytechnic Nagpur from 23rd June to 5th July 2014 and industry orientation program at Pune from 8th December to 10th December 2014.



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