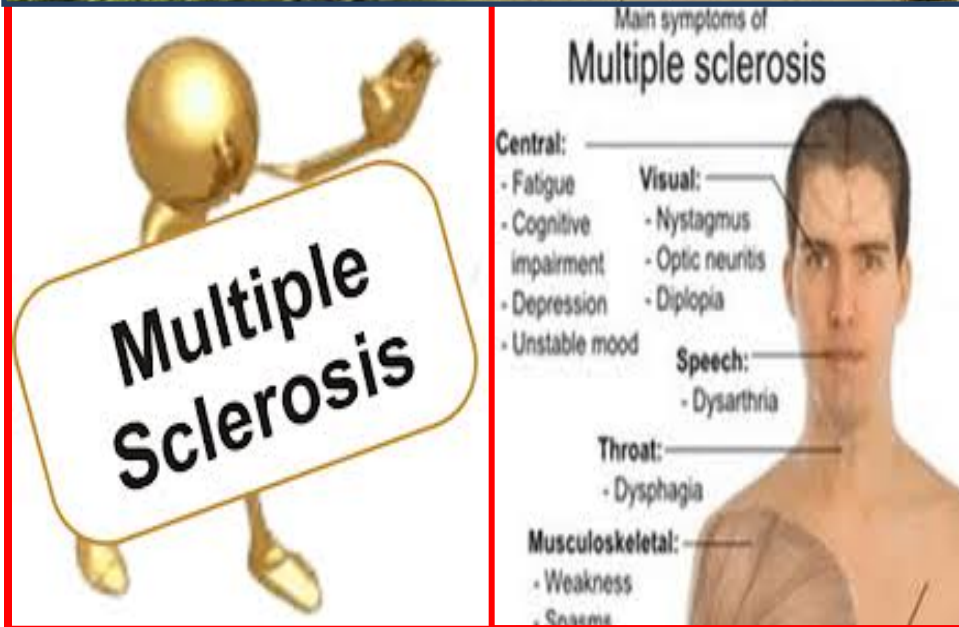


Vision

**TO GROW AS A CENTRE OF EXCELLENCE IN THE FIELD OF
PHARMACEUTICAL AND BIOLOGICAL SCIENCE**



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For your **comments/contribution** OR

For Back-Issues,

<mailto:gnipstbulletin@gmail.com>

EDITOR: Soumya Bhattacharya

**GURU NANAK INSTITUTE OF PHARMACEUTICAL SCIENCE AND
TECHNOLOGY**

21-02-2014

MESSAGE FROM GNIPST

GNIPST BULLETIN is the official publication of Guru Nanak Institute of Pharmaceutical Science & Technology. All the members of GNIPST are proud to publish the 32nd Volume of “GNIPST BULLETIN”. Over the last three years this bulletin updating readers with different scientific, cultural or sports activities of this prestigious institute and promoting knowledge of recent development in Pharmaceutical and Biological Sciences. Student’s section is informing readers about some curious facts of drug discovery, science, sports and other relevant fields. We look forward to seeing your submission and welcome comments and ideas you may have.

NEWS UPDATE

△ **Iron Deficiency May Raise Stroke Risk** (20th February, 2014)

Low iron levels can raise your risk of stroke by making your blood more sticky, a new study indicates. Investigators looked at data from nearly 500 people with a rare hereditary disease that causes them to have enlarged blood vessels in the lungs. Typically, blood vessels in the lungs don't allow clots to enter the arteries. But in these patients, clots can escape the lungs, travel to the brain and cause a stroke. Those who had an iron deficiency had stickier platelets which are small blood cells that trigger clotting when they stick together and were more likely to suffer a stroke, according to the researchers at Imperial College London in the U.K. [For detail mail to editor](#)

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△ **Blood sample might predict Multiple sclerosis** (21st February, 2014)

An antibody linked with multiple sclerosis (MS) might be detectable in the blood of people with the disease before symptoms appear, a new study indicates. The findings could lead to earlier diagnosis and treatment of the central nervous system disorder, the researchers said. [For detail mail to editor](#)

△ **Vitamin E, Selenium Supplements Might Double Chances of Prostate Cancer** (21st February, 2014)

A new study suggests that Men taking selenium or vitamin E supplements might double their risk of prostate cancer, depending on the levels of selenium already in their bodies. Men who already have high concentrations of selenium in their bodies nearly double their risk of aggressive prostate cancer if they take selenium supplements, said lead author Dr. Alan Kristal, associate head of the Cancer Prevention Program at the Fred Hutchinson Cancer Research Center in Seattle. [For detail mail to editor](#)

△ **Food packaging chemicals may be harmful to human health over long term** (6th February, 2014)

The synthetic chemicals used in the packaging, storage, and processing of foodstuffs might be harmful to human health over the long term, warn environmental scientists in a commentary in the *Journal of Epidemiology and Community Health*. This is because most of these substances are not inert and can leach into the foods we

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eat, they say. Despite the fact that some of these chemicals are regulated, people who eat packaged or processed foods are likely to be chronically exposed to low levels of these substances throughout their lives, say the authors. [For detail mail to editor](#)

△ **FDA and European Medicines Agency Strengthen Collaboration in Pharmacovigilance Area** (19th February, 2014)

The U.S. Food and Drug Administration and the European Medicines Agency (EMA) have set-up a new 'cluster' on pharmacovigilance (medicine safety) topics. Clusters are regular collaborative meetings between the EMA and regulators outside of the European Union, which focus on specific topic areas that have been identified as requiring an intensified exchange of information and collaboration. [For detail mail to editor](#)

△ **Regular aspirin use may reduce ovarian cancer risk** (6th February, 2014)

Women who take aspirin daily may reduce their risk of ovarian cancer by 20 percent, according to a study by scientists at the National Cancer Institute (NCI), part of the National Institutes of Health. However, further research is needed before clinical recommendations can be made. The study was published Feb. 6, 2014, in the *Journal of the National Cancer Institute*. [For detail mail to editor](#)

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△ Aspirin intake may stop growth of tumors that cause hearing loss(24th January, 2014)

Researchers from Massachusetts Eye and Ear, Harvard Medical School, Massachusetts Institute of Technology and Massachusetts General Hospital have demonstrated, for the first time, that aspirin intake correlates with halted growth of vestibular schwannomas (also known as acoustic neuromas), a sometimes lethal intracranial tumor that typically causes hearing loss and tinnitus. [Read more](#)

HEALTH AWARENESS

Multiple Sclerosis-a serious problems

Multiple sclerosis (MS), an unpredictable disease of the central nervous system. Multiple sclerosis (MS) can range from relatively benign to somewhat disabling to devastating, as communication between the brain and other parts of the body is disrupted. Many investigators believe MS to be an autoimmune disease one in which the body, through its immune system, launches a defensive attack against its own tissues. In the case of MS, it is the nerve-insulating myelin that comes under assault. Such assaults may be linked to an unknown environmental trigger, perhaps a virus.

Most people experience their first symptoms of MS between the ages of 20 and 40; the initial symptom of MS is often blurred or double vision, red-green color distortion, or even blindness in one eye. Most MS patients experience muscle weakness in their extremities and difficulty with coordination and balance. These symptoms may be severe enough to impair walking or even standing. In the worst cases, MS can produce partial or complete paralysis. Most people with MS also exhibit paresthesias, transitory abnormal sensory feelings such as numbness, prickling, or "pins and needles" sensations. Some may also experience pain. Speech impediments, tremors, and dizziness are other frequent complaints. Occasionally, people with MS have hearing loss. Approximately half of all people with MS experience cognitive impairments such as difficulties with concentration, attention, memory, and poor judgment, but such symptoms are usually mild and are frequently overlooked. Depression is another common feature of MS.

Treatment:

There is as yet no cure for MS. Many patients do well with no therapy at all, especially since many medications have serious side effects and some carry significant risks. However, three forms of beta interferon (Avonex, Betaseron, and Rebif) have now been approved by the Food and Drug Administration for treatment of relapsing-remitting MS. Beta interferon has been shown to reduce the number of exacerbations and may slow the progression of physical disability. When attacks do occur, they tend to be shorter and less severe. The FDA also has approved a synthetic form of myelin basic protein, called copolymer I (Copaxone), for the treatment of relapsing-remitting MS. Copolymer I has few side effects, and studies indicate that the agent can reduce the relapse

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rate by almost one third. Other FDA approved drugs to treat relapsing forms of MS in adults include teriflunomide and dimethyl fumarate. An immunosuppressant treatment, Novantrone (mitoxantrone), is approved by the FDA for the treatment of advanced or chronic MS. The FDA has also approved dalfampridine (Ampyra) to improve walking in individuals with MS.

One monoclonal antibody, natalizumab (Tysabri), was shown in clinical trials to significantly reduce the frequency of attacks in people with relapsing forms of MS and was approved for marketing by the U.S. Food and Drug Administration (FDA) in 2004. However, in 2005 the drug's manufacturer voluntarily suspended marketing of the drug after several reports of significant adverse events. In 2006, the FDA again approved sale of the drug for MS but under strict treatment guidelines involving infusion centers where patients can be monitored by specially trained physicians.

While steroids do not affect the course of MS over time, they can reduce the duration and severity of attacks in some patients. Spasticity, which can occur either as a sustained stiffness caused by increased muscle tone or as spasms that come and go, is usually treated with muscle relaxants and tranquilizers such as baclofen, tizanidine, diazepam, clonazepam, and dantrolene. Physical therapy and exercise can help preserve remaining function, and patients may find that various aids -- such as foot braces, canes, and walkers -- can help them remain independent and mobile. Avoiding excessive activity and avoiding heat are probably the most important measures patients can take to counter physiological fatigue. If psychological symptoms of fatigue such as depression or apathy are evident, antidepressant medications may help. Other drugs that may reduce fatigue in some, but not all, patients include amantadine (Symmetrel), pemoline (Cylert), and the still-experimental drug aminopyridine. Although improvement

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of optic symptoms usually occurs even without treatment, a short course of treatment with intravenous methylprednisolone (Solu-Medrol) followed by treatment with oral steroids is sometimes used.

What is the prognosis?

A physician may diagnose MS in some patients soon after the onset of the illness. In others, however, doctors may not be able to readily identify the cause of the symptoms, leading to years of uncertainty and multiple diagnoses punctuated by baffling symptoms that mysteriously wax and wane. The vast majority of patients are mildly affected, but in the worst cases, MS can render a person unable to write, speak, or walk. MS is a disease with a natural tendency to remit spontaneously, for which there is no universally effective treatment.

What research is being done?

The National Institute of Neurological Disorders and Stroke (NINDS) and other institutes of the National Institutes of Health (NIH) conduct research in laboratories at the NIH and also support additional research through grants to major medical institutions across the country. Scientists continue their extensive efforts to create new and better therapies for MS. One of the most promising MS research areas involves naturally occurring antiviral proteins known as interferons. Beta interferon has been shown to reduce the number of exacerbations and may slow the progression of physical disability. When attacks do occur, they tend to be shorter and less severe. In addition, there are a number of treatments under investigation that may curtail attacks or improve function. Over a dozen clinical trials testing potential therapies

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are underway, and additional new treatments are being devised and tested in animal models.

DISEASE OUTBREAK NEWS

△ Human infection with avian influenza A(H7N9) virus (18th February, 2014)

On 14, 15 and 16 February 2014, the National Health and Family Planning Commission (NHFPC) of China notified WHO of nine additional laboratory-confirmed cases of human infection with avian influenza A(H7N9) virus, including one death. [Read more](#)

FORTHCOMING EVENTS

△ National Symposium on Organic synthesis and Advanced Materials will be held in BHU, from 1-2 March, 2014. [Read more](#)

△ **DRUGS UPDATES**

△ FDA approves Northera to treat neurogenic orthostatic hypotension (18th February, 2014)

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The U.S. Food and Drug Administration approved Northera capsules (droxidopa) for the treatment of neurogenic orthostatic hypotension (NOH). NOH is a rare, chronic and often debilitating drop in blood pressure upon standing that is associated with Parkinson's disease, multiple-system atrophy, and pure autonomic failure . [Read more](#)

CAMPUS NEWS

△ Reminiscence, 2014 (GNIPST Reunion) was held in College campus on 2nd February, 2014.

△ 1st Annual Sports of GNIPST was held on 3rd February, 2014 in College campus ground.

△ An industrial tour and biodiversity tour was conducted in Sikkim for B.Pharm and B.Sc. students under the supervision of Mr. Asis Bala, Ms. Jeentara Begum and Ms. Moumita Chowdhury.

△ B.Pharm 3rd year won the GNIPST Football Champions trophy, 2013. B.Pharm 3rd year won the final match 1-0 against B.Pharm 2nd year. Deep Chakraborty was the only scorer of the final.

△ Students of GNIPST organized pre puja celebration programme, 'Saaranya' on 7th October, 2013 in college Auditorium.

△ GNIPST organized a garment distribution programme on 28th September, 2013 at Dakshineswar Kali Temple and Adyapith, Kolkata. On this remarkable event about hundred people have

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received garments. More than hundred students and most of the faculties participated on that day with lot of enthusiasm.

△GNIPST celebrated **World Heart Day (29th September)** and **Pharmacist's Day (25th September)** on 25th and 26th September, 2013 in GNIPST Auditorium. A seminar on 'Violence against woman' and 'female foeticide' was held on GNIPST Auditorium on 25th September organized by JABALA Action Research Organization. On 26th September an intra-college Oral and Poster presentation competition related to World Pharmacist's day and Heart day was held in GNIPST. Ms. Purbali Chakraborty of B.Pharm 4th year won the first prize in Oral Presentation. The winner of Poster presentation was the group of Ms. Utsa Sinha, Mr. Koushik Saha and Mr. Niladri Banerjee (B.Pharm 4th year). A good number of students have participated in both the competition with their valuable views.

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STUDENTS' SECTION

❖ **WHO CAN ANSWER FIRST????**

- ✓ *Which day is celebrated as national science day in India?*
- ✓ *What is the theme of this year's National Science Day?*

Answer of Previous Issue's Questions:

A) Neil Armstrong B) Physics

Identify the person



Answer of Previous Issue's Image:

Dan Shechtman

- *Send your thoughts/ Quiz/Puzzles/games/write-ups or any other contributions for Students' Section & answers of this Section at gnipstbulletin@gmail.com*

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EDITOR'S NOTE

I am proud to publish the 3rd issue of 32nd Volume of **GNIPST BULLETIN**. GNIPST BULLETIN now connected globally through *facebook account 'GNIPST bulletin'*

I want to convey my thanks to all the GNIPST members and the readers for their valuable comments, encouragement and supports.

I am thankful to **Dr. Abhijit Sengupta**, Director of GNIPST for his valuable advice and encouragement. Special thanks to **Dr. Prerona Saha** and **Mr. Debabrata Ghosh Dastidar** for their kind co-operation and technical supports. An important part of the improvement of the bulletin is the contribution of the readers. You are invited to send in your write ups, notes, critiques or any kind of contribution for the forthcoming special and regular issue.

ARCHIVE

△ **Teacher's day** was celebrated on 5th September, 2013 by the students of GNIPST in GNIPST Auditorium.

△ ***Azalea (exotic flower)*** , the fresher welcome programme for newcomers of GNIPST in the session 2013-14 was held on 8th August in GNIPST Auditorium.

△ One day seminar cum teachers' development programme for school teachers on the theme of "Recent Trends of Life Sciences in Higher Education" organized by GNIPST held on 29th June, 2013 at GNIPST auditorium. The programme was inaugurated by Prof . Asit Guha, Director of JIS Group, Mr. U.S. Mukherjee, Dy Director of JIS Group and Dr. Abhijit Sengupta, Director cum Principal of GNIPST with lamp lighting. The programme started

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with an opening song performed by the B.Pharm students of this institute. The seminar consists of a series of lectures, video presentations and poster session. On the pre lunch session 4 lectures were given by Dr. Lopamudra Dutta, Mr. Debabrata Ghosh Dastidar, Ms. Swati Nandy and Ms. Tamalika Chakraborty respectively. On their presentation the speakers enlighten the recent development of Pharmacy, Genetics and Microbiology and their correlation with Life Sciences. On the post lunch session, Ms. Saini Setua and Ms. Sanchari Bhattacharjee explained the recent development and career opportunities in Biotechnology and Hospital Management. The programme was concluded with valedictory session and certificate distribution.

About 50 Higher secondary school teachers from different schools of Kolkata and North & South 24 Parganas district of West Bengal participated in this programme. A good interactive session between participants and speakers was observed in the seminar. The seminar was a great success with the effort of faculties, staffs and students of our Institute. It was a unique discussion platform for school teachers and professional of the emerging and newer branches of Life Science.

- The following B.Pharm. final year students have qualified, GPAT-2013. We congratulate them all.

Amanpreet Kaur, Mohua Das,

Sourav Bagchi, Uddipta Ghosh Dastidar,

Siddarth Shah, Prapti Chakraborty,

Subhradip Roychoudhury, Soumyajit Das,

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Mounomukhar Bhattacharjee.

➤ GNIPST is now approved by AICTE and affiliated to WBUT for conducting the two years post graduate course (M.Pharm) in **PHARMACEUTICS**. The approved number of seat is 18.

- The general body meeting of APTI, Bengal Branch has been conducted at GNIPST on 15th June, 2012. The program started with a nice presentation by Dr. Pulok Kr. Mukherjee, School of Natural Products, JU on the skill to write a good manuscript for publication in impact journals. It was followed by nearly two hour long discussion among more than thirty participants on different aspects of pharmacy education. Five nonmember participants applied for membership on that very day.
- GNIPST is now approved by AICTE and affiliated to WBUT for conducting the two years' post graduate course (M.Pharm) in PHARMACOLOGY. The approved number of seat is 18.
- The number of seats in B.Pharm. has been increased from 60 to 120.
- AICTE has sanctioned a release of grant under Research Promotion Scheme (RPS) during the financial year 2012-13 to GNIPST as per the details below:
 - a. *Beneficiary Institution:* Guru Nanak Institution of Pharmaceutical Science & Technology.
 - b. *Principal Investigator:* Dr. Lopamudra Dutta.
 - c. *Grant-in-aid sanctioned:* Rs. 16,25000/- only
 - d. *Approved duration:* 3 years

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e. *Title of the project:* Screening and identification of potential medicinal plant of Purulia & Bankura districts of West Bengal with respect to diseases such as diabetes, rheumatism, Jaundice, hypertension and developing biotechnological tools for enhancing bioactive molecules in these plants.