

Vision

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



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GURU NANAK INSTITUTE OF PHARMACEUTICAL SCIENCE AND TECHNOLOGY

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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 29th Volume of “GNIPST BULLETIN”. Over the last two 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.

LETTER TO THE EDITOR.

NEWS UPDATE

- **World Heart Day** (29th September, 2013)

World Heart Day was created in 2000 to inform people around the globe that heart disease and stroke are the world’s leading cause of death, claiming 17.3 million lives each year and the numbers are rising. By 2030, it is expected that 23 million people will die from cardiovascular diseases annually – that is more than the population of Australia! World Heart Day takes place on 29 September each year. Together with its members, the World Heart Federation spreads the news that at least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled. This year’s theme addresses the importance of a life-course approach to the prevention and control of cardiovascular disease (CVD) with a focus on women and children. This campaign will highlight what actions can be taken through a person’s life to reduce their risk of CVD.

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- **World Rabies Day** (28th September, 2013)

More than 60 000 people die from rabies every year, almost half of them are children aged less than 15 years. Dog bites are the source of most human rabies deaths. Mass vaccination of dogs is key to preventing rabies. WHO, the Food and Agriculture Organization of the United Nations (FAO), and the World Organisation for Animal Health (OIE) are working together to support countries to eliminate human rabies and World Rabies Day – 28 September – is an occasion to mark that commitment.

- **Diabetes increases risk of developing and dying from breast and colon cancer** (27th September, 2013)

Researchers have performed a unique meta-analysis that excludes all other causes of death and found that diabetic patients not only have an increased risk of developing breast and colon cancer but an even higher risk of dying from them. [Read more](#)

- **Anti-Cancer drug benefits women with breast cancer who have failed previous treatments** (27th September, 2013)

First results from a phase III clinical trial of the combination drug, T-DM1, show that it significantly improves the length of time before the disease worsens in women with advanced HER2 positive breast cancer whose cancer has recurred or progressed despite previous treatments, including trastuzumab and lapatinib. [Read more](#)

- **Prostacyclin Analogs and PDE 5 Inhibitors synergistically stimulate ATP release from human RBCs** (20th September, 2013)

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Researchers at Saint Louis University School of Medicine have discovered a novel interaction between prostacyclin (PGI₂) analogs and phosphodiesterase 5 (PDE5) inhibitors, two groups of drugs used in the treatment of pulmonary arterial hypertension (PAH). They found that, in combination, these drugs stimulate enhanced release of a potent vasodilator adenosine triphosphate (ATP) from human red blood cells (RBCs). [Read more](#)

- **Proteins identified that may help brain tumors spread** (20th September, 2013)

Scientists at the University of Alabama at Birmingham have identified a molecular pathway that seems to contribute to the ability of malignant glioma cells in a brain tumor to spread and invade previously healthy brain tissue. [Read more](#)

- **Digoxin use associated with higher risk of death for heart failure patients** (20th September, 2013)

Digoxin, a drug commonly used to treat heart conditions, was associated with a 72 percent higher rate of death among adults with newly diagnosed systolic heart failure, according to a Kaiser Permanente study that appears in the current online issue of *Circulation*. These findings suggest that the use of digoxin should be reevaluated for the treatment of systolic heart failure in contemporary clinical practice. [Read more](#)

- **Imaging technique detects pediatric liver disease without needle biopsy** (20th September, 2013)

A new, non-invasive imaging technique, magnetic resonance elastography (MRE), can now help physicians accurately detect

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fibrosis (scarring) in children with chronic liver disease, a growing problem due in part to increasing obesity rates. [Read more](#)

- **Blood 'Marker' may predict diabetes risk in older women** (20thSeptember, 2013)

Older women's age and lifestyle habits may be associated with levels of a protein possibly linked with type 2 diabetes risk, researchers say. There is growing evidence that relatively low levels of the protein called sex hormone binding globulin (SHBG) can indicate an increased risk of type 2 diabetes years in advance. [Read more](#)

- **FDA finalizes new system to identify medical devices** (20thSeptember, 2013)

U.S. Food and Drug Administration announced a final rule for the unique device identification system (UDI) that, once implemented, will provide a consistent way to identify medical devices. The UDI system has the potential to improve the quality of information in medical device adverse events reports, which will help the FDA identify product problems more quickly, better target recalls, and improve patient safety. The FDA has worked closely with industry, the clinical community and patient and consumer groups in the development of this rule. [Read more](#)



HEALTH AWARENESS

Steps for Healthy Hearts

Heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year and the numbers are rising. By 2030, it is expected that 23 million people will die from cardiovascular diseases annually – that is more than the population of Australia!

- Each year, **physical inactivity** contributes to over three million preventable deaths.
- **Unhealthy diets** are linked to four of the world's top ten leading risk factors causing death: high blood pressure, high blood glucose, overweight and obesity, and high cholesterol.
- Every day, 15,000 people die from the effects of **tobacco** and one in every two smokers will die of tobacco-related diseases. Secondhand smoke kills more than 600,000 non-smokers every year including children.

World Heart Federation suggested some steps to reduce Heart Diseases.

- Get active and encourage physical activity
- Provide children with opportunities for increased physical activities
- Limit time spent watching television or playing computer games to no more than 2 hours a day and after more active alternatives
- 30 minutes of moderate-intensity activity five times a week reduces the risk of heart disease and stroke
- Physical activity is not only sport. It is any bodily movement that uses energy. This can range from sports and exercise to other activities like walking, doing household chores and dancing.
- High dietary intakes of saturated fats, trans-fats and salt increase risk of heart attack or stroke.

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- Process food which contains high levels of salt should be avoided.
- Total salt intake should be limited to less than 5 grams per day.
- If you have suffered from a heart attack or stroke, speak to your healthcare professional on the best way in which to treat and manage your risk, so that you can try and avoid a second event.
- Visit a healthcare professional who can measure your blood pressure, cholesterol, glucose level, body weight and body mass index (BMI) and advise on your risk.

DISEASE OUTBREAK NEWS

△ Middle East respiratory syndrome coronavirus (MERS-CoV) (20th September, 2013)

Two patients earlier reported as laboratory-confirmed with Middle East respiratory syndrome coronavirus (MERS-CoV) infection in Italy in the Disease Outbreak News on 2 June 2013 are being reclassified as probable cases. [Read more](#)

FORTHCOMING EVENTS

△ The 2nd Pharm. Tech IAPST International Conference on "New insights into diseases and recent therapeutic approaches" from 17th to 19th January 2014 in Kolkata, India. [Read more](#)

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DRUGS UPDATES

△ FDA approval expands access to artificial heart valve for inoperable patients (23th September, 2013)

The U.S. Food and Drug Administration approved revised labeling for the Sapien Transcatheter Heart Valve (THV), making the device available to an expanded group of patients who have inoperable aortic valve stenosis, a disease of the heart valves that causes narrowing of the aortic valve, restricting blood flow from the heart. [Read more](#)

△ FDA approves Abraxane for late-stage pancreatic cancer (6th September, 2013)

The U.S. Food and Drug Administration today expanded the approved uses of Abraxane (paclitaxel protein-bound particles for injectable suspension, albumin-bound) to treat patients with late-stage (metastatic) pancreatic cancer. [Read more](#)

△ CAMPUS NEWS

△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

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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 Niladri Banerjee (B.Pharm 4th year). A good number of students have participated in both the competition with their valuable views.

△ **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 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

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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.

STUDENTS' SECTION

❖ **WHO CAN ANSWER FIRST????**

- ✓ *Who is considered as Father of Interventional Radiology?*
- ✓ *Willem Einthoven won Nobel Prize in 1924 for which discovery?*

Answer of Previous Issue's Questions:

A) Quinine B) Vincristine

- *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 2nd issue of 29th 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

- 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,

Mounomukhar Bhattacharjee.

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➤ 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
 - e. *Title of the project:* Screening and identification of potential medicinal plant of Purulia & Bankura districts of West Bengal with

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respect to diseases such as diabetes, rheumatism, Jaundice, hypertension and developing biotechnological tools for enhancing bioactive molecules in these plants.