



# The NGSMIPS Herald



The Official news letter of the Nitte Gulabi Shetty Memorial  
Institute of Pharmaceutical Sciences, Mangalore

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**YOGA FOR HEALTHY AND HAPPY LIVING**

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### VISION

To build a humane society through excellence in education and health care.

### MISSION

To develop Nitte University as a centre of excellence, imparting quality education, generating competent, skilled manpower to face the scientific and social challenges with a high degree of credibility, integrity, ethical standards and social concern.

*'For Private Circulation Only'*



***From the Editor's desk***

I was delighted to see the name of **Nitte University** among the top private universities (Top Private Universities in innovations, research, and placements, **India Today**, July 11, 2016, p.76). To quote the article “Leading Institutions like Galgotias University, JSS University, LNM Institute of Information Technology, MS Ramaiah University of Applied Sciences, Nirma University, **Nitte University**, SRM University and Symbiosis International University are among the select few who are setting new benchmarks in education excellence”

**18th rank of NGSM Institute of Pharmaceutical Sciences in National Institutional Ranking Framework (NIRF)** reinforces our commitment. It gives a great sense of satisfaction and inspires to perform better and rise higher. Since inception, the college is making steady progress in academic, research and student satisfaction. This was possible due to the vision of the management, the passion of the university functionaries and the dedication of the faculty.

We are aware that it is harder to improve the standing. The development is possible only when every member of the family is involved and remains focused. Initiatives, like strengthening the infrastructure, quality up-gradation of the faculty, providing the conducive environment for teaching and research, the opportunity for upward mobility to performers will ensure that the college remains ahead of completion. Equally important is the total commitment of the staff for the common goal.

The New academic year is about to commence. Semester system will be introduced in the undergraduate programme. The teachers should bring new ideas, innovations to make the learning a pleasurable exercise to the young minds. And the last word about research - without coming under stress, try to walk that extra mile. See that you make a mark in the scientific community which will boost your self-esteem.

Gear up for the new academic year, wish you great success.

**Dr. C.S. Shastry**  
Editor-in-Chief

**NGSMIPS SHINES IN GPAT**

**B.Pharm Final Year Students**



Mr. Kunal B



Mr. M. Faizal K.A.



Ms. Befathima T.



Ms. Natasha A.



Ms. Ranee Kumari



Ms. Tisa Francis

**M.Pharm Students**



Mr. Fredin Paul



Mr. Ajmal Roshan Ali

**FORTH COMING EVENTS**

1. 16.07.2016: Alumni meet
2. 01.08.2016: Orientation programme for new batch students
2. 02.08.2016: Commencement of B. Pharm and Pharm. D classes
4. UGC inspection: 3<sup>rd</sup> week of August 2016



## CAMPUS BUZZ

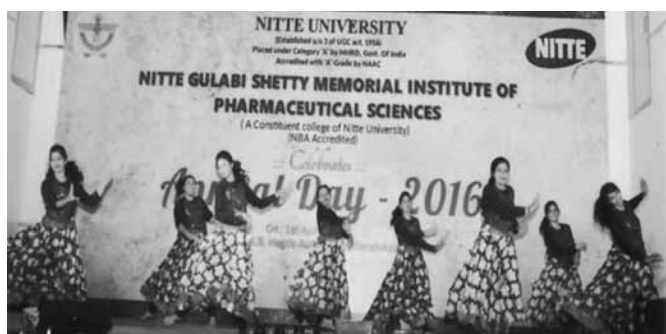
### Annual Day Celebrated at NGSMIPS

NGSMIPS celebrated its Annual Day on April 1, 2016, at the KS Hegde Medical Academy auditorium, Deralakatte. Dr. Narayana Charyulu, Vice Principal, NGSMIPS, delivered the welcome address and introduced the chief guest, Shri B. G. Bairy, Managing Director and Chief Operating Officer for Bayir Group of Company, Bangalore. In his address, Mr. Bairy emphasized the importance of collaboration between



*Dr. B.G Bairy lights the inaugural lamp in the presence of (L-R) Ms. Deenu Elsa (Vice president), Mr. Balasubramanya (President) Dr. R.Narayana Charyulu and Dr. C.S. Shastry*

Industry and Academia. He expressed his keen interest in joint collaborate work with NGSM Institute of Pharmaceutical Sciences. Dr. C. S. Shastry, Principal, presented the annual report of the academic year 2015-16. He highlighted the progress made by the college in past one year and thanked Mr. Bairy for his interest to work with NGSMIPS.



*Students performing in Annual Day 2016*

Besides the presentation of trophies and prizes to students in various literary and sports competition, toppers in B. Pharm and M. Pharm for the year 2014-15 were also recognized and awarded for the academic achievements. Best outgoing student of B. Pharm was awarded to Ms. Deeksha U Suvarna for the year 2014-15. Sharin Thomas (Drug Regulatory affairs), Bindu V (Pharmacology), Smitha Joseph (Pharmacy Practice) and

Lenson Paul D' Souza (Pharmaceutics) were awarded best outgoing students of M. Pharm for the year 2014-15. All round trophy being bagged by the III<sup>rd</sup> year B. Pharm students. The formal function was followed by a cultural program where the students performed and captured the fascination of the audience.

### Campus Interview by Sanofi India at NGSMIPS

Sanofi India conducted campus recruitment at NGSM Institute of Pharmaceutical Sciences, Deralakatte, Mangalore on 4<sup>th</sup> April 2016. Sanofi, a global and diversified healthcare leader, discovers, develops and distributes therapeutic solutions focused on patient's needs. It has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, consumer healthcare, emerging markets, animal health and the new Genzyme.



*Ms. Namrata Velingkar, interviewing students at NGSMIPS*

The interview panel comprised of Ms. Namrata Velingkar, Assistant Manager HR & Administration, and Mr. Raghavendra Prabhu, Assistant Manager, Industrial Affairs.

Students of final year B.Pharm and M.Pharm participated in the interview. The HR Officers from Sanofi India Ltd. were quite impressed by the college ambiance, the student's caliber and the arrangements accorded for the smooth conduct of the interview. They thanked the Principal and the college authorities and expressed their desire to visit this institution in the coming years.

Mr. Vivek Pai, Placement officer of the college coordinated the event.

### Industrial visit for M.Pharm students

The students of M.Pharm visited Pharmaceutical industries in Goa from 9<sup>th</sup> to 13<sup>th</sup> April 2016. Students visited Glenmark Pharmaceuticals, Unichem



*M.Pharm students with Dr. R. Narayana Charyulu, in Blue Cross and Unichem*

Laboratories Ltd., Blue Cross Laboratories Ltd., in five days long tour. The industrial visits proved to be very fruitful and informative to the students because of a more practical approach and direct interaction with the Industry professionals. They were accompanied by Dr. R. Narayana Charyulu, Vice Principal of the institution.

### Annual University Examination

University examinations of the year 2016, of UG level and PG level, had been concluded in NGSMIPS. Around 325 B. Pharm students, 120 Pharm D students and 73 M. Pharm students had appeared for the annual theory and practical examinations.

### International Yoga Day 2016

International Yoga Day was celebrated on June 21, 2016, at KS Hegde Medical Academy, Nitte University, Mangalore. On this occasion, Prof. (Dr.) M.S. Moodithaya, Registrar, Nitte University, Prof. (Dr.) C.S. Shastry, Principal, NGSM Institute of Pharmaceutical Sciences, Prof. (Dr.) Satheesh Kumar Bhandary, Dean, K.S Hegde Medical Academy, Prof. (Dr.) Dhanesh Kumar, Principal, Nitte Institute of Physiotherapy, Prof. (Dr.) Fathima D'Silva, Principal, Nitte Usha Institute of Nursing Sciences, Prof.(Dr.) Anirban Chakraborty, Senior faculty, NUCSER, were present and practiced yoga along



*Dr. M.S. Moodithaya lights the inaugural lamp on International Yoga day in the presence of (L-R) Dr. Dhanesh Kumar, Dr. C.S. Shastry, Dr. Satheesh Kumar Bhandary, Dr. Fathima D'Silva, Dr. Anirban Chakraborty.*

with thousands of students of Nitte University. On this occasion, essay writing competition was also organized based on the theme "Yoga for healthy and happy living". Dr. Murali Badanthadka, Deputy Director, NUCARE was awarded first prize in essay writing competition.

### Conference in Australia

Dr. Uday Venkat Mateti, Assistant Professor, Department of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences was awarded Multinational Association of Supportive Care in Cancer (MASCC) International Travel Scholarship 2016 during the MASCC Annual Meeting on Supportive Care in Cancer, held in Adelaide, Australia on 22-25<sup>th</sup> June 2016. During the Annual Meeting, he has attended and presented the research paper.

### Ph.D Awarded



Mr. Juno Joel, Assistant Professor, Department of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences, Mangalore, Karnataka, was awarded Doctor of Philosophy in Pharmaceutical Sciences for his thesis entitled "A critical study on drug utilization and evaluation of patients

with Schizophrenia in a tertiary care hospital of Dakshina Kannada district" by the Nitte University, Mangalore, under the guidance of Dr. C.S Shastry, Principal, NGSM Institute of Pharmaceutical Sciences, Mangalore.

### Appointment

Mrs. Zeena Fernandes has been appointed as Assistant Professor, Department of Pharmacology with effect from June 2016.

## DEPARTMENT ACTIVITIES

### RESEARCH/REVIEW PUBLICATIONS/PRESENTATIONS/PAPER REVIEWED

#### RESEARCH PUBLICATIONS

##### DEPARTMENT OF PHARMACEUTICAL CHEMISTRY

1. **Vijay Kumar M**, B.C Revanasiddapa. Synthesis and anti-depressant evaluation of novel pyrazolone derivatives. **Bangladesh J Pharmacol** 2016; 11: 558-63.
2. **Abhishek Kumar**, Prerana Shetty, Amrutha C. L, Derin Reona Vaz, Ashlin Baby. Synthesis and Antimicrobial Evaluation of Some Novel Derivatives of Coumarin Moiety. **Research J Pharm and Tech** 2016; 9(5): 545-8.
3. **Pankaj Kumar**, Jane Jacob, Khadjeeth Ajina, Jazeela, Fathima. Spectroscopic Estimation of Tenofovir Alfenamide, as Antiretroviral Drug. **Research J Pharm and Tech** 2016; 9(5): 538-40.

##### DEPARTMENT OF PHARMACEUTICS

1. **Marina Koland**, R. Narayana Charyulu. Design and in vivo evaluation of buccoadhesive hydrophilic polymer matrix films of losartan potassium. **Indian J Pharm Edu Res** 2016; 50(2) Suppl: 115-24.
2. **Marina Koland**, Lenson D' Souza. Bilayer Film Type of Unfolding Drug Delivery System for the Dual Release of Proton Pump Inhibitor and H2 Receptor Antagonist. **Asian J Pharm** 2016; 10 (2) Suppl: S76-85.
3. **Akhilesh Dubey**, Srinivas Hebbar, C.S Shastry, R. Narayana Charyulu. Investigation of Nano Lipid Vesicles of Lornoxicam for Targeted Drug Delivery. **British J Pharm Res** 2016; 11(6): 1-15.
4. **Sandeep D.S**, R.Narayana Charyulu. Estimation of Amoxicillin Trihydrate and Ciprofloxacin Hydrochloride from Different Marketed Brands of Tablets by UV Spectroscopy. **Research and Reviews: A Journal of Drug Design and Discovery** 2016; 3(1): 31-4.

#### PRESENTATIONS

##### DEPARTMENT OF PHARMACY PRACTICE

**Dr. Uday Venkat Mateti**, presented a poster entitled "Predictors of Anxiety and Depression among Cancer Patients in a Tertiary Care Teaching Hospital" at the Annual Meeting on Supportive Care in Cancer, held in Adelaide, Australia on 22-25<sup>th</sup> June 2016.

#### PAPER REVIEWED

##### DEPARTMENT OF PHARMACEUTICS

###### Dr. Marina Koland

1. Reviewed a research article entitled "Improvement of side-effects and treatment on the experimental colitis in mice of a resin microcapsule loading hydrocortisone sodium succinate" for Journal of Pharmacy and Pharmacology (Wiley On-Line Library, Indexed in Thomson Reuters and Elsevier databases). (June-2016)
2. Reviewed a research article entitled "In vitro assessment of hydrophilic polymer- and plasticizer-based thin buccal films designed by using the central composite rotatable design for the delivery of meloxicam" for Journal of Pharmacy and Pharmacology (Wiley On-Line Library). (June-2016)

###### Dr. Akhilesh Dubey

1. Reviewed a research article entitled "Proniosomal powders of natural canthaxanthin: preparation and characterization." for Food Chemistry, Elsevier. (May-2016).
2. Reviewed a research article entitled "Dulaglutide replaces multiple daily insulin injections from dialysis patients with type II diabetes" for Sky Journal of medicines and medical sciences (June-2016).

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## YOGA FOR HEALTHY AND HAPPY LIVING

**Dr. Murali Badanthadka**  
Deputy Director, NUCARE

The word yoga is derived from the Sanskrit language. Yoga means blending of individual's consciousness or soul with universal spirit. The origin of yoga have been speculated to pre-Vedic Indian traditions and mentioned in the Rigveda. Many of us think that yoga means physical exercise where people stretch, twist, turn, and breathe in the most complex ways. But these actually superficial aspects of this profound science having infinite potentials of human mind and soul. Maharishi Patanjali is the "father of yoga" who compiled 195

yoga sutras that became the foundation of yoga philosophy. From first-half of the last millennium, Patanjali Yoga Sutra gained its importance and became more prominent in the 20<sup>th</sup> century. The core essence of Patanjali is the eightfold path of yoga [Ashtanga Yoga] that focuses on healthy living through yoga. Yoga guru Swami Vivekananda in the late 19<sup>th</sup> century introduced yoga to the west. In 1980's yoga became popular as a system of physical exercise across the western world. As per Indian traditions, yoga is more than physical exercise having a meditative and spiritual essence.



The science of yoga embraces the complete essence of the way of life, including gyan yoga, bhakti yoga, karma yoga, and raja yoga. Raja yoga is further divided into eight different parts. The essence of raja yoga system balances and unifies these various approaches are the practice of yoga asana. Among the most well-known types of yoga are Hatha yoga and Raja yoga. The practice of yoga is an ancient tradition aiming for liberation from suffering in his life. The ancient text makes it clear that mental and physical illness or lack of health is an obstacle for a happy life. Yoga was practiced from ancient times to overcome these obstacles and thereby attaining the goal of self-realization and liberation from suffering. Although the ancient seers recognized the health and healing effect of yoga practice, today in the commercial world they were not only the primary goal of practice. In the west yoga is considered as a holistic approach to maintaining health. Recently it has been classified by National Institutes of Health as a form of complementary and alternative medicine. However in India, yoga is not an alternative healing system but a part of mainstream medical treatment. In either case, this therapeutic application of yoga requires the classical postures to be adapted to address the specific problems associated with each medical condition.

Now a day's more publicity for yoga came from various yoga institutions present across the country. Just to mention few important one are – Iyengar Yoga Institute, Baba Ramdev (Patanjali), and Sri Sri Ravi Shankar etc. These institutions gave wide publicity and knowledge about the need and importance of yoga to public.

The idea of an international yoga day was first proposed by our beloved Prime Minister Narendra Modi during his speech at the UNGA, on September 27th, 2014. He suggested the date of June 21st, as it is the longest day of the year in the northern hemisphere and shares special significance in many parts of the world. Below are Modi's words:

*“Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies the unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”*

- **Narendra Modi,**

Below mentioned quotes further strengthens our Prime Minister's vision of yoga practice and its celebration. They are like:

*“Yoga is the unifying art of transforming dharma into action, be it through inspired thought, properly nurturing our children, a painting, a kindness or an act of peace that forever moves humanity forward.”*

- **Micheline Berry**

*“The sun shines down, and its image reflects in a thousand different pots filled with water. The reflections are many, but they are each reflecting the same sun. Similarly, when we come to know who we truly are, we will see ourselves in all people.”*

- **Ammachi**

*“Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun.”*

- **B.K.S. Iyengar**

Many researchers have tried to determine the effectiveness of yoga practice to control various disease conditions like-cancer, schizophrenia, asthma, and heart disease. Results of these studies are in conclusive and further studies in detail are essential to confirm it further. However, few studies indicated that the systematic and daily practice of yoga may reduce risk factors and aid in patient's psychological healing process. Benefits of yoga practice can be better explained by giving an example of low back pain. As all of us agree, present stressed life style causes low back pain and it is a significant public health problem. Further, it causes substantial burden by the loss of workforce and to the health care system. It has been proven very difficult to treat some of the diseases. Use of yoga as a complementary and alternative medicine appears to rescue such patient. Different methods of yoga exist and each has its own technique for preventing and treating low back pain. People practice Iyengar yoga for controlling chronic low back pain and benefited from this practice. The primary goal of yoga therapy for low back pain is the relief of pain and functional limitation caused by a chronic lower back disorder. This could be achieved by enhancing healing process by correcting underlying physical malfunctions through a series of anatomically correct postures. Unlike conventional medical treatment that focuses on treating low back pain symptoms through analgesics and surgical intervention, yoga therapy works to correct the internal malfunction that contributes to non-specific low back pain. It is through the process of helping the patient with low back pain to rest the area of pain and then educate them for proper alignment of bones, muscles, and connective tissue to promote healing and there by cure the root cause problem for causing the discomfort. Further, the practice of yoga is designed to educate the patient in using a daily regimen of self-care. This helps to manage and prevent the recurrence of chronic low back pain through healthy postural and movement patterns.

Looking science behind yoga makes one feel a lot more real. The benefits of practicing yoga have been known by yogis for thousands of years, but modern research proved that it truly can make one happier. By knowing all these, there is no doubt that yoga practice is a single mantra or pill for the majority of the problems which people suffer in the world. It is the fact that, the practice of yoga is like seeding within us and development of the crop's quality and yield depends on our effort.

# BENEFITS OF YOGA FOR HEALTHY AND HAPPY LIVING

Ms. Jyosna  
Computer Assistant

There is a saying that health is wealth. A man can live happily without wealth, but he cannot conduct his life happily without health. Yoga helps us to maintain our mental and physical health. Yoga is a type of exercise based on controlled breathing, diet, exercise and series of physical postures. Yoga is commonly linked to meditation and relaxation. Yoga helps us to control our mind and to reduce our stress. Now a day's teenagers are engaged in various types of activities like studying, sports activities, and domestic works which cause the problem and these problems leads them to fall in stress. They have to struggle to reduce the stress by taking medicines and continuous use of medicines may affect their health. But yoga will help to control their mind and helps to reduce their stress without medicine.



We know that human beings are made up of three components- body, mind, and soul. Corresponding to these there are three needs, health, knowledge and inner peace. Health is physical needs and knowledge is our psychological needs. Yoga gives us relief from countless ailments at the physical level. The practice of posture (asanas) strengthens the body and creates the feel of well being. Yoga sharpens the intellect and aid in concentration. The practice of breathing techniques (Pranayama) calms the mind. Any person irrespective of age can practice yoga. The most dangerous diseases like cancer, cardiovascular, heart disease, stroke lung disease, diabetes and several other diseases are mainly due to unhealthy lifestyle and behavior. Though there is no replacement of doctor, but it has been



practiced safely and successfully by millions of people in the world. A man has to spend money to consult a doctor, but he need not spend money to perform yoga. Yoga is a continuous process and so we have to keep practicing. The deeper we move into our yoga practice, the more profound is its benefits. It is important to learn and practice yoga postures under the supervision of a trained art of living yoga teacher. In the case of any medical condition, practice yoga postures after consulting a doctor and an art of living yoga teacher.

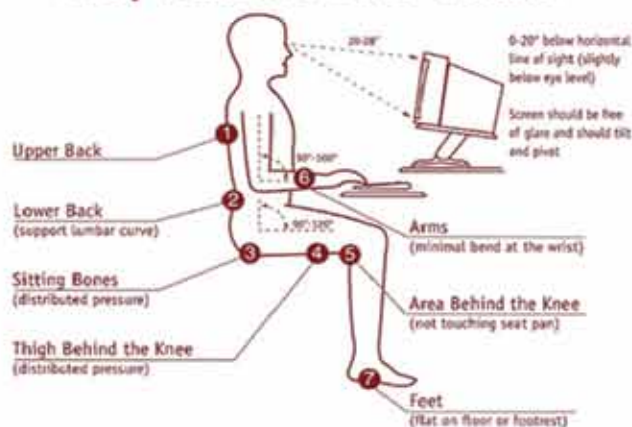
## Benefits of Yoga:

1. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity.
2. Yoga and pranayama help to create awareness and bring mental peace back to the present moment, where it can stay happy and focused.
3. Yoga can even help to improve our relationship with our spouse, parents, friends or loved ones. A mind that is relaxed, happy and content is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful.
4. A few minutes of yoga every day provides the secret to feeling fresh and energetic even after a long working day.
5. Yoga and meditation have the power to improve our intuitive ability so that we effortlessly realize what needs to be done, when and how, to yield positive results.

## Low Back Pain Exercises



## 7 Key Points For Office Workers





## CONFERENCE AT AUSTRALIA



## ANNUAL DAY CELEBRATIONS



Feel free to email me at [akhilesh\\_intas@rediffmail.com](mailto:akhilesh_intas@rediffmail.com) or [akhilesh@nitte.edu.in](mailto:akhilesh@nitte.edu.in) with any questions or clarifications as needed. Thanks for your submission and in making.

*Book-Post*