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# *Infopharma 2019*

*VOLUME X  
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*The Official College Magazine*



**K.L.E.**  
**COLLEGE OF PHARMACY**  
Vidyanagar, Hubballi-580 031.  
Karnataka, India.  
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**PRABHAKAR B. KORE**MEMBER OF PARLIAMENT  
(RAJYA SABHA)CHANCELLOR : KLE University &  
CHAIRMAN : K.L.E. Society, BELGAUM.  
Karnataka State, India.New Delhi: Res: 011 - 24610747  
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Belgaum : Off :0831 - 2404040  
Fax :0831 - 2404060  
Res:0831 - 2465577  
Fax :0831 - 2452757**MESSAGE**

I am happy to learn that the KLE College of Pharmacy, Hubballi, is releasing the College Magazine "INFOPHARMA -2019" providing the students an opportunity to vent their hidden talents.

I congratulate the College team for bringing out this magazine and wish every success in its endeavour.

07.03.2018

  
Prabnakar B Kore





**KLE ACADEMY OF HIGHER EDUCATION & RESEARCH**  
(Deemed-to-be-University)

[A Deemed-to-be-University established u/s 3 of the UGC Act, 1956 vide Government of India Notification No. F.9-19/2000-U.3(A)]  
**Accredited 'A' Grade by NAAC**

16<sup>th</sup> March 2018

Ref. No.KLEU/17-18/D-*GOVERN*

**M E S S A G E**

I am happy to learn that the KLE University's College of Pharmacy, Hubballi, is publishing the **College Magazine 'Infopharma 2015'** depicting all important events / activities including cultural, literary, sports, etc. conducted by the aforesaid Institution.

I hope the publication of this College Magazine certainly provides an effective interface for projecting the literary skills of the students and staff alike.

I heartily congratulate you and your colleagues for bringing out the College Magazine and I wish you all the very best in your future endeavours.

-sd-  
**Vice-Chancellor**

JNMC Campus, Nehru Nagar, Belgaum-590 010, Karnataka state, India

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(Formerly known as KLE Academy of Higher Education & Research, Belgaum)

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### MESSAGE

I am pleased to know that the KLE University's College of Pharmacy, Hubballi is publishing the College Magazine "Infopharma-2018".

This magazine acts as a platform to explore the creativity and hidden talents of students, faculty as well. Over the years the college magazine has provided an opportunity for students to portray their topics of interest and share their ideas.

I am sure the students of Pharmacy College, Hubballi have enough potential for literary output. The students should grab this opportunity to showcase their literary talent in a nice way.

Since these college magazines are perused by lot of people especially the parents of the students. It should be ensured that the contents of this magazine should be of a high quality and magazine should be impressive.

The contents of the magazine should have blends of the academic excellence as well as the finest of the literary tune.

I wish this magazine all the success.



  
Prof. Dr. V.D. Patil  
Registrar



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## ABOUT OUR INSTITUTION :

K.L.E. College of Pharmacy, Hubballi is established in 1985 by the foresighted ALMA MATER, the Karnataka Lingayat Education Society. It has a distinction of being the first of its kind in Hubli-Dharwad region in an scenic location on the Pune-Bangalore highway makes this College a delight for students and has every infrastructure facility to offer the finest of education in Pharmacy.

This Institution offers B.Pharm., D.Pharm., M.Pharm. (Pharmaceutics, Pharmacology, Pharmaceutical Chemistry & Pharmacognosy) and Ph.D. Programmes.

All the courses conducted in this Institution are recognized by Government of Karnataka, Pharmacy Council of India and All India Council for Technical Education, New Delhi. From the academic year 2009-10, this institution is under the ambit of KAHER Belagavi and I am proud to say here that, KAHER Belagavi is the only private Health University in the County to get “A” Grade by NAAC with CGPA of 3.16 on four point scale.

A systematic and well-planned campus layout with excellent infrastructure facilities all go on to make K.L.E. an institute par excellence. Well equipped laboratories, sophisticated pilot plant set up, versatile library, banking facilities, cyber access are mere an iota of the enormous store of fabulous features of this institution. The College has well qualified teaching faculty comprising of 05 professors, 06 associate professors & 09 assistant professors along with well trained non-teaching staff.

With the intention of maintaining high standards the Institution underwent a process of reaccreditation for B.Pharm Course conducted by National Board of Accreditation (NBA), AICTE, New Delhi and successfully achieved it by w.e.f. 13.12.2011.

So far Institution has received over two crores as grants from various Government Funding Agencies such as AICTE, DST, VGST etc. for the promotion of research activities in the Institution for its continuous research activities.

The Institution has so far spawned over 200 Postgraduates 650 graduates and 1400 diploma holders with as many as 50 ranks at Diploma, Degree and Post Graduate Level.

Alumni of this Institution are well placed in various fields of the profession like Industry, Research, Teaching within India and Abroad.

The institute under the able guidance of the great visionary Dr.Prabhakar B. Kore, M.P. (Rajyasabha), Chancellor and Prof.(Dr.) Chandrakanth K.Kokate, Vice-Chancellor of KLE University aspires and targets to achieve excellence in the field of education.



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The meeting was concluded with vote of thanks.

PRINCIPAL

## OUR PLEDGE

India is my country and all Indians are my  
brothers and sisters.

I love my country and I am proud of its rich and  
varied heritage.

I shall always strive to be worthy of it.

I shall give respect to my parents, teachers and  
elders and treat everyone with courtesy.

To my country and my people,  
I pledge my devotion. In their well being and  
prosperity alone, lies my happiness.





***Article Section.....***





## 5 THINGS TO DO BEFORE YOU GRADUATE

- By Muskan P., 2 Year Pharm-D

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1. Build a routine: human mind loves routine. Building a proper morning routine helps to energize your mind and tackle the rest your day with super ease. It also helps in making time for the things you love to do but were not able to owing to a busy schedule.
2. Go on a grand friends trip: this has to be one of the major goal of every student and my personal favourite thing on the bucket list. Experiencing a new city, new adventure, new destinations with your old buddies, is quite a combination to go.
3. Volunteer for a good cause: not only this helps society but also provides a sense of purpose and self esteem which are very healthy for a good career.
4. Push yourself out of your comfort zone: give yourself a chance to experience something unique, something which can add up to your versatility and exposure and who knows if you discover a hidden talent?
5. Lastly, Make a scrap book: journal and capture your journey through all the funny and proud moments of your college life before you graduate. A collection of memories and lots of experiences is worth reliving.

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## ARTICLE ON DEPRESSION IN COVID-19 PATIENTS

- SADAF SULTANA, 4th Year Pharm-D

According to a new study, nearly 20% of covid-19 patients acquired a mental health concern within 3 months of diagnosis, such as depression, anxiety, or dementia. Their risk was doubled when compared to people who didn't have Covid-19. Covid-19 has been linked to an increased risk of mental illnesses according to doctors.



According to a senior neuropsychologist, the psychological issues can occur due to both pandemic stress and the physical effects of the disease.

Researchers from the University of Oxford analysed the health records of 69 Million people, including over 62,000 persons diagnosed with COVID-19. According to the research COVID-19 carriers showed a two fold increased chance of getting a mood or anxiety illness for the first time. Older adults with Covid-19 also had a two or three times greater risk of developing Dementia.

Those who are tested positive are obliged to isolate themselves, which can cause anxiety and depression. During isolation they tend to lack the comfort and support of loved ones which also act as the cause of anxiety. As covid takes a toll on a patient's health, COVID recovery can take months, which can present a number of issues, such as difficulty returning to work, caring for children, or resuming one's regular activities.



COVID-19 is not only a respiratory illness but a disease that can reach many critical organs, including the Brain. COVID-19 individuals have a high rate of neurological problems, according to numerous reports. When the coronavirus affects the CNS, it can cause various chronic neurological problems.

COVID-19 can interfere with a person's circadian rhythm, impairing sleep, causing insomnia, and leading to sadness, anxiety, and other cognitive problems.



## Good ways..

- \* **Stethoscope and Apron**  
It is most expensive jewellery and clothes.  
For it costs you your youth.
- \* The chapter you're learning today,  
Is going to save someone's life  
tomorrow **pay attention**.
- \* **Do it now** sometimes later becomes never.
- \* If you don't sacrifice for  
**What you want**,  
What you want, will become  
the sacrifice .



Arun jiddimani  
Diploma pharmacy 1st year  
rollno 10

## COVID-19 Vaccines: A Race Against Time in the Middle of Death and Devastation!!

Vijayalaxmi G.

The coronavirus disease 2019 (COVID-19) has turned into a global human tragedy and economic devastation. Governments have implemented lockdown measures, blocked international travel, and enforced other public containment measures to mitigate the virus morbidity and mortality. As of today, no drug has the power to fight the infection and bring normalcy to the utter chaos. This leaves us with only one choice namely an effective and safe vaccine that shall be manufactured as soon as possible and available to all countries and populations affected by the pandemic at an affordable price. The availability of the COVID-19 vaccine has become a race against time in the middle of death and devastation.

### Coronavirus family:

SARS-CoV-2 belongs to a family of zoonotic viruses known as Coronavirus, genus Betacoronavirus and is closely related to 2 other viruses namely Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV) and the Middle East Respiratory Syndrome Coronavirus (MERS-CoV). All 3 are bat viruses and cross over to cause human infection through an intermediate host (civets for SARS-CoV, camels for MERS-CoV, and possibly pangolins for SARS-CoV-2).

### Need for coronavirus vaccine

There has been an intensive search for an effective drug against the virus or the resultant disease and has not led to any breakthrough agents. Few drugs namely hydroxychloroquine and remdesivir have been advocated as desperate measures to fight COVID-19 based on a few preliminary, contradictory, and inconclusive studies. A vaccine has the power to generate herd immunity in the communities, which will reduce the incidence of disease, block transmission, and reduce the social and economic burden of the disease. Very high immunization coverage can effectively fight the pandemic, prevent secondary waves of infection, and control the seasonal endemic infection outbursts. Eventually, the disease can be eradicated as has happened in many other diseases that have had even with higher potential than COVID-19 to cause pandemics namely smallpox, poliomyelitis, etc.

### Duration of Immunity

For the COVID-19 vaccination program to succeed, the antibody response mounted against the virus/vaccine must be long-lasting. As of today, it is not possible to address this question as the virus has been in the community only for the last few months. However, we can take leads from data generated about the duration of immunity against 2 other coronaviruses namely SARS-CoV and MERS-CoV. Both these viruses, which are closely related to SARS-CoV-2, induce a robust T cell and B cell immune response which is long-lasting. Many candidate vaccines against both these viruses had gone through successful clinical trials and are safe and immunogenic.



## Fall of India's Largest Vaccination Drive

- Vishakha Saraf

Now, it has been more than a year since the first covid-19 case in India was registered. Covid-19 is a global pandemic. It is an infectious disease which spreads in no time. Now to eradicate the disease the country started working to discover the vaccine. India also joined the race. We can proudly say that the pharmaceutical research team of India had worked hard and discovered the vaccine for its citizens. But it is unfortunate that even after India having vaccine of its own the vaccination drive failed.

The citizens of India are less aware about the significance of vaccine. Several studies were conducted to determine people's knowledge about vaccine to find out that the participants had limited knowledge regarding the eligibility of vaccine in populations with allergies, immunocompromised patient, pregnant and lactating women, etc. Hence the reports concluded with the statements for improvement of people's awareness regarding covid-19 vaccine and vaccination program.

Prime minister Narendra Modi ji also called a 'Teeka Utsav' to promote vaccination in India and counter the second wave. But instead, the vaccination rate declined in India. Despite of India being known as the 'vaccine factory' of the world, several states of India failed to meet the target for the vaccination program. The reason for this could be the lack of vaccine supply in India. Serum institute and Bharat biotech being the vaccine manufacturers in India had total manufacturing capacity of 7.5 crore doses in the month of May which is not enough, for population of 1.38 billion. The capacity could have been increased by Indian government by placing advance orders. By doing so the companies would get extra capital to increase the capacity and meet demands in future. As it did not happen it impacted on the vaccination drive. India did not place an advanced order and when it did, they were sized small, unable to meet the target.

India also exported its vaccine to other countries under the 'vaccine Maitri program', which resulted in its own States failing to reach targets.

Lack of management to conduct the vaccination drive is a huge issue in our country. A study concluded that around 4.6 million doses of vaccine were wasted in India since the vaccination drive began. Also, many of the people were administered with different vaccines for first and second dose. Various cultural and religious myths also contributed to the failure of the program.

The dispute between leading political parties is another major reason for the program failure. The leader of the opposition parties spread rumours that the vaccine could make one 'impotent.' The misleading media also contributed to the spreading rumours. This arouse fear in the minds of public. Also, the continuous conflicts and confusions between the state and the central government regarding the vaccination policy is another reason for failure.

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- Basavaraj Angadi, B. Pharm.-I

## Eat right, stay fit

- .....

Eating right and consciously following a healthy diet could well be your answer to leading a long life, Eating right is not only the answer to maintaining your weight, but is also an effort to ensure that there is an intake of all required nutrients. Moreover, eating right also helps keep an energy balance the balance between the calories in what you eat and drink and calories you burn on the move every day. Here are a few tips that you can follow to ensure that you and your family are eating right

**Build a healthy palate :** Get your family into eating a variety of vegetables and fruits. This is also a smart way to add colour, flavour and texture as well as vitamins, minerals and fibre. Fruits and vegetables are packed with goodness and are low in fat and calories. Make two cups of fruit and two-and-a-half cups of vegetable your daily goal.

**Power breakfast:** There's a reason to why they say breakfast is the most important meal of the day. Breakfast gives you energy for the day and a healthy breakfast is important for everyone. This is the right meal to include food that is high in calories as you can burn them off during the rest of the day. Milk, oatmeal, peanut butter, fruits and yogurt are good choices Indian breakfast options such as poha, idli, dosa are packed with nutrients and make for excellent breakfast options too.

**Color my plate :** One way to ensure that you are eating everything you need to is to include fruits and veggies of different colors. Yellow and red peppers, purple cabbage, and green lettuce... one can mix it up. Salads are a great way to do this Make them a part of both your lunch and dinner.

**Smart snacking :** Everyone is entitled to feel peckish or hungry out of turn. But make sure that what goes into your mouth is healthy and good for your body. Make snacks that work for you by choosing nutrient-rich foods from grains, fruits, vegetable, dairy and protein food groups. These boost your energy between meals and also supply essential vitamins and minerals. A small serving of nuts in a bowl or high fibre biscuits can also serve as mini-meals.

**Eating on the run :** Work could cause you to get away from a healthy prepared meal, but when on the run pick what you think is "healthier". Ditch the main course and just go with a salad. Avoid things that are batter-fried, pan-fried, buttered, creamed, crispy or breaded.



## Glaucoma

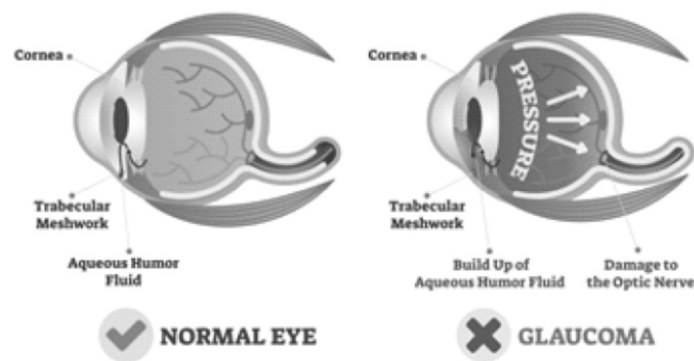
Approximately 80 million people throughout world and 12 million people in India suffering from glaucoma. Glaucoma is one of the most common causes of irreversible blindness. Glaucoma begins with affecting the far periphery of the vision, most patients are unaware that they have the disease until it progresses and destroy central vision.

### Types & symptoms

There are two major types of glaucoma open-angle and angle-closure glaucoma's. The most common form is open-angle glaucoma, which progresses slowly and the patient may not feel even a slight loss of vision. Some of the symptoms of the disorder are severe headaches, eye pain, nausea and appearance of rainbow-coloured circles around bright lights. When glaucoma affects babies and young children, it is usually diagnosed within a year of life. Here, the symptoms include enlarged eyes, cloudiness of the cornea and photosensitivity.

### Prevention

A regular eye examination plays a key role in detecting glaucoma. Conditions like hypertension and diabetes need to be well controlled to prevent risk factors for progression of glaucoma.



# ROLE OF IMMUNITY IN INFECTIOUS DISEASE

- Haripriya Sajikumar, 5th Year Pharm D.

## INTRODUCTION

The immune system is known as the defensive mechanism of the body as it has a major role in fighting against the pathogens or the substance that is capable of stimulating an immune response (antigen). The infectious disease caused by the pathogens such as bacteria, virus, fungi or parasites can be sometimes contagious hence it was found as the most leading cause of death.

## HOW THE IMMUNITY DOES WORKS?

When an organism enters the body, macrophages formation takes place which results in the engulfing of the foreign microbes. Inside the macrophages, release of the digestive enzyme results in the destruction of the trapped microbes within it.

The immune response through antigen results in the formation of antibody which will be specific to antigen present in the host cell. The resulting antigen-antibody reaction results in the destruction of microorganisms which is then engulfed and digested by macrophages.

When the human is exposed to antigen for the first time, it will take some time for the formation of antibody. The formation of antibody for second exposure takes early through the help of memory T cells.

## WHAT HAPPENS DURING AN INFECTION?

During an infection, body's normal function will be altered by the damaged or structurally modified cells. Thus the altered body function caused by the resulting pathogen develops the symptoms of the disease. People with good immunity will fight-back the infection while those with poor immunity have the chances of getting the disease.

Poor immunity results from the use of drugs such as steroids, antibiotics or due to age or other disease as the risk factors.

## CONCLUSION

As the immunity has a major role in preventing the infectious disease ,it is required to boost our immunity by exercising regularly, eating a diet rich in fruits and vegetables, providing enough sleep, avoiding smocking and alcohol use etc.







